



*Theo Safeguarding Little People*

# *Navigating through the Ocean of Grief...*

Helpful Resources & Support  
available to you.



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*Kristina*

**AUTHOR & CO-FOUNDER OF  
THEO'S FOUNDATION**

Allow me to introduce myself, I'm

Theo's Mummy. Theo's Foundation was set up by myself and my husband Lee, to ensure that no one has to suffer the devastating impacts of baby loss alone.

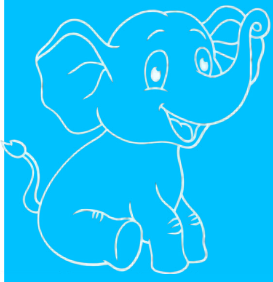
When we lost Theo we had very little professional support and didn't know where to turn in our darkest moments of grief. Our hope is to ensure that this changes and as a start have created this especially for those who need support and are unsure where to turn.

Our charity aims to ensure that whole families are supported, for every kind of child loss.

From one Angel family to another we are deeply sorry for the loss of your child, nothing will ever take that pain away, but we are hoping that we can support you and help you as much as possible so that you know you aren't alone, together we are united.

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## *Theo's Story...*

On 11th October 2023, Theo Sam Lee Pepper was born sleeping. The day we had to say hello and goodbye to our little boy, that's something that no parent is ever prepared for. We were 36 weeks pregnant with our miracle baby and due to Theo being slightly small a planned cesarean was booked just days away at 37 weeks...

To us, like to every parent our little Son-shine was absolutely perfect! He was our biggest accomplishment, our most precious gift. The day we lost him and heard the words no parent wants to hear "I'm so sorry, your baby has died, there is no heartbeat" filled the silent room and our lives broke into a million pieces and had changed forever.

Theo's story is too long to write in a few pages, but if you would like to learn more about what happened to

Theo please feel free to visit our website [www.theosfoundation.co.uk](http://www.theosfoundation.co.uk) and click on the About Us and Theo's Story section.

# Here to Support you...



*Theo Safeguarding Little People*

There are many charities and organisations that are here for support whenever you need it. Here are just a few.

Theo's Foundation

Maila's Present

TFMR Mama's

Saying Goodbye

The Mariposa Trust

Twins Trust

ARC - Antenatal Results & Choices

Daddy's With Angels

The Kallipateira Moorhouse Foundation  
(Stillbirth Awareness, Support & Research)



*Here to  
Support you...*



Sands - Stillbirth & Neonatal Death Charity

Angel Parents UK & Worldwide

Cruse Bereavement Support

Miscarriage For Men

Abigail's Footsteps

The Lullaby Trust

Aching Arms UK

Tommy's

Making Miracles

The Miscarriage Association



*Here to  
Support you...*



*Theo Safeguarding Little People*

Isabella Grace's Angels - Stillbirth & Baby  
Loss Support

The Ectopic Pregnancy Trust

The Worst Girl Gang Ever

Lone Twin Network

Life After Loss

Kicks Count

Petals

The Child Death Helpline

Ectopic Pregnancy Foundation



# Podcasts . . . .

Do you like listening to Podcasts?  
Here are just a few that you may  
find beneficial.



Baby Loss Grief & Love  
by Making Miracles

Dad's Still Standing  
by Liam Preston &  
Matt Dearsley

The Worst Girl Gang Ever  
by Laura & Bex

Childless Not By Choice  
by Civilla M.Morgan

Voices of Baby Loss  
by Sands





# Podcasts . . . .

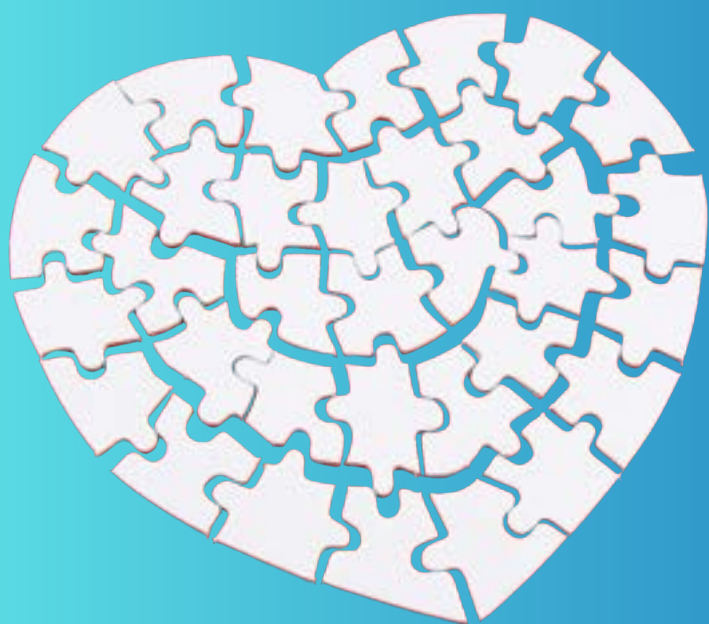


The Parent Hood Podcast  
by Marina Fogle

Jenni Thomas  
Talks About Child Bereavement  
by Jenni Thomas OBE

Still Parents by  
The Lily Mae Foundation

The Miscarriage Dad's by  
Christopher Cheatham &  
Kelly Jean-Phillipe



Life After Miscarriage  
by Shelly Mettling



# Podcasts...

Sisters In Loss, Miscarriage, Pregnancy Loss  
& Infertility by Erica M. Freeman

Still A Part Of Us: Pregnancy, Infant Loss &  
Stillbirth by Winter Redd & Lee Redd

How To Deal With Grief & Trauma  
by Nathalie Himmelrich

Time To Talk TFMR by Hayley Manning &  
Catherine Mousley

Things I Wish You Knew by Laura Rizzo

# Books...



*Theo Safeguarding Little People*

If you like to read, here you will find some books that we found beneficial. We hope they help you too.

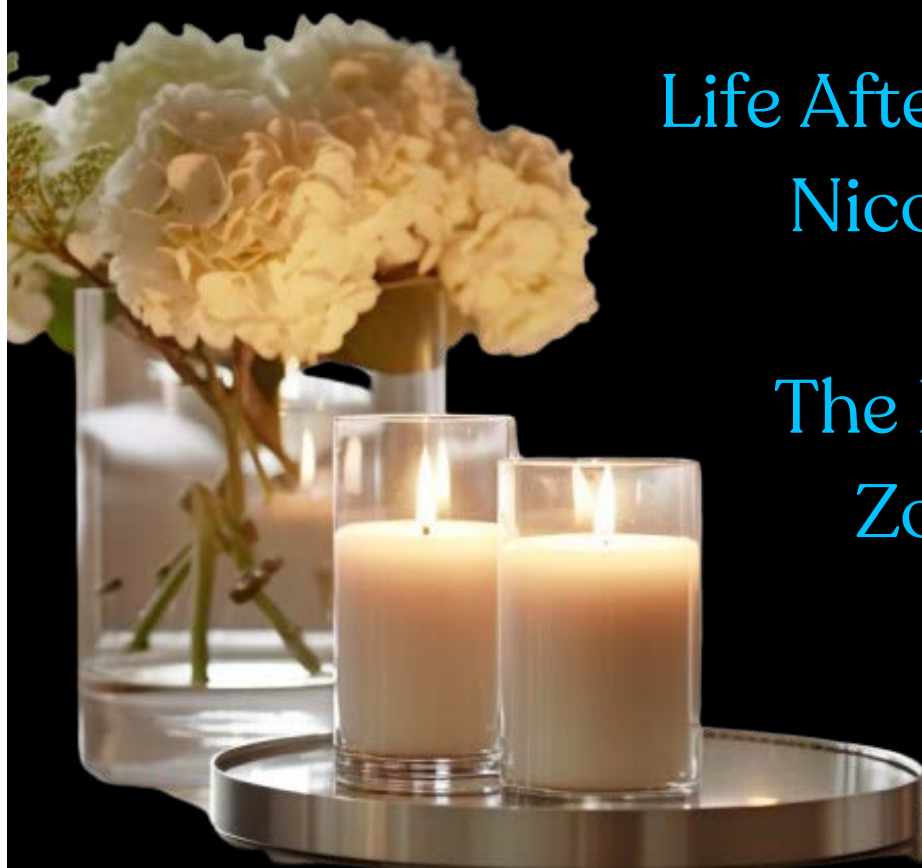
Saying Goodbye -  
Zoë Clark-Coates

Holding Hope with Empty Arms - Sheryl  
Roy, Emily Mullins & Miriam Rendell

Life After Baby Loss -  
Nicola Gaskin

The Baby Loss Guide -  
Zoë Clark-Coates

Beyond Goodbye -  
Zoë Clark-Coates



# Books ...



*Theo Safeguarding Little People*

A Broken Heart Still Beats After Your Child Dies - Anne McCracken & Mary Semel

The Uncut Stories Of Childloss: Our Stories Told In Our Words - Danielle Brown

Ask Me His Name -  
Elle Wright

If Not For You -  
Georgina Lucas

The Worst Girl Gang Ever: A Survival Guide for Navigating Miscarriage & Pregnancy Loss - Bex Gunn & Laura Buckingham



# Books...



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When A Baby Dies: The Experience of Late Miscarriage, Stillbirth & Neonatal Death  
- Nancy Kohner & Alix Henley

The Untold Stories Of Childloss: Our Grief Told Through Our Eyes - Danielle Brown

The Bereaved Parent -  
Hariett Sarnoff Schiff

Pregnancy After Loss -  
Zoë Clark-Coates

A Bump in the Road -  
Elle Wright



# *Helplines & Websites...*

If you would like to access support online, via phone or socials here are organisations that we hope will be beneficial to you.

Theo's Foundation

[www.theosfoundation.co.uk](http://www.theosfoundation.co.uk)

Email: [info@theosfoundation.co.uk](mailto:info@theosfoundation.co.uk)

Twins Trust

[www.twinstrust.org/bereavement](http://www.twinstrust.org/bereavement)

The Ectopic Pregnancy Trust

[www.ectopic.org.uk](http://www.ectopic.org.uk)

ARC - Antenatal Results & Choices

[www.arc-uk.org](http://www.arc-uk.org)

Ectopic Pregnancy Foundation

Helpline: 0845 070 4636



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# Helplines & Websites...



Making Miracles -  
[www.makingmiracles.org.uk](http://www.makingmiracles.org.uk)

Daddy's with Angels -  
[www.daddyswithangels.org](http://www.daddyswithangels.org)

The Worst Girl Gang Ever -  
[www.theworstgirlgangever.co.uk](http://www.theworstgirlgangever.co.uk)

Lone Twin Network  
[www.lonetwinnetwork.org.uk](http://www.lonetwinnetwork.org.uk)

Isabella-Grace's Angels  
[www.facebook.com/isabellagracesangels](http://www.facebook.com/isabellagracesangels)

Angel Parents UK & Worldwide  
[www.facebook.com/nationaldayofrememberance](http://www.facebook.com/nationaldayofrememberance)



# Helplines & Websites...

The Child Death Helpline

Freephone: 0800 282 986

Additional Freephone number for ALL mobiles:

0808 800 6019

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

Tommy's

Helpline: 0800 0147 800

[www.tommys.org](http://www.tommys.org)

Cruse

[www.cruse.org](http://www.cruse.org)

Kicks Count

[www.kickscount.org.uk](http://www.kickscount.org.uk)

Petals (Pregnancy Expectations Trauma  
and Loss Society)

Tel: 0300 688 0068

[www.petalscharity.org](http://www.petalscharity.org)



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# *Helplines & Websites...*

The Miscarriage Association

Helpline: 01924 200 799

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

Sands (Stillbirth and neonatal death charity)

Helpline: 0808 164 3332

[www.sands.org.uk](http://www.sands.org.uk)

The Lullaby Trust

Bereavement Support: 0808 802 6868

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Saying Goodbye

Contact: 0300 323 1350

[www.sayinggoodbye.org](http://www.sayinggoodbye.org)

The Mariposa Trust

[www.mariposatrust.org](http://www.mariposatrust.org)



# *Helplines & Websites...*

Aching Arms UK

Call / Text: 0746 450 8994

Email: [support@achingarms.co.uk](mailto:support@achingarms.co.uk)

The Kallipateira Moorhouse Foundation

[www.kmfoundation.co.uk](http://www.kmfoundation.co.uk)

Email: [info@kmfoundation.co.uk](mailto:info@kmfoundation.co.uk)

Life After Loss

[www.lifeafterloss.org](http://www.lifeafterloss.org)

Abigail's Footsteps

Call / Text: 07868 379941

[www.abigailsfootsteps.co.uk](http://www.abigailsfootsteps.co.uk)

TFMR Mama's -

[www.tfmrmmas.org](http://www.tfmrmmas.org)

Miscarriage For Men -

[www.miscarriageformen.com](http://www.miscarriageformen.com)



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# *Mental Health Support...*



Your Mental Health is likely to have been impacted by your loss. If you are struggling please speak to your G.P or contact one of these services.

National Suicide Prevention: 08006895652

Samaritans Helpline: 116 123

SANEline: 03003047000

CALM: 0800585858



*Mental Health*

*Support...*



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Shout Text Line  
(If you would  
prefer not to talk  
or feel unable to):  
85258

Papyrus Hopeline (Under 35):  
08000684141

The Mix (Under 25)  
08088084994

NHS: 111



# *Asking for & Accepting Help...*

Loss and grief can throw you into a very dark place. The trauma can be hard on your body, physically, mentally and emotionally.

Here are some things that may help you a little.

Please remember it's okay to ask for and to accept help! In the very early days of grief I wouldn't accept help, I felt I could do it all and forced myself to do EVERYTHING.

This wasn't sustainable, I burnt out from exhaustion, and my body physically couldn't cope.

I thought I was helping myself by keeping super busy. Running on fumes, anything to not feel the pain I felt from losing our Son.



## *Asking for & Accepting Help...*

Giving myself a purpose again, a way of me carrying out my Mum instincts, taking care of things. A way to control how I truly felt.

In the end people stopped offering because they thought I was okay, I was told daily how brave and strong I was...whilst inside I was completely broken.

Once the exhaustion crept up and I'd run out of things to do I'd lost my purpose. I had never felt so alone and the pain I was running from hit me like a truck! At this point no one was offering help, they didn't think I needed it...it was then I'd realised I never needed it more!

# *Tips for your well-being...*

- Stay Nourished - Batch cook or pre-prepare meals so that you have something quick and easy, alternatively, (if you are able to) ask family or friends to do this for you and stock up your freezer for days when you may not feel like cooking.
- Drink plenty - Crying a lot causes you to lose excess fluid. This can lead to dehydration and severe headaches, it is important to stay well hydrated.
- Have a "Brain-Dump" - On a piece of paper jot down whatever pops into your head, it doesn't need to make sense...just get it out!

# *Tips for your well-being...*

- Get plenty of rest - This doesn't just mean sleep! Try and practice some relaxation techniques and at least rest your body. If like me, sleep is an issue please ask your Doctor for some help, there is no shame in needing medication to help.
- Avoid Alcohol & Recreational Drugs - When grieving you may search for anything that can numb your pain. Please try to avoid these things as they may work for a short period but will only exacerbate and prolong your pain.



# *Tips for your well-being...*



- Practice Self-Care - Whatever this looks like for you! A pamper day, a walk in nature, yoga, meditation, putting a feel good film on - the choice is yours! Just listen to what your mind and body are telling you and be gentle with yourself.
- Talk Openly - This is super important, to help your inner volcano from erupting! Being honest about how you're feeling and having those feelings acknowledged and understood is vital. Don't worry about upsetting people because of how you are feeling, allow them to share your pain and help you through.



## *Tips for your Wellbeing...*

- Learn a New Hobby or Skill - Or take part in an activity you enjoy, this will help to occupy your mind. It might be crafting, knitting, singing, gardening, baking, candle making - anything that you feel you may enjoy doing.

# Tips for your Wellbeing...

Coping with anger, although it can be part of the grieving process, however it is not always. If you are experiencing feelings of anger it is important to try and help yourself or to seek professional help if you feel unable to help yourself.

Identify the  
Emotion &  
Trigger

Write it  
down &  
Burn it

Share your  
Feeling & Seek  
Advice

Go into  
Nature &  
Shout it Out

Breathing  
Techniques



# *Feelings Towards Yourself...*

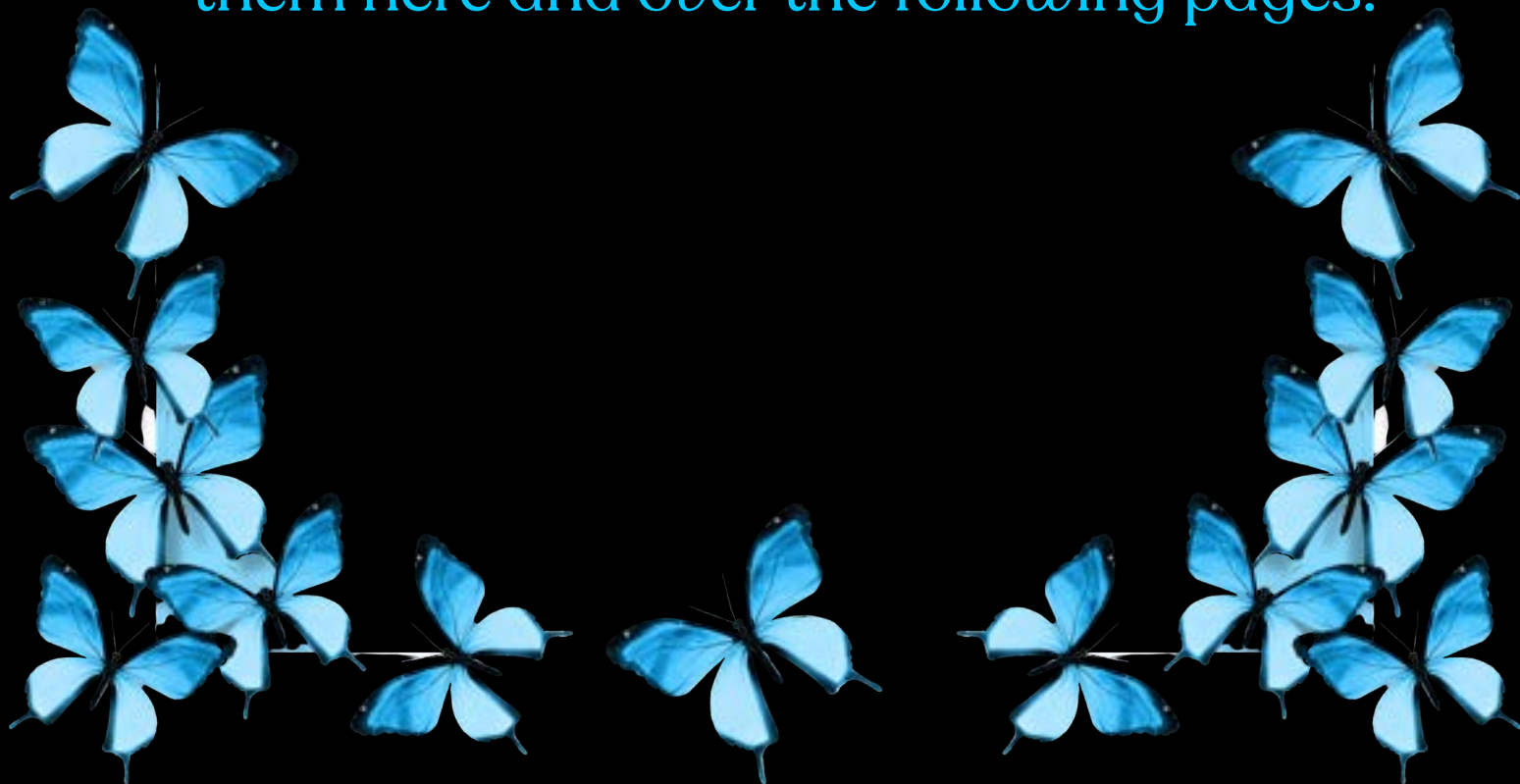


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This section may or may not apply to you as everyone feels very differently after loss.

However, I want to share with you some feelings that I and many others have expressed after their loss regarding themselves and their bodies.

These can be common thoughts throughout your journey but many people don't experience these thoughts or feelings but I felt I should include them here and over the following pages.



# Feelings Towards Yourself...



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Hating your body /  
Feeling as though it  
let you down



Blaming yourself  
for what has  
happened



Wanting to keep  
busy so you can  
focus on anything  
else



Feeling as  
though you  
can't go on



Feeling irritated at the  
simplest of things



Punishing  
yourself

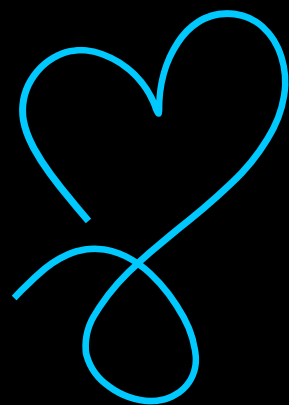
# Feelings Towards Yourself...



*Theo Safeguarding Little People*

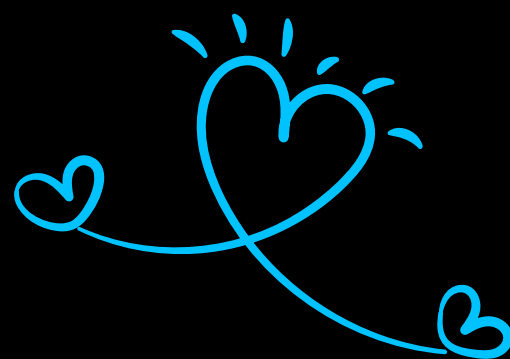
It took me a long time to realise and a lot of self reflection and I hope that you can realise these things too...

Your body didn't fail you, it never gave up, even when you felt like you couldn't go on.



Your body created and carried a beautiful baby, no matter how short of a time.

Your body is a place where your baby was kept warm, nourished and felt what love is.

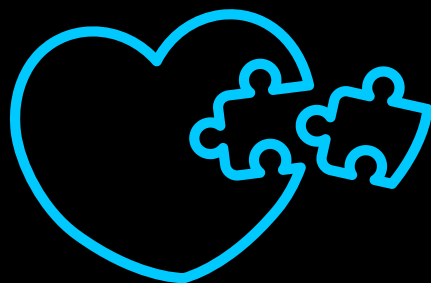


# Feelings Towards Yourself...



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Your body created a love deeper than any ocean, that is completely unconditional



What happened to your baby was not your fault, you did everything you could for your child.

You perhaps are angry, but not at the world, just the situation and perhaps writing your feelings down could help?



Give yourself a break! You've been through a terrible trauma and overdoing it will only exacerbate your pain

# *Feelings Towards Yourself...*



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In the present moment you may not be able to hear anything positive about yourself but try to work on loving yourself in the way that your child would have loved you.

Your journey through the Ocean of grief is a long one. I wish I could tell you it gets easier with time & that I could tell you exactly how to feel better again but that is something I can't do.

What I can tell you is that in time you learn to hold those feelings differently, they still knock the wind out of me, and I still have days where the waves of grief hit me like a tsunami and I feel like I can't even tread water.





# Feelings Towards Yourself...



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There are days though where my heart hurts a little less. Where the noise in my head is calmer, where the mountain doesn't feel quite so tall.

I am hoping that if we can do one thing for you it's to support you. For you to know that we are here for you at anytime that you need it. To welcome you to our community and support you in whatever way you need, to help you to climb your mountain.

I hope that if we can't do something for you that we can give you plenty of resources to help you to easily find the correct support for you and for your family. To walk with you, hand in hand, for as long as you need.





We would like to take this opportunity to say how truly sorry we are for your loss(es), from our angel family to yours we hope that you manage to find something in this guide to help you in your deepest, darkest moments of grief. You are not alone, we are always here for you.

With love and strength from all of us at,

*Theo's Foundation*

