



How to look after yourself if you're a dad finding this week heavy

Baby Loss Awareness Week (also known as BLAW) takes place 9th - 15th October



Remember your feelings are important too.

You don't have to be strong. You might feel you need to support your partner, but don't forget to take time to acknowledge and voice how you are feeling, too. It might be useful to think about *managing* your emotions less, and *experiencing* them more.



You don't need to fix anything or make it better.

Your natural instinct may be to protect. **Grief cannot be fixed** - take time to listen to how your partner is feeling and join them in their grief instead of trying to make the pain go away. If you feel you need to take action, why not look into ways to fundraise to feel that you are doing something supportive?



Find gentle ways to remember your baby.

Talk to your partner: you could light a candle, visit a special place or dedicate an evening to remembering your loss through writing a letter or poem, painting a picture, or creating a playlist together *in private*. You don't need to share this with anyone else if it doesn't feel right.



Use this week to open up conversations.

BLAW is all about raising awareness. If you're ready to talk about your baby, start a conversation with, **"Did you know this week is Baby Loss Awareness Week?"**. This could open up meaningful conversations with your partner, your family, a friend or a colleague.



Connect with others who 'get it'.

If you are seeking connection, search **Petals Dads** on Facebook to find others in the community who *get it*.

Remember you are not alone.

