Connecting through Peer Support for families

footprints baby loss
twin triplet support

At Footprints Baby Loss, we understand the unique and profound grief of losing one or more of your multiples. Peer support offers comfort, understanding and real connection from those who truly get it.

"Footprints is the most incredible community. It's an odd thing to say because it's something you would never want to be part of, yet when you need the support it's an absolute lifeline - to be around people who truly understand and have a safe space to remember our precious babies."

WHY PEER SUPPORT MATTERS:

Shared Understanding & Emotional Connection
Hearing from someone who has walked a similar journey can bring some sense of relief. Peer support helps reduce isolation and provides emotional validation in a way medical professionals may not be able to. Families feel seen, heard and understood.

Comfort That Complements Clinical Care
Peer support complements counselling and medical care. It offers ongoing reassurance, lived experience and a sense of community that nurtures resilience. Peer support is there whenever you need it - months, years or even decades later. It continues long after professional support has stepped back.

Caring Community
Peers can offer real-world suggestions on coping, memory-making and everyday life after loss - sharing what helped them and what might help you too. Peer support is also about listening with compassion, offering gentle guidance and simply walking alongside you in your grief.

How Healthcare Professionals Can Help:
Healthcare providers, midwives, counsellors and others can play a vital role by signposting families to trusted, evidence-based peer support networks. This combination of clinical support and lived-experience care strengthens every family's support system.

Support we offer:

- One-to-one matching to a befriender with a similar experience
- Small peer online support groups
- Carefully moderated online communities, available across all timezones when you need it

All formats are flexible - support that fits your pace and is free of charge.

"It is helpful to share with people who understand my feelings and know what to say. It's a place where I don't need to hide my pain or thoughts."

"There is just a great feeling of community in a situation which feels so unique and lonely. With Footprints I have found my people."

"I just love having someone who is only a text or phone call away who understands the unique challenges with a surviving twin."

"It's nice to have a community who can understand your grief as it is so unique. It is a safe community with no judgement."

"I love the feeling of community and the peer-to-peer support."

"I find the online groups incredibly supportive and helpful. Connecting with other bereaved parents in a safe space where you can discuss openly and without judgement has been one of the most important parts of processing and coping with our loss."

"Peer Support from others who have been through something similar has been so incredibly helpful."

If you'd like to know more about why peer support can make such a difference, our **position paper** shares the evidence behind this carefully moderated support.

footprintsbabyloss.org
enquiries@footprintsbabyloss.org
www.tapssupport.com
hello@tapssupport.com

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Charity No. 1206261