

WISH FOR A CHILD?



 SIMPUKKA

DO YOU LONG TO HAVE A CHILD?

Do you want to have a child, but have not been able to get pregnant? Have you experienced miscarriages or is pregnancy just not possible right now? You are not alone, and many people share similar thoughts, feelings and experiences. This brochure will tell you where to find peer support from people in the same situation as you. Simpukka Association is an expert organisation and community for all those who are involuntary childless, providing information and support.

You may have been trying to get pregnant but been unable to conceive, or you have become pregnant but lost the baby. There may already be a child or children in your family, but you haven't had as many as you had hoped for. It may be time to seek infertility tests and treatment.

Perhaps your life situation is such that the desire to have children has remained in the background. Perhaps you live alone, perhaps your and your partner's hopes for the future do not coincide, or perhaps it is just not medically possible for you to conceive.

In Finland, one in five people of childbearing age experience involuntary childlessness. This

may be due to fertility problems or other physiological reasons. Sometimes the cause of infertility cannot be determined (unexplained infertility). Involuntary childlessness can also be caused by lifestyle issues, for example, when partners disagree on the desire to have children, by a mismatch of desire for children or the lack of a partner.

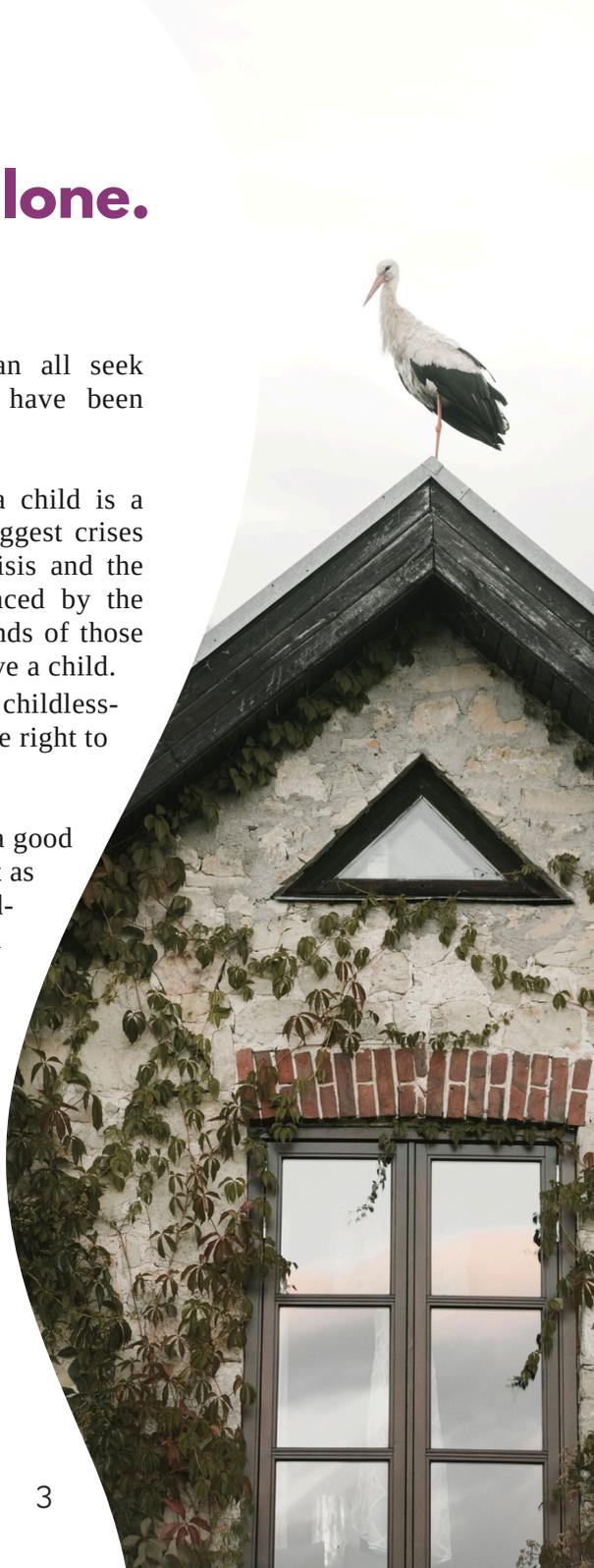
Often help can be found in medicine. Tests are recommended if pregnancy has not started within a year of trying, or if the pregnancy that has started is repeatedly lost. The tests will look into the possible causes of infertility. It is also quite common for the causes of infertility not to become clear during an examination.

You are not alone.

Single women and couples can all seek fertility treatment when they have been unable to become pregnant.

For many people, not having a child is a great sadness and one of the biggest crises in adult life. Sometimes the crisis and the way it is dealt with is influenced by the attitudes, hopes and even demands of those around the person wishing to have a child. Everyone who faces involuntary childlessness, for whatever reason, has the right to support and understanding.

In addition to medical help, it is a good idea to seek psychosocial support as well as the support of other childless people. The peer support and research information provided by Simpukka Association can help you to move forward. Don't be alone with your thoughts.



PEER SUPPORT IS A VALUABLE RESOURCE

"It's incredibly comforting to talk to people who know what I'm going through. It really makes a big difference to my ability to cope."

Feedback from the peer support provided by Simpukka.

Unintentionally childless people need the understanding, acceptance and support of their loved ones and others close to them in their daily lives. The unfulfilled desire for a child is associated with conflicting feelings, thoughts and experiences. The rollercoaster of hope and despair and uncertainty only exacerbates the crisis.

All emotions are possible. Other people who are going through or have gone through similar situations are particularly helpful in dealing with these feelings. Talking to peers often offers a

better experience of being heard and understood than talking to people close to you. Peer support brings new resources and provides a safe and understanding space to deal with thoughts such as jealousy.

Social support and peer support from other involuntarily childless people can help in challenging life situations. You are not alone. The same feelings, thoughts and experiences are shared by many people experiencing childlessness. Sharing your experiences can give you the strength to cope.

"The meeting eased both our anxiety, brought a sense of belonging and helped us to clear our thoughts."

There is a place for everyone

There are many causes of infertility. At different stages, people need answers to different questions and support for the challenges of their particular situation. There are different reasons for being infertile and different challenges, but the sadness is the same for everyone.

Through Simpukka ry you can find a peer support group which will match your needs at different stages of your life. You can choose from support groups that meet face-to-face or from a wide range of different online support groups.

Peer support groups are based on the experiences of the people attending the group meetings, meaning that the groups are not

there to substitute professional therapy or other forms of professional help. The main focus of peer support groups is the attendee's own experience and their willingness to share as well as to listen – the group going through similar life experiences together.

Simpukka's peer support groups can be found all over Finland and on several online platforms. If you cannot find a local support group, you are welcome to start one with the assistance of Simpukka's expert of volunteer work.

Read more at simpukkary.fi.

"You feel like you're not alone and get support for anxiety and stress."

"I didn't expect to get anything this good and supportive!"



An unfulfilled desire to have a child can make a person who wants to have a child close herself up like a clam. With time and support, the clam can open up and reveal a pearl inside. The pearl may mean new plans or a new direction in life, for example.

The Simpukka Association is a national association of experts on involuntary childlessness and a community of childless people. It provides up-to-date information on infertility, offers peer support and promotes the well-being of people without children.

Simpukka protects the interests of childless people and influences decisions affecting them. It also includes people who have had a child or children and those living alone or with their partner, whose lives are still affected by childlessness.

The association organises a wide range of activities open to all: events, activities and peer support. The association publishes a magazine called Simpukka Magazine on involuntary infertility.

The Simpukka Helminauha activity provides information and support to families who wish to have a child and have had a child through donor gamete treatments, to people born through donor gamete treatments and to health care professionals. The website of the Helminauha provides comprehensive information on donor gamete themes and the support available. Find out more at helminauha.info.

Join us!

By becoming a member or supporting member of Simpukka,

you support the work being done to raise awareness of childlessness and improve the situation and well-being of people without children. As a member, you can influence Simpukka's activities and the social situation of people without children.

As a member benefit, you will receive a high-quality and varied Simpukka magazine (in Finnish) four times a year.

Membership prices can be found at our website. You can become a member on Simpukka's website www.simpukkary.fi.

Welcome to join us! You are not alone.

Guides about involuntary childlessness

Download or order a guide from www.simpukkary.fi (mostly in Finnish):

- Lapsen muotoinen unelma - tahaton lapsettomuus kriisinä
- Näkymätön suru - mies ja lapsettomuus
- Kun lasta ei kuulu - läheisen opas
- Odotus muuttui menetykseksi - keskenmeno-opas lapsettomuuden kokeneille
- Lapsettomuus ja parisuhde
- Uutta polkua etsimässä - kun lapsettomuus on lopullista
- Lahjasoluopas Simpukoista helminauhaa.
- Lahjasolutaustasta puhuminen lapselle: Ihan Helmi perhe
- Drömmen om ett barn - ofrivillig barnlöshet som kris
- Från musslor till pärlband
- Donor conception

**You are not alone.
We walk by your side.**

Simpukka ry
www.simpukkary.fi

Follow Simpukka and Helminauha on social media!



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