

MISCARRIAGE RECOVERY PLAN

Post miscarriage recovery is as important, in fact more important, as if you had given birth to a live baby. Explore the topics below to choose nurturing practises to help you feel nurtured as you recover.

Social/ community support

Who can provide you some support? Friends, family, neighbours, hired help (doulas), online support

Rest

Give yourself time to recover. You may need time off work, help with household tasks, relaxation techniques

Food

How can you get nourishing food to help your body recover? Who can cook or deliver you nourishing food, food deliveries, nutritious snacks?

Bodywork

How can you get some support for your healing body? Postnatal healing ceremonies and massages, wrapping your belly/pelvis, keeping warm.

