

Giving Support During Loss

Things that can be helpful to say



- "I'm so sorry this is happening to you"
- "This is so unfair"
- "This wasn't your fault"
- "Is there anything specific I can do to support you?"
- Just listen without trying to make it better

Things that could be accidentally hurtful to say

- "At least..." (it was early, you have another child, etc)
- "It's good that you know you can get pregnant!"
- Any advice or opinions that haven't been requested
- Sharing details of your own losses without permission
- "This loss will make more sense once you get your baby"
- "This one just wasn't meant to be"



Things to do



- Ask if you can door-drop a meal, offering to bring something over without needing to see them
- Offer to bring supplies (pads, heat-pack, etc)
- Send a card, flowers, etc

Things to keep in mind

- This impact of this loss won't disappear overnight, check in more than just the week-of
- It takes weeks to months to physically recover
- Trying to conceive again will likely be traumatic & scary
- The high cost of infertility treatment is also stressful

