



Debb and Chris with Eliza, who they say has helped heal their hearts.

**W**hen you fall pregnant again after losing your child, the term used to describe it is a 'rainbow baby' – a rainbow appears after the storm; it doesn't mean the storm didn't happen but it's followed by something positive.

When I announced my pregnancy a few months after we'd lost our son, Xavier, a lot of people assumed Chris and I were OK again. The death of a baby is confronting and people don't know how to react. So when they find out you're expecting, they think, thank God, now we can be normal again.

But it's not that simple. The emotions and the experience are complex, confusing and need to be delicately navigated while you're simultaneously getting through the pregnancy.

Before we tried for a baby again, I wanted to make sure I was over the acute grief. I needed to heal physically and emotionally. I wanted my next baby to get the best of me, just like Xavier had. I wanted to make sure I was ready.

The pregnancy was confusing. I was happy, of course, but to be honest, all I thought about for the first three months was Xavier – about the fact he'd have been a few months old, about what he'd look like, what he'd be doing and about how I definitely wouldn't be

# From loss to NEW LIFE

*A year ago, Debb and Chris Meyer shared their heartbreak at losing their son Xavier, who died after being born premature in January 2011. Here, Debb describes how she's navigated becoming a mum again*