

If you or a loved one has recently suffered the loss of a child in the womb, please know of our prayers and condolences. We hope that this brochure can be a helpful resource to you.

**Please do not hesitate to call  
972 - 200 - 7414**

**or email  
miscarriageministry@materdeiparish.com**

We hope to be able to meet the needs of all families that come to us for help, but may not be able to accommodate those outside the Mater Dei community at this time.



**How can Michael's Miscarriage Ministry help me?**

-Informational resources including pro-life Heath care providers.

-Emotional Support for your family, including fathers and siblings.

-Practical support like meals, childcare, help around the house with a care calendar.

**I'm still crying about losing my baby, when will I feel normal again?**

It is normal to be upset or to cry easily after a miscarriage. It may bother you to see other pregnant women or new babies. These feelings are normal and should improve over time. If you continue to feel like you cannot cope, or if you have several of the following symptoms that last for more than two weeks, you might have post-partum depression and you need to talk to your doctor.

**Symptoms can include:**

- Less interest in things you usually enjoy
- Crying for no reason
- Being irritable, angry, overly sensitive
- Trouble sleeping or sleeping too much
- Difficulty concentrating
- Feeling anxious or panicked
- Thoughts of harming yourself

**MICHAEL'S MISCARRIAGE  
MINISTRY**

**Phone (972) 200-7414**

**miscarriageministry@materdeiparish.com**

MATER DEI PARISH  
2030 TX-356  
IRVING, TX 75060

# MICHAEL'S

## MISCARRIAGE MINISTRY



❁❁ JEREMIAH 1:5 ❁❁

Before I formed you in the womb, I knew you, before you were born I set you apart.

## Should I baptize my baby? How do I?

You can baptize your miscarried baby. The church does not state exactly when the soul leaves the body, so baptism should be performed as soon after delivery as possible.

### **\*\*Baptism in case of miscarriage\*\***

Most of us know the essentials of emergency baptism: the intention; the water; the direct contact of the water with the person being baptized by pouring it over the head in a flowing or washing manner; and pronouncing the words aloud while pouring the water. It is the same for baptizing the fetus except when it is not sufficiently developed to pour water on the head. In such a case it should be immersed in a pan of tepid water while the words are said. It is very important that the fetus itself be touched by the water, and not just the membranous sac that surrounds it. This sac must be broken before baptism or the sacrament is not valid. The water must touch the "person," the big problem in the baptism of a miscarriage is finding the fetus. A membrane surrounds the fetus, but both may be enclosed in a blood clot. The membrane can be distinguished from the blood clot by touch. If not, the whole can be placed in a loop of gauze and lukewarm water run over it which will remove the blood. After the membrane is broken so that water can touch the fetus itself, it should be immersed in the lukewarm water and gently moved around while the words, usually of conditional baptism, are said: "If you are capable of being baptized, I baptize you in the Name of the Father and of the Son and of the Holy Ghost."

Some of the material in this brochure is compiled from these sources:

<http://www.catholicmiscarriagesupport.com>

<https://shareitforward.files.wordpress.com/2009/08/miscarriage-brochure-sept-2012.pdf>

<http://www.saintsworks.net/pamphlets/Alana%20M.%20Rosshirt%20-%20How%20to%20Baptize%20in%20Case%20of%20Miscarriage.pdf>

## I'm miscarrying my baby! What did I do?

In most cases, there is nothing that you could have done differently to prevent the miscarriage from happening. Moderate exercise, stress, or sexual intercourse does not cause miscarriage. The loss of a baby can be a shocking experience and a very sad and confusing time. It is more common than most people realize. It is important to allow yourself to share and express the feelings you are having. You may experience any of these symptoms:

- Shock / Numbness
- Helplessness
- Relief
- Denial
- Confusion
- Disappointment / Frustration
- Low self esteem
- Anger
- Guilt
- Sadness / Depression
- Loneliness
- Jealousy
- Fear / Panic
- Change in appetite
- Inability to sleep
- Sleeping more than usual

Your feelings may be very overwhelming at first. This is normal. Over time, you will begin to work through your emotions and grieve your loss. It is possible that your family and friends might feel uncomfortable or say something that you find hurtful. Try to tell them how you are feeling and what you need. Be specific; let them know exactly what they can do to be helpful.

### **How long should I wait to get pregnant again?**

It might seem that everyone you talk to has a different opinion. While the decision is left up to you, it can be hard to know what you want after the emotional roller-coaster of the loss of a baby. To allow yourself to grieve, it is typically recommended that you wait three months, but there is no statistical physical reason why you need to wait to try again. If you find yourself pregnant right after your miscarriage, give yourself a bit of a break. There will be a lot of emotions competing with each other for your attention, and most of them are normal: grief, happiness, worry, fear, etc. Pray about your situation and allow yourself to continue your grief process, as well as enjoy the happiness and expectation of a new life. Most women, along with the happiness of being pregnant again, will now also feel a lot of anxiety, worry, and fear as they carry a new baby. You will likely worry about another loss every day of your pregnancy. This is very normal, and as long as you are taking care of yourself, there is nothing adding to your miscarriage risk. However, if you are having a hard time eating, sleeping, or performing your normal daily routines (more so than normal pregnancy would indicate), you find yourself crying frequently, or you are having panic attacks or suicidal thoughts, please contact your doctor.

sleeping, or performing your normal daily routines (more so than normal pregnancy would indicate), you find yourself crying frequently, or you are having panic attacks or suicidal thoughts, please contact your doctor.

### **What is going to happen to my body?**

You will need to give yourself time to heal both physically and emotionally. You may want privacy and time to deal with all that you are going through or you might not want to be left alone at all. Do what works for you. In the days and weeks ahead, it is important to take care of yourself so that your body and mind can heal.

As you recover from a miscarriage, you may experience the following:

- Physical symptoms related to changes in pregnancy hormones (nausea, breast soreness, fatigue)
- Vaginal bleeding, similar to a menstrual period (might also be light bleeding or spotting)
- Lower abdominal pain or cramping which may last for a couple of days
- Breast discomfort, swelling, leaking milk

### **How do I take care of myself?**

- Rest and sleep when you can.
- Eat healthy food.
- Keep active. Take a short walk.
- Spend time with friends or family who are understanding, comforting and supportive.
- Remember that laughter and joy are good healers.
- Talk or write about your feelings.
- Go to your doctor for follow up appointments.

It is important to preventing an infection after a miscarriage, until the bleeding stops:

- Use sanitary pads rather than tampons
- Do not go into swimming pools or hot tubs
- Take showers instead of baths
- Do not have sexual intercourse

Some signs of an infection:

- Fever
- Vaginal discharge that smells offensive
- Pain that does not go away
- Flu-like symptoms

Call your doctor if you have any of these signs of infection or if you continue to feel unwell. Visit the emergency room at the hospital if you feel faint, dizzy, or have pain that is difficult to manage.

If you need more guidance in understanding the physical process of miscarriage please feel free to call or email us, or visit the "Practical" tab at this link:

<http://www.catholicmiscarriagesupport.com>