



# Healing Your Grieving Heart After Miscarriage: 100 Practical Ideas for Parents and Families (The 100 Ideas Series)

*Alan D. Wolfelt PhD*

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The miscarriage of a hoped-for child is a shattering loss and those who had already begun to feel attached to the baby will naturally grieve—particularly the mother and father but also siblings this baby would have had, extended family, and friends. This compassionate guide contains 100 practical ideas to help those affected by the tragedy of miscarriage, from teaching the principles of grief and mourning to practical, action-oriented tips for coping with the natural difficulties of a loss. Fostering communication between partners, explaining the loss to others, and reconciling anger and guilt are some of the additional topics covered in this compassionate book for those grieving in the aftermath of a miscarriage or ectopic pregnancy.

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