



Supporting Parents and Families after a Stillbirth,  
Neonatal Death, Miscarriage or Medical Termination



## An Ugly Pair of Shoes

I am wearing a pair of shoes. They are ugly shoes.  
Uncomfortable shoes. I hate my shoes.

Each day I wear them, and each day I wish I had  
another pair. Some days my shoes hurt so bad  
that I do not think I can take another step.

Yet, I continue to wear them. I get funny looks  
wearing these shoes. They are looks of sympathy.  
I can tell in others' eyes that they are glad they  
are my shoes and not theirs. They never talk  
about my shoes.

To learn how awful my shoes are might make  
them uncomfortable. To truly understand these  
shoes, you must walk in them.

But once you put them on, you can never take  
them off. I now realize that I am not the only one  
who wears these shoes.

There are many pairs in the world. Some women  
are like me and ache daily as they try to walk in  
them.

Some have learned how to walk in them so they  
don't hurt quite as much. Some have worn the  
shoes for so long that days will go by before  
they think of how much they hurt.

No woman deserves to wear these shoes. Yet,  
because of the shoes, I am a stronger woman.

These shoes have given me the strength to face  
anything. They have made me who I am. I will  
forever walk in the shoes of a woman who has  
lost a child.

*We are here to support you*  
xxx

[www.lilymaefoundation.org/](http://www.lilymaefoundation.org/)

We share all our fundraising events and support days on our Social Media.

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