

One in five pregnancies ends in miscarriage. David describes the pain he went through.

I was away on business at the time. My mobile rang, it was Jenny. Her voice was tiny, she sounded totally devastated. "I lost the baby this morning."

I didn't know what to say, I couldn't even put my arms around her. She started to cry. So did I. We sat, 4,000 miles away from each other, crying. I felt sick, I couldn't begin to imagine how Jenny was feeling. I realised then, I needed to be strong for her. However difficult that was going to be. I needed to know more. She said that she'd woken up bleeding. A scan at the hospital later that morning confirmed her fears. Our pregnancy had ended.

I wanted to know why she hadn't called me. She said that she'd wanted to let me sleep. That I couldn't have done anything to help. She was right; I was in a hotel room halfway across the world. The tears came again. I told her I was coming straight home. We'd be together. We'd get through this. Back at home I felt helpless watching her suffer. We just cuddled, taking things hour by hour, day by day. We made hospital visits, went to the supermarket, played with our two-year-old son. We tried to be normal.

A week later I went back to work. For months I felt sad and distant. Like I was in a bubble. Now, nineteen months on, Jenny is expecting again. We're excited, and at the same time, anxious. The pain has become a duller pain. But it's still there. It will always be there. The baby we never had.

At Tommy's we're funding much-needed research to find out why one in four pregnant women loses her baby at some point during pregnancy or birth. Since being founded in 1992, we've funded 67 individual research projects. Established two dedicated maternal and fetal research centres. And continue to build knowledge that can be used to improve everyday antenatal care. Our goal is to make pregnancy and childbirth safer and halve the number of baby deaths by 2020. If you'd like to help us bring more babies safely into the world by making a donation, please call 0870 777 76 76 or visit www.tommys.org

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Samuel was a perfect
5lb 10oz baby boy.
He was one of ten babies
stillborn that day.

For just over eight months my pregnancy
felt too good to be true. And it was.
One Monday evening a fortnight before
my due date, my baby was very still.
I tried to tell myself it was nothing.
Later, as I lay in the bath I knew something
wasn't right. I hadn't felt any movement
for hours. At the hospital, when a heartbeat
didn't show up on the scan, I panicked
and started to cry. A little while later they
told me there was no hope. The reality of the
situation just didn't sink in. I was in shock.

Then I was told I would have to deliver
my baby. That news came as another terrible
blow. I didn't want to let go. I was induced
and later that day my baby was born.
I asked the nurse what I'd had. A little boy.
Our little boy David.

The midwife brought him to me and
I held him, kissed him and talked to him.
He was gorgeous. Soft, dark hair and
long eyelashes. A tiny mouth and nose.
A complete, perfect, baby boy.
We dressed him and took imprints of his
hands and feet, a lock of his hair and a photo
as a family. We named him Samuel.
One week after Samuel was born we held
the funeral. Even though it was the worst
day of our lives, and he was only with
us for such a short time, we have precious
memories of our time with Sam.

The days that followed were bleak.
For the first few weeks and months we
felt fragile. We'll never get over our
stillborn baby. We've just learned to cope.
The raw grief has become a quiet sadness.
Samuel would have been five now.
An older brother to our daughter, Kate.
She's a typical funny, naughty three year old.
So full of life.

At Tommy's we're funding much-needed
research to find out why one in four pregnant
women loses her baby at some point
during pregnancy or birth. Investigating the
impact of diet and stress on pregnancy
outcomes. Challenging existing treatments
that may increase the risk of premature birth.
And helping to develop new and better
treatments for pregnant women. Our goal is
to make pregnancy and childbirth safer and
halve the number of baby deaths by 2020.
If you'd like to help us bring more babies
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While you're
reading Emma's story,
another woman
will suffer a miscarriage.

I lost some blood during my first pregnancy,
so when the bleeding started 18 weeks
into my second, I was determined not to panic.
Quite quickly, though, I knew this was serious.
I lost my baby four days later.

She was so tiny. Too small to carry such a
weight of hope and expectation. When you
already have a child, it seems self-indulgent to
make a fuss over a miscarriage. You don't
feel entitled to the same emotional reaction
as a childless woman. You know you
should pull yourself together and move on.
I couldn't. My whole body felt turned inside
out, raw and empty. Everything around
me dull and distant. I couldn't even discuss
it with my husband, let alone help him
cope with his own grief.

There were no words to explain to
my four-year-old son when he asked
where the baby was. When he cried,
"That baby was our baby. Please, mummy,
"ink that baby so come back."
His tears, coupled with the knowledge
that I may never give him the brother or
sister he yearns for, break my heart.
When I watch him play I'm so thankful
that I have a healthy, happy son.
Yet we never intended for him to be an
only child. And even having another
baby will never replace the one we lost.

My baby would have been almost two now.
Each year, we remember the time in our
own way. We talk about the birthday in
November that will never be written in the
calendar. It feels like there will always be an
empty place at our table. A bedroom
that was never slept in. I'm not sure I'll
ever stop counting Novembers.

At Tommy's we're funding much-needed
research to find out why one in four pregnant
women loses her baby at some point during
pregnancy or birth. We work with experts
worldwide to develop predictive tests for
pregnancy problems. And conduct clinical trials
of pioneering treatments, to continually increase
our understanding of pregnancy and labour.
Our goal is to make pregnancy and childbirth
safer and halve the number of baby deaths
by 2020. If you'd like to help us bring
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Reg. charity 1042006



Last year over
one hundred thousand women
lost their unborn babies.
Sarah had never felt so alone.

I was recently separated from my partner,
and in complete shock. Almost rigid with fear.
These two blue lines confirming what I'd
been feeling for a little while. I was pregnant.
Pregnant and on my own.

I'd just started to come to terms with the
idea of being a single mum when, seventeen
weeks into my pregnancy, I noticed some
light bleeding. I felt afraid and burst into tears.
I called the doctor and he made an
appointment at the hospital. The nurse there
said that some bleeding was quite common
and didn't mean the end of the pregnancy.

The bleeding got heavier. Even though I'd never
been pregnant before, it just didn't feel right.
I was taken in for a scan the next morning.
As I lay on the bed for the ultrasound I knew
exactly what the nurse was going to say.
There was no heartbeat. My baby was dead.

I can't describe the pain and desperation.
All my sadness concentrated inside me -
a very deep sense of loss. There was nobody
to share it with. Nobody to hold me.
I went home later that day feeling numb
and dazed. I started to feel guilty. Blaming
myself. Wondering what I'd done wrong.
There were so many questions to ask but
I had no one to answer them. Should I have
called the doctor earlier? When did my
baby's heart stop? Had she been in pain?
Just, why?

I always dreamed of being pregnant once I
was happily married. Maybe I will be one day.
Whether or not I have children in the future
I'll never forget my first baby. It was going to
be just me and her facing the world together.
She was going to be my best friend.
I would have been a good mum.

At Tommy's we're funding much-needed
research to find out why one in four pregnant
women suffer a miscarriage or lose her baby
during birth. We offer support throughout
both successful and unsuccessful pregnancies.
Provide a comprehensive information
programme for parents-to-be. And address
questions about pregnancy health and birth to
help new mothers give their babies the best
start in life. Our goal is to make pregnancy
and childbirth safer and halve the number
of baby deaths by 2030. If you'd like
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