

Surviving A Marriage After A Baby's Death

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By nature, when couples have a baby who has died, rather than turning to each other for comfort and support, they usually pull away, isolating and closing themselves off from the spouse. The deep pain felt from the loss of a child is sheer agony. At a time such as this, people will often become centered more on self than the need of the other grieving parent. Remember, men and women go through the same grief but it manifests itself differently. What is important to know is that if the pain can be shared, it can actually bring a couple to a stronger marriage.

Typically, when a baby dies, both the man and woman will handle the loss in unique ways, which has to do with hormones. In most cases, the man would want to keep things in a practical perspective whereas women want to talk, often for the sake of talking. Then, men will often reach a solution and then move on whereas women find it more difficult to do this.

In general, men will approach a situation such as this with logic, thinking about the associated facts and then taking the appropriate level of responsibility. In fact, some men will feel as if they need to do something, anything, after losing a child. On the other hand, women work through the loss with the heart, often being concerned about the marriage and feelings of other people, pondering the situation and trying to make sense of it. In summary, men usually see the entire picture whereas women need intimate details.

Because men repress feelings during this type of situation and women are emotional, we often see an impasse of emotions. For this reason, to save the marriage, it is imperative to understand the differences in how the situation is handled and then allow each other to grieve accordingly. Remember, there is no wrong or right way to grieve so if your spouse is not feeling, saying, or doing what you are, it is okay.

With the death of a baby, it is also important to understand that life is going to change. All of the time and attention spent doting on that baby is suddenly gone, leaving the couple feeling lost in their own marriage. The two of you must make the home a safe haven, a place where you can both grieve and talk to work through the horrific experiencing.

Most importantly, losing a child is not the time to point blame. Often, couples will begin venting or taking out hostile feelings toward the spouse, instead of seeing that person as a safe zone, the person who will provide needed love and support. Finally, even during a time of loss, it is crucial that the two of you make time for each other, making sure you are meeting needs. Rather than lose the tenderness and respect of the marriage, work together to stop the feelings of insecurity and vulnerability that go along with the death of a child. Marriages can survive but it will take time, understanding, and in most cases, professional counseling.