

Grief has definitely been a part of our journey when we went through our miscarriages. It was a tough experience because, back in 2016, so many people—including ourselves—didn't know how to respond. Although it's becoming less taboo now, at the time, we were excited to learn we were having twins, and then suddenly, we lost our babies. It leaves you questioning things like, "What's wrong with me? + Why did that happen?" We had great support from our church, friends, and coworkers who recognized our loss. We received flowers, cards, and meals—just like any other death in the family. People were willing to be open with us and be there for us.

During that time, we decided to trust God with our finances. Then, we experienced another miscarriage. We knew there might be issues getting pregnant again, so we started seeing a fertility clinic. After a while, we were thrilled to find out we were pregnant again—this time with triplets! But right away, we knew Baby C's heart rate was low. We lost Baby C, but thought A and B would be fine, but lost them as well.

The day we found out we lost them, Brett's cousin had twins. We thought that would be tough, but when we visited them, I ended up helping to take care of the babies. It was surprisingly healing for me, even though they weren't my twins. I remember friends asking, "How are you so strong right now?" and my answer was always, "It's Jesus." I tend to be an anxious person, but I had this peace during that time that just didn't make sense.

Brett was such a great support, too, just being there and listening. Of course, we had some hard times because it's different for a mom and dad navigating the grief of a miscarriage. We used a devotional called ***Grieving the Child I Never Knew***, and we recommend it to anyone who goes through a miscarriage. It helped us talk as a couple because it's easy to feel alone in grief. Grief can pull partners apart, but this devotional actually brought us closer because we had to face it together. God strengthens us in the hardest moments, so why not strengthen together?

We had that peace that was not understood by a lot of people. A turning point in our grief was when we named all of our babies and celebrated their due dates every year. Each year in May and July, we send up balloons for the twins and a lantern for the triplets. It helps us honor them and keep their memory alive.

A couple of days after we lost our babies, Brett's grandma passed away. We had a funeral for her, which helped us process our grief, even though it wasn't for our babies. We found there were a lot of little moments that helped us through. Now, we're part of an organization that supports moms who have gone through miscarriages, helping women know they are seen and their babies are known. Brett's also part of a group called ***Dad Tired*** for dads who have gone through similar losses.

If you've gone through something similar, you're not alone. We realized afterward how many people have experienced miscarriages. As hard as it is, be open about your grief. People want to come alongside you, but they can't if they don't know what you're going through. It's vulnerable, but that's where relationships grow. It's why small groups and being part of a church community matters. Don't try to do this alone; isolation doesn't heal you. Healing comes from community and being open. Everyone grieves differently, but if you support each other through it, amazing things can happen. And if you know someone going through a miscarriage but don't know how to help, just be there for them, listen, and maybe suggest watching a sad movie together so they can just cry it out. Ask them what they need—sometimes, they just need a hug.

grief.