

Miscarriage and Dad.

01

How are you Dad?

Dad's often feel its there role to be strong. Always remember to ask how he is too.

02

Emotions

It is normal for Dad's experiencing miscarriage to feel Depression, Anxiety and Grief.

03

Acknowledgment

Research shows that Dad's feel their emotions are often dismissed during this time.

04

Talk

The sense of loss can last longer when these emotions are not dealt with. You can not support your family if you don't look after yourself.

SCAN

