



# Hey It's OK...

To grieve for your pregnancy or birth

To experience a range of emotions

To ask questions and speak up

To focus on the positives

To make friends

**This poster has been put together for parents by parents!**

For guidance on emotional and psychological support and to access Hey It's OK... in more detail, please visit the parents section of the North West Neonatal Operational Delivery website.

[www.neonatalnetwork.co.uk](http://www.neonatalnetwork.co.uk)