footprints baby loss

twin triplet support

Support for dads

Dedicated peer support for fathers who have experienced the loss of one or more twins or triplets

Footprints Baby Loss is a bereavement charity that provides vital support to parents and families who experience the death of one or more of their twins or triplets before, during or after birth. We are a UK-based charity but we support people from all over the world.

You are a dad — you are grieving too

Many dads tell us they feel they need to say strong for everyone else. Some throw themselves into work. Others focus entirely on supporting their partner or surviving children. Many wonder whether anyone really understands their grief.

At Footprints, we know that dads need support too. Whatever your experience, we're here to help you connect with other fathers who truly understand.

"Some prefer to talk in a group setting, but others can find it overwhelming. Befriending offers the opportunity to share your grief with another Dad and know that you are not alone in what you are feeling after the death of your child or children."

Dad talking about befriending

Dad-specific support

- Regular online dads' support group
- Dad's WhatsApp group
- Additional WhatsApp groups (dads with surviving twins or triplets and dads whose babies have all died)
- Befriending (one-to-one matching) with another dad who has experienced a similar loss for phone calls or messaging.
- Fundraising opportunities

You choose the support that's right for you. Not everyone wants to talk straight away.

Some dads prefer:

- Reading other fathers' stories
- Chatting on WhatsApp
- One-to-one support
- Joining an online group
- Taking part in fundraising

Whatever feels right for you, we'll support you at your own pace.

Visit our dedicated dads' page to learn more about our support, read personal stories from other fathers and find details of upcoming groups.

"Dads are often overlooked by the typical pregnancy bereavement services, which is why having a safe, dedicated space for me to share my thoughts and feelings on my grief is so helpful for my wellbeing. I am glad that I am part of the Footprints Baby Loss Dads group"

Dad to triplets

Why dads tell us Footprints helps

- Talking without judgement
- Meeting other fathers who understand twin and triplet loss
- Connecting with dads with experiences similar to yours
- Accessing support in whatever way feels comfortable: online, by message, or one-to-one
- Being part of a community that understands.

"It is very comforting to feel that the group is on the same wavelength... It feels welcome and safe to speak your mind."

Dad of twins Leon and Blue Sky

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