**Re. Letter of Love & Loss - Sharing Grief and Loss**

To All My Dear Family Members,

You know how much I love you and cannot keep anything from you. We are a family and ought to be together through thick and thin. I am writing this letter to share the news of loss with you. Being a family, we should share not only happy moments with each other but grief as well. They say that the feelings of grief lessen when we share it with our family and friends. However, at first, I thought not to share this with you so as not to disturb you all but later I deemed it important as you are an integral part of my life.

As you know, [Spouse Name] and I have been expecting a baby since [X] weeks. We were very excited after pregnancy and really counting each day for the big day. Sometimes, our dreams shatter into pieces because God has different plans. I was stepping down in my office when I skipped two steps and fell on the floor rolling over the stairs. The staff took me to the hospital. I was thinking about my baby and pregnancy throughout this time.

The doctor, after a thorough examination, came with the sad news that we lost the baby. This news of our miscarriage came to us like a stroke. For the first three days, we remained very distressed and upset. We both are going through a tough time this time.

I am sharing this news of loss with you to receive your aesthetic love and care in these times and find solace in it. A simple text of love, encouragement and support and a visit to us will mean a lot to us. You have always supported us in our difficult times and I expect the same from you this time. Your support and love would help us think positively, get back to our normal lives, and heal faster.

Losing a baby even before the delivery is a profoundly emotional and distressing experience. We know that you all care for us a lot and don’t want to see us upset. Everyone has a different reaction to impulsive and stressful situations. Any kind of response will be regarded and understood. During this time, both of us need some time and space to celebrate our grief and heal. In these challenging circumstances, your emotional and moral support means a lot to us. We are looking forward to hearing from you.

Please keep us remembered in your prayers. Thank you for always showing your kind support and gentle love.

Truly,

[Your Name]