footprints baby loss

twin triplet support

Self Care Following Twin or Triplet Loss

We asked our Footprints families how they take care of themselves and the different ways they practise self-care. We hope some of these ideas may be helpful for you as you find your own ways to look after yourself. A heartfelt thank you to the families who so kindly shared their self-care ideas with us.

"When I'm really sad, I have a set of twin warmies I heat up and snuggle with. I cry it out."

"I like to buy my son little things for the garden and talk about him as often as I can -star and sun related. I also look out for little signs that he is near and like to just talk to him."

"During BLAW I engage in local activities such as ribbon displays and candle lights services. I also love the live wave of light and hearing our babies' names being read out."

"I find it helpful to light candles for them, especially during our meals, and for special occasions."

"We planted a rose when we lost our son. I make sure I have a coffee with him during the week and take time to sit with him amongst my busy life!"

"Most of all I talk, I talk to those around me and I use it as a time to talk proudly of my baby."

"I like to eat the foods I did when I was pregnant. It's comforting."

"I find it helpful to get outside and run or walk."

"Last year during BLAW, I involved my school and had a cake sale and I will do that again this year."

"I cry it out! I ride the wave, I get sad, I let my emotions be free and then I will do something nice, maybe a bath with music."

"I attended an organised event, joined in with the Footprints Baby Loss drop in group online and lit our candle for the wave of light but I stayed off social media during BLAW."

"I like to buy anything star and Forget-me-not related."

“Our hospital ran a special church service which we attended. We didn’t talk to anyone because it was all a bit overwhelming with it being our first BLAW but it felt like we were all connected and supporting one another.”

“Last year during Baby Loss Awareness Week I visited my local church who had a tree I could attach a ribbon with my twin’s name on, I lit a candle and I read his brother's purple butterfly story to him.”

“Self care ideas would be to take time out for yourself if possible. Do things that make you feel comfort so for me this was looking out for the signs, donating a bear in my son's memory, looking through photos and talking to our surviving twin about her brother.”

“I like to have some time to do some exercise like swimming, walking or running. It gives me time to think and it is helpful to have some ‘me’ time”

“I find BLAW very tricky personally as all of a sudden it feels like the whole world is talking about something which you live every single day and then everyone shuts up again at the end of the week so I had a social media shutdown last year and focussed on remembering in my own way without the pressure of what everyone else was doing. I spent time with close friends and family talking about my twin son and attended the BLAW service at the hospital chapel but I mostly focussed on taking care of myself and allowing myself the time and space to feel my own feelings.”

"I find that giving myself grace and the space to really feel all the emotions that come up allows them to come and go and myself to remain grounded. The best thing I can do for my self care is to acknowledge the hurt, love, anger, hope, envy, and anything else that arises. To feel them and to allow them to pass in their own time. I try to clear my diary for the dates throughout the year that I know might need a bit more gentleness."

"I take a long shower if I need some time to myself. Time out for a good cry really helps me sometimes too."

"I plan months ahead of anniversaries, to ensure I can visit my son's grave and see the inscription to him in the Memorial Book."

"I usually go to a BLAW event at our local cathedral and do find it comforting - it's a heavy week but also nice to raise awareness and to remember our babies."

"When I really need some space, I go out for a drive and drink a coffee somewhere peaceful. Just the sound of nature."

"Do things to focus on yourself for BLAW week."

"It can feel heavy during Baby Loss Awareness Week but I try and get involved a bit to take the edge off a bit."

"Some of the small self care ideas - having a candle lit bath, using essential oils, reading a book, going for a walk, eating cake with a friend, painting your nails, buying some new pjs. Anything that just gives you a little bit of sparkle back."

"Self care is whatever works for you, so things like relaxing baths, listening to music, journalling, walks, reading, going to your favourite places, being by the sea."

"For us October/November is difficult anyway due to their birthdays and anniversaries so just look after yourselves and don't feel you have to be involved in BLAW in any way if you don't want to."

"I like to buy anything butterfly related, I have a windchime which lights up at night with all different colours. I also have a big spinning fan in the garden that I can see when I'm sat in the lounge. It makes me think how my babies would be playing / giggling with it..."

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