

# Breaking the silence.

**By: Kiersten Setting**

Chrissy Teigen, a model and television personality, announced on October 1, 2020 that she and her husband John Legend, a music artist, had lost their unborn child, Jack. This announcement has broken the silence for other women that have lost children during their pregnancy due to complications. With this announcement came criticism about her coming out to the public with such news. People question why she would post the intimate details about this tragic event.

Every year 2.6 million babies are miscarriages (a still born child) and 80% of the losses are within the first trimester of pregnancy. Since most miscarriages are so early and women normally don't announce their pregnancy until about 12 weeks, the moms just don't say anything and keep silent. A very common belief is to not announce your pregnancy until you know that the baby is far enough along to where you know the baby won't be lost. This can leave mothers very alone and feeling like they did something wrong. Babies also can go full term and have complications through birth and pass away. This is a lot more emotional for a mother because they have most likely started to buy clothes and supplies to take care of the baby. The mothers sometimes also already name the child and this makes it harder because they already have a huge connection with the baby.

Teigen had been in the hospital getting blood transfusions for about a month because the fetus wasn't getting enough blood. She said that the doctors tried their hardest, but they just couldn't get enough blood to him. There are many different casualties that can happen later in the pregnancy such as the umbilical cord getting wrapped around the fetus and strangling it to death. Most mothers don't find out about that until the fetus has already passed away. Nikkie

Morton has experienced this traumatic event multiple times. She has had 2 miscarriages and 2 stillbirths. The two miscarriages were early in the pregnancy and she says, “it caught me by surprise that I was even pregnant but I already knew I was ready for a baby. When I lost the baby it made me so saddened, but it made me know that I wanted to try again and have my first child.” Right after that she delivered her healthy baby girl. She went on to have two more kids, the one boy was almost a stillbirth, thankfully he was delivered fast enough to get the cord unwrapped. She had the two stillbirths very late into her pregnancy: both were boys.. This made her worried to have boys, but she was lucky with her last two children: the pregnancies went smoothly. Mrs. Morton had been through a lot with having children, it affected how much she appreciates her children that are grown happy and healthy.

When she found out about Chrissy’s baby loss she said, “It was very emotional for me to see that she has to go through what I’ve been through.” Losing a baby can affect anyone at any stage of pregnancy. The fathers even get very emotional as well, a lot of people play down how the father feels because they are supposed to be strong through this time. Chrissy’s post even made Mr. Morton a little emotional when John Legend did his tribute to the baby and his wife after this hard time. He says, “A real man treats this situation emotionally, it’s only human, he lost his future child that is now all of a sudden gone.”

The post affected men and women that have lost children, they went through the same thing and it shows both families have the same effect. Both families lost a child and they all have a great reason to grieve as they will. Mrs. Morton made a post on Facebook about both of her still born children and it was a way to deal with the grief she said. Mrs. Morton thinks that it’s absurd for people to judge Teigen negatively on social media about the loss of her child.