

Miscarriage — What No One Tells You

1 in 4 pregnancies ends in miscarriage. You deserved to know that sooner.

Miscarriage is the most common complication of pregnancy — and one of the most silenced.

Your grief is real. Your loss is real. You do not have to minimize it for anyone else's comfort.

The Physical Reality

- ◆ Cramping — can range from mild to severe
- ◆ Bleeding — heavier than a period, possible clots
- ◆ The process may take days to complete
- ◆ Medical management or D&C may be offered
- ◆ HCG levels drop — pregnancy symptoms fade
- ◆ Follow-up care is essential — ask for it
- ◆ Seek emergency care for heavy bleeding, fever, or severe pain

You were not forgotten — you were real.

The Emotional Reality

- ◆ Grief that others may not understand
- ◆ Anger at your body — then at the world
- ◆ Isolation — "it was early" minimizes real loss
- ◆ Guilt — even when there is nothing to blame
- ◆ Fear about future pregnancies
- ◆ Grief and relief can coexist — all of it valid
- ◆ Triggers that appear without warning long after the loss

There is no timeline for this grief.

What Actually Helps

- ◆ Being believed and not minimized — "at least it was early" is not comfort
- ◆ A provider who offers follow-up care — not just "try again in a few months"
- ◆ Peer support from others who understand — community matters more than advice
- ◆ Therapy — especially if loss is recurring or grief is affecting daily functioning

Resources for pregnancy loss:

- ◆ March of Dimes — marchofdimes.org — loss support and statistics
- ◆ Share Pregnancy & Infant Loss Support — nationalshare.org
- ◆ Postpartum Support International — postpartum.net — perinatal loss grief support groups

Chapter 12: Fertility Resources

Secondary Infertility — What It Is and Why It Happens

My body did this once. Why won't it do it again? You are not alone in asking this.

What is secondary infertility?

The inability to conceive or carry a pregnancy to term after previously giving birth. It affects millions of families — and it often comes with a unique layer of confusion, shame, and isolation because "you already have one."

Why It Happens — What Changes Between Pregnancies

Physical factors:

- ◆ Age — egg quality and quantity decline
- ◆ Hormonal shifts post-birth
- ◆ Breastfeeding affecting ovulation
- ◆ New conditions: PCOS, fibroids, thyroid
- ◆ Scarring from previous birth or surgery
- ◆ Partner's fertility changes over time

The nervous system factor:

- ◆ Chronic sleep deprivation
- ◆ Postpartum stress not resolved
- ◆ Elevated cortisol disrupts reproductive hormones
- ◆ Body in survival mode — survival mode is not fertile mode

The Unique Shame Layer

- ◆ "You should be grateful — you already have a child" dismisses real grief
- ◆ Feeling unable to talk about it because it seems ungrateful
- ◆ The isolation of grieving a family you imagined while raising the one you have

Struggle does not cancel gratitude. Your grief is valid. Both can be true.

You are entitled to dream about the family you imagined.

You feel guilt because you are empathetic — not because you are ungrateful. — Abby Feder, In Circle Fertility

In Circle Fertility: incirclefertility.com | RESOLVE (National Infertility Association): resolve.org

We Got You, Mama — wegotyoumama.com

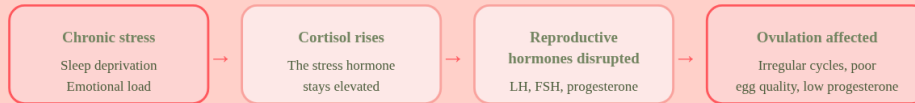
Chapter 12: Fertility Resources

Fertility and the Nervous System

Fertility is not just about ovaries. It's about the entire body — including how safe it feels.

When the body perceives ongoing threat — physical, emotional, financial, relational — it prioritizes survival over reproduction. Survival mode is not fertile mode.

The Stress-Hormone Chain Reaction



What This Means for Secondary Infertility Specifically

- ◆ Between pregnancies, your nervous system may have been in survival mode for years
- ◆ Sleep deprivation from the first baby directly elevates cortisol and disrupts ovulation
- ◆ Postpartum hormonal shifts may not have fully recalibrated before trying again
- ◆ This is not failure. This is physiology. And physiology can be supported.

What Signals Safety to Your Body

The Fertility Class approach — Martha Hahn & Sophia Jamieson:

- ◆ Rhythmic movement that increases pelvic circulation — not punishment, signal of safety
- ◆ Breathwork that lowers cortisol — shifting from fight-or-flight to rest-and-digest
- ◆ Nourishment, sleep support, community — the foundations, not the supplements

The Fertility Class: thefertilityclass.com | RESOLVE: resolve.org | In Circle Fertility: incirclefertility.com

We Got You, Mama — wegotyoumama.com

Chapter 12: Fertility Resources