



Coping with My Baby's Diagnosis

How to care for yourself when your baby has a difficult diagnosis?

You have received news that your baby is sick. You did not expect this to happen. You might be worried about how you will cope with this news. It is normal to feel sad or anxious. Sometimes these feelings can be overwhelming and you may need extra help or someone to talk to. It may be hard to focus on yourself when you are worried about your baby, but you need to continue to care for yourself so that you can care for your baby. You may also find that there are changes in your relationships with your partner, family and friends.

How might I feel?

There are many feelings you may have about your baby being sick. These feelings are completely natural and expected. Some feelings that you might have are:

- Anger
- Shame
- Overwhelmed
- Believing you did something wrong
- Sadness
- Helplessness
- Questioning why this happened
- Missing the pregnancy you dreamed of

What might help?

- Talking with your partner or other support people
- Asking for help when you need it
- Getting enough sleep and rest
- Eating well
- Seeing your doctor regularly
- Joining a support group or connecting with a family that has had a similar experience
- Talking to a professional
- Finding creative outlets, like art or music

Where else can I turn for help?

You are not alone; it is OK to ask for help. Your doctor's office can provide local resources that can help you cope with your baby's diagnosis. The Cincinnati Fetal Center can also help. Please call us and request to speak with a team member at 513-636-9608 or 1-888-338-2559. If you have thoughts of harming yourself, the National Suicide Prevention Hotline can help; please call them at 1-800-273-8255. If you have thoughts of harming yourself and you have a plan, please call 911 and go to the nearest emergency department.