



Unexpecting

by Rachel Lewis

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SAMPLE INTERVIEW QUESTIONS

Unexpecting
Real Talk on Pregnancy Loss
by Rachel Lewis

1. When someone finds out that a loved one is grieving the loss of a baby, what can they do? How can they show support?
2. We often think the measure of a parent's grief is directly related to how far along they were in the pregnancy. But you say there is more to the equation than we often consider. What plays into how a person experiences the grief of pregnancy loss?
3. One of the hardest parts of living in the new normal is experiencing grief triggers, or these intense, unexpected bursts of emotion. What are some ways a bereaved parent can handle an unexpected grief trigger in the moment . . . and how can they prepare to handle them in the future?
4. Roughly 50 percent of those words said in support of bereaved couples will hurt—that's a difficult thing to hear. Would you share a few examples of words that can hurt and offer some better options for the friends and family members who are joining us today?
5. You say that when a baby dies, the roles of the parents as mother or father do not die with them. How can a mother or father parent a baby after death?
6. Do men grieve the loss of a baby as deeply as women do? And if so, how do they grieve differently than their partner?
7. Grieving as a family is hard. You must nurture your own grief while taking care of the grief of your loved ones. What are some tips that a parent can use to help their child through the loss of their sibling? And how can partners communicate their grief to each other?
8. Your faith in God took a pretty direct hit after you experienced the loss of your ectopic baby, Olivia. What did you learn about asking questions and wrestling with your faith following the loss of your babies?
9. When you lose a baby, suddenly you are faced with a barrage of decisions that need to be made. What are some tips that can help a bereaved parent through difficult decisions? And what do they do if, after time has passed, they regret the decisions they made?
10. Many times, parents want to try again after baby loss. What makes pregnancy after loss especially hard? What about alternate means to building a family, such as adoption or foster care? What do parents need to know?
11. Thank you for sharing your story with us. Where can our listeners connect with you and get a copy of *Unexpecting*?