

REALITY TV STARS KIRK AND LAURA KNIGHT SHARE TRAGIC NEWS



By Kirk and Laura Knight

Kirk & Laura: This past episode was a very personal and sad time for us both. When documenting the entire first year of marriage, a couple is bound to have a series of up and down moments in their relationship and love. We were so overjoyed when becoming pregnant that the thought of anything going wrong didn't even cross our minds. Nothing prepared us for what we experienced with a miscarriage. What we learned was stunning – one out of five pregnancies ends in miscarriage. This is much more common than we had ever thought.

Related Link: [Reality TV Stars Kirk and Laura Knight Share Baby News](#)

Reality TV Stars Face Tragic News

L: Every woman who becomes pregnant will be told and will read that you aren't supposed to share your baby news with anyone until you have made it through the first trimester. This advice leaves many couples

going through a miscarriage feeling alone and left to suffer in silence. I don't know what I would have done without the much needed support of my closest family and friends.

If you are experiencing a miscarriage, know that you are not alone. Allowing yourself to grieve will help you in the long run – just know that you cannot time stamp the length it takes to heal from such tragedy. Grieving is a roller coaster of emotions, and it takes time to feel like yourself again. Taking steps forward and backwards is part of the process.

There were moments where I felt I was doing okay, only to have a breakdown. A few days after the D&C procedure, I wanted to get out of the house and do something “normal.” I learned that going to Target mid-morning was a terrible idea – there were new mamas and their babies everywhere! Another time, I was feeling like I was in a pretty good place emotionally and went to pick out Mother's Day cards, only to end up sobbing in the middle of the store. These instances were only setbacks though. Accepting what is can be a daunting task; try looking toward the future in a positive light and never give up hope. I promise you will survive!

Related Link: [Kirk Knight of Bravo's 'Newlyweds' Details His Hawaiian Honeymoon and Reveals Possible Baby Plans](#)

K & L: We are tremendously grateful for all of the love and support we have received. Although tragic and sad, we will not give up hope in our efforts to conceive. Tune in tonight to our reality TV show to see what we are doing to stay busy and how we are coping with the aftermath...

What's up next for this [celebrity couple](#)? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!