

Navigating grief after losing your child to NEC

The loss of your precious child is devastating and unfathomable. There are no words to capture the depth of your grief, nor anyone or anything that will ever replace your child. We offer this resource to provide comfort and connection, as you learn how to navigate the hours, days, weeks, and years ahead.

You are always your child's parent. Empty arms and the passage of time cannot erase your child's existence. Your child is forever part of your life.

Do what feels right for you. There is no "right way" to grieve. We all grieve in different ways. Give yourself permission to follow your own lead on this lifelong grief journey. Your loved ones may grieve in a way that is different from you. That is okay. The key is common grace and empathy.



Find more
resources on
navigating
grief

There is no "moving on" from this loss

Time does not heal all wounds. This is not a loss to "get over." A parent's love for their child is enduring and everlasting, even when they are not physically with us.

Tell your loved ones how you want to be supported. You can help your loved ones understand that *nothing* and *no one* can ever replace your child. You can let them know what is helpful and what is hurtful. Loved ones often need guidance on how to provide their comfort and support in a way that feels right for you.

You are not alone. The NEC Society has built a community that brings together bereaved parents who have lost their children to NEC. Leaning into the child loss community can help you navigate your grief in the days, months, and years ahead.

We are holding your child in our hearts and wishing you peace.

NECsociety.org • theCHNC.org



NECSOCIETY
Building a world without NEC

CHNC
Children's Hospitals Neonatal Consortium

