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Warrnambool Mothers Launch Podcast on Baby Loss Support

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A group of mothers in Warrnambool, Victoria, is using podcasting as a platform to raise awareness and provide emotional support to families coping with the devastating loss of a baby. The group, known as The Electric Eight, is composed of women from south-western Victoria who have each experienced infant loss. Whether the death occurred during pregnancy, at full term, or shortly after delivery, their shared goal is to ensure that grieving parents, particularly in regional communities, feel less isolated.

The Electric Eight shares personal stories through a podcast that forms part of the *Ducks on the Pond* series, produced by the Rural Podcasting Co. The episodes feature honest accounts of each member's journey through loss, grief, and healing. These stories aim to foster understanding and solidarity among listeners who may be going through similar experiences.

One of the group's members, Louise Murrihy, joined in 2017 following the death of her son Max. Her story is one of many featured in the podcast. Max was born prematurely at 32 weeks at Mercy Hospital in Melbourne. Despite being placed on breathing support, he struggled for six weeks. During this period, Ms Murrihy practiced kangaroo care, which involves skin-to-skin contact, while listening to music through headphones—a gift from her father.

“Those moments meant everything to me,” Ms Murrihy said in a podcast episode. “I sat with him for hours, just holding him and playing music.”

Doctors were ultimately unable to determine the reason why Max could not breathe on his own. He passed away on Christmas Eve in 2017, when he was 37 weeks gestation.

The group's aim is not only to share their grief but also to highlight the lack of support services available to bereaved families in rural and regional areas. They believe that by sharing their experiences, they can reduce the stigma surrounding baby loss and advocate for better resources and mental health support for parents who have lost infants.

Infant loss is often described as a unique and deeply personal form of grief. For many families, especially those living far from metropolitan support centers, it can feel overwhelmingly isolating. The Electric Eight hopes that by telling their stories, they can help others feel seen, heard, and less alone.

Episodes of the podcast can be found on major platforms, including Spotify and Apple Podcasts. The group also hopes to continue the conversation beyond the podcast through community engagement and regional outreach.