

Simon and Deirdre's Story – When Our World Stopped

There are moments in life that divide time forever. There is life before, and there is life after.

For Simon and Deirdre Black, that moment came when they lost their precious baby at seven months of pregnancy.

For months they had imagined holding their child, hearing that first cry, bringing their baby home and watching a lifetime unfold. Every scan was treasured, every kick celebrated and every dream centred on the little life they were preparing to welcome.

Then everything changed.

Instead of preparing a nursery, they were preparing to say goodbye. The hopes they had carefully built were replaced by heartbreak beyond words. The room that should have been filled with joy became a place of unimaginable grief.

Holding a baby they knew they could never take home is a pain few people can truly understand. Parents expect to leave hospital carrying a newborn in a car seat. Simon and Deirdre left carrying memories.

In the hours that followed, they felt overwhelmed, shocked and emotionally numb. While hospital routines continued around them, they experienced the care as procedural and impersonal. At a time when they desperately needed compassion, time and understanding, they felt their emotional pain was not fully recognised. After their loss, they recall being sent home feeling alone with the enormity of what had happened.

Returning home was devastating. The silence inside the house was overwhelming. Every room became a reminder of the future they had imagined but would never live. There was no baby to comfort, no feeding, no sleepless nights—only an aching emptiness.

They were not simply grieving the death of their baby. They were grieving the future they had dreamed about, the milestones that would never come and the life they had already begun to imagine as parents.

Like many bereaved parents, they discovered that grief does not end after the funeral or the hospital stay. It lives in anniversaries, due dates and quiet moments that others may never see. The love they have for their child did not end with death.

Today they share their story so that no family facing baby loss feels invisible. They hope every bereaved parent is treated with dignity, compassion and kindness, and that every healthcare professional remembers that behind every loss is a family whose world has changed forever.

Every baby matters. Every parent matters. Every story deserves to be heard.