

MAY EDITORIAL TCF 2016

My Dear Friends

What do you do, how are you to feel, on a day like Mother's Day when a child is not there as evidence of this. It's generally considered a day of celebration but for you it can exacerbate your pain and loss. As a dad you are yourself grieving and may not know how best to support your partner. As a gran, and so its also your mother's day, you are desperately mourning your grandchild, but equally trying to be there for your child in their loss. And what if you are a surviving child, longing for your sibling and somehow not sure how to be in the face of parental suffering. What of those of you who have struggled to conceive, miscarried?

Mother's Day can bring up your pain, sadness and isolation like a freight train thundering towards you with no brakes, its trajectory at you. Some days up until now, you may almost have been able to pretend that life is 'normal' again, whatever that means. And then this effusive Hallmark day approaches, dealing the crushing reminder that you will have to spend yet another significant day without the child you are still desperately learning to live without. There's no word is there, to explain to people why we are the way we are? "Sorry, I am struggling today because I am... widowed, divorced, orphaned..."

Perhaps it helps to take the day back to its roots. It was founded by American Ann Jarvis in 1908 to honour her own mother Ann, who gave birth to 12 children but tragically only 4 survived. Heartfelt and meaningful indeed, far removed from the commercialism that forgets bereaved moms. You became a mother the moment you opened your heart to the hope of conceiving a child, and while your child is no longer physically present, you remain a parent.

So perhaps we can choose, well, try maybe, to embrace this profound sentiment. Visit your own mum, family and friends. Acknowledge how wonderful it is to be a mother and celebrate the life that has meant so much to you. Your bereavement might unravel like a piece of cloth, and the fabric of your life change, but you can reweave this same piece of cloth into a fresh workable pattern.

With love,

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