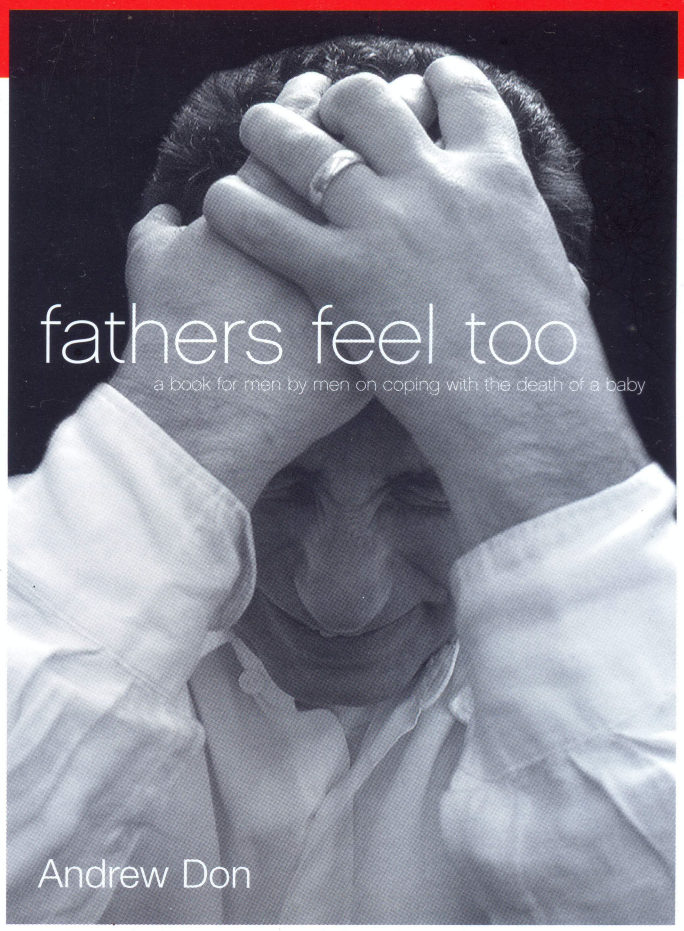
SANDS
STILL BIRTH AND NEONATAL DEATH SOCIETY

A new book available from SANDS



Andrew Don's world was shattered when his longed for baby daughter, Lara Jean, died suddenly at five months gestation.

But he was stunned when many of the condolences his wife received did not even mention him. "That no one acknowledged or even seemed interested in what was the worst pain of my whole life made me feel as though I was worth absolutely nothing," he remembers.

Andrew was left with the strong message that it's OK for women to grieve and seek support, but as a man he was expected to be strong for his partner, to have a stiff upper lip, and to keep his anguish and rage to himself.

That was something Andrew wasn't prepared to accept. "I wanted to do something specially for men, to tell them, it's okay to cry, it's fine to head-butt the wall, you're allowed to give yourself space to crumble – yes, men are allowed to feel, too."

The result was Fathers Feel Too, a book comprising the powerful stories of 10 men whose babies have died. Their experiences reveal how bereaved fathers do suffer terrible grief and pain when their baby dies, but that it's possible to survive and find that life can be worth living again.

If you wish to order a copy of 'Fathers Feel Too', please use the order form on the reverse