

About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/ktp-nucmi.

Contact Us

24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1
General Enquiry: +65 6772 5000

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222
Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9
Operating Hours: 8am – 5.30pm (Mon to Fri)
Appointment Line: +65 6772 5030 Fax: +65 6872 4314
Email: cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899
Operating Hours: 9am – 11pm daily (including public holidays)
General Enquiry: +65 6219 1538 Email: childreucc@nuhs.edu.sg
Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre, 60 Jurong West Central 3, Level 2, Singapore 648346
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club, 2 Choa Chu Kang Loop, #03-01, Singapore 689687
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074
Tel: +65 6908 2222 Email: contactus@nuhs.edu.sg
Website: www.nuh.com.sg



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NUH Campus Map

Information is correct at the time of printing (July 2022) and subject to revision without prior notice.

Coping with the Loss of Your Child



Please accept our sincere and deepest condolences to you and your family, on the loss of your child. We hope this leaflet can help address some of the questions you may have on what to expect in the days ahead. Please do not hesitate to contact us if we can be of some support and assistance.

The initial weeks

After the passing of your child, life may feel unreal. One often experiences a myriad of emotions such as anger, hurt, confusion, denial and guilt. The pain felt can be very raw.

You are not alone

The loss of a child is probably the most isolating experience one can have. The loneliness, even when surrounded by family and friends, can be overwhelming. While these thoughts are sometimes frightening, they are normal and will go away with time. It will help to not blame yourself or someone else for what has happened.

Everyone grieves differently

Everyone's grief journey is different and there are no 'right' or 'wrong' ways to grieve. It is important to respect each other's way of grieving, even if we do not understand it. What one person finds helpful, another person may not.



What has helped other parents?

- Taking it a day at a time. If a day is too much, then an hour at a time.
- Allowing yourself to cry.
- Getting ample sleep and rest.
- Reading books about grief.
- Keeping a journal to write down any reflections, memories, negative thoughts.
- Planning a short trip.
- Confiding in someone and talking about what has happened to your child. Find someone who can be your listening ear.
- Accepting offers of help and support.
- Being around people you are comfortable with and able to turn to for support.
- Creating new rituals around birthdays and special occasions.
- Keeping your child's memory alive in a way that is special and meaningful to you.
- Seeking help and support from family, friends and professionals when necessary.

What should you avoid doing?

- Isolating yourself from family and friends.
- Bottling up your emotions.
- Comparing your grief journey with other bereaved parents. Remember that everyone's journey is unique.
- Getting absorbed with feelings of guilt, resentment or anger.
- Relying on drugs or alcohol. The relief will only be temporary.
- Not having a routine.
- Making significant decisions within the first year of your child's passing.

The weeks and months after the loss of your child

Be kind and gentle with yourself as there will be both good and bad days. Most parents never get over the loss of their child completely and would not wish to do so. However, do know that the pain does ease and living with the loss of your child will become part of your life.

While it is vital to spend time with your family and friends, it is equally important to take time and be with yourself.

When should grief be of concern?

- Prolonged and marked difficulties in managing daily routine and functioning.
- Extended and extreme focus on the loss.
- Excessive feelings of sorrow, anger, resentment or guilt.
- Prolonged neglect of personal care, hygiene and grooming.
- Substance abuse.
- Hallucinations.
- Persistent thoughts and feelings of being worthless and hopeless.
- Inability to find joy, positive feelings or meaning in life.
- Prolonged withdrawal from social activities and engagements.
- Contemplation of suicide or self-harm.

If you find yourself struggling to manage your grief, or have been significantly affected by a traumatic loss, please seek professional help or speak to your doctor.

What lies ahead?

Many bereaved parents will testify that although death ends the physical relationship with their child, it does not end the love they have for their beloved child. That continues and lives forever.

You are not alone. Yes, life has changed and the normal you knew is gone. However, with time, you and your family can create a new normal. You will find a way to live your lives around the physical absence of your child, while continuing to honor them with love in your heart.



“Death leaves a heartache no one can heal. Love leaves a memory no one can steal”

- Cardinal Cottage

The content of this leaflet is adapted from the resources of Anam Cara, an organisation providing peer support services to bereaved parents.

Community resources for support



Contact Us

For any enquiries, you can email:

Dr Teresa Tan

✉ teresa_tan@nuhs.edu.sg

NM Sania Jonid

✉ sania_jonid@nuhs.edu.sg

- **Child Bereavement Support (Singapore)**

A peer-support network for parents who have suffered the loss of a child, regardless of circumstance.

Website: <https://www.cbss.sg>
Email: help@cbss.sg

- **Grief Matters**

A movement by Montfort Care to rally the community to recognize grief and offer bereavement support.

Website: <https://www.griefmatters.org.sg>
Email: griefmatters@montfortcare.org.sg
Helpline: 8181 0448

- **Healing Hearts**

Support group for suicide-bereaved mothers.

Website: <https://www.thetherapyroom.com.sg>
Email: contact@thetherapyroom.com.sg
General Enquiry: 6467 8903

- **Infant & Pregnancy Loss Support Group Singapore**

Support group for parents who have suffered the loss of their baby, regardless of circumstance.

Facebook Page: <https://www.facebook.com/groups/603278646382706>

- **PIETA (Singapore)**

A Catholic-Christian faith-based support group for bereaved parents.

Website: <https://www.pietasingapore.org>
Email: pieta.singapore@gmail.com

- **RAINBOWS Programme @ HELP Family Service Centre**

A peer support programme for children and adults who have experienced death, divorce, separation and abandonment.

Website: <https://www.helpfsc.org.sg/rainbows>
General Enquiry: 6457 5188

- **Viriya Community Services**

Viriya Grief Support Programme (VGSP) provides community-based grief support to families and individuals to help them cope with their grief during time of loss and continue to live life meaningfully and well.

Website: <https://www.viriya.org.sg>
Email: contact@viriya.org.sg
General Enquiry: 6285 8033

- **Whispering Hope Singapore**

Loss coping tool based on the Grief Recovery Method.

Website: <https://www.whisperinghope.sg>
Email: contactus@whisperinghope.sg
Helpline: 8668 2032/8668 0043

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.