
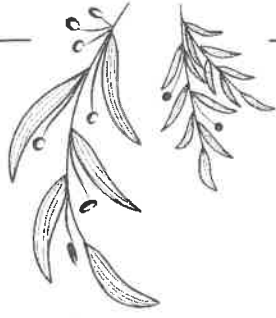


Practical Ways for Family and Friends to Help



If you are reading this handout because you want to understand how to help a loved one who has experienced a miscarriage, here are some ideas:

- Acknowledge the loss and the life of the child that grew within. You won't worsen the pain by talking about the loss, but silence may send the unintended message that you don't care.
- Pray for and with the parents; let them know that you are praying.
- Send a card or a note of encouragement, particularly on special days (such as what would have been the due date, anniversary dates, Mother's/Father's Day, holidays...).
- Give a gift, keepsake, or memento in remembrance.
- Look for ways to serve. Bring a meal, shop for groceries, clean their house, or offer to care for older children. Don't say, "Call if you need anything," because this places the burden on the couple to ask for help. Instead, take the initiative.
- Recognize the child as a member of the family and incorporate their memory into family traditions.
- Don't forget Dad. He's often overlooked and seen as the "protector" or "gatekeeper" to the mom. Instead of asking only about Mom, ask how the couple is doing or make a point to ask Dad specifically how he is doing. Acknowledge how difficult it must be for him to maintain strength as he protects and cares for his wife, while also grieving the loss himself.
- Be sensitive to their feelings regarding birth announcements and baby showers.
- Avoid insensitive comments and clichés, however well intended. Simply being with them, offering a hug, or a simple "I'm sorry" will mean so much.
- Listen. They need to be witnessed like everyone else.



Handling Hurtful Comments and Clichés




You may experience unwelcome and hurtful comments from those around you. It can be difficult to make sense of such remarks, which are usually well-intended. Here are some specific examples to be aware of:

- Be prepared for the “at least” comments which, by nature, tend to minimize the experience of loss.
 - At least you were only _____ weeks along.
 - At least you know you can get pregnant.
 - At least you didn’t have to give birth.
 - At least you’ll still be able to travel and go on adventures.
- You can always try again
- This is just “nature’s way.” Something must have been wrong with the baby.
- It was probably for the better.
- You can always adopt.
- Be thankful you have other children.


Common clichés may also be expressed, many with Christian undertones. While it’s good to embrace truths from the Bible as you are ready and to realize that God sees the hurt you are going through in the aftermath of loss or your fertility journey, hearing these phrases is not always helpful. Some common clichés that you may hear include:

- Your baby is in a better place.
- Heaven needed another angel.
- This was/is all a part of God’s plan.

Decide in advance to forgive those who make insensitive remarks. Strive to look beyond the words that are spoken and examine the intent of the person making the comment. Consider your relationship with the individual and what you believe their true motives are behind their words. Doing so will help you respond with grace. Be prepared for these comments and stand firm in the knowledge that your child’s life (no matter how brief, whether planned or unplanned) and your fertility journey matter to both you and God.



Ten Practical Tools to Support Yourself Through Grief



1. Go for a Walk

Grief can leave us feeling stuck, emotionally and physically. Taking a walk can help you get moving again, both inside and out. As you walk, let yourself think about your loved one, cry if you need to, and notice your surroundings, whether it's the trees, houses, buildings, or even something as small as bees or leaves on the ground. Aim to make this a daily habit, even if it's just a quick stroll by yourself or with someone you trust.

2. Celebrate Small Wins

At the end of each day, pause and think of three things you accomplished, no matter how small. When you're deep in grief, gratitude lists can feel like too much, so focus on wins instead. Maybe you got out of bed, went to work or school, or simply took a shower, those all count. Over time, your wins will grow, but right now, give yourself credit for showing up in any way you can.

3. Connect with the World Around You

It can be grounding to step outside your pain and see what's happening in the bigger picture. Whether it's watching the news, reading an article, or scrolling through a few updates on social media, it's a reminder that life continues, even when it feels like yours has stopped. Start small, 30 minutes or even less is okay.

4. Send Love to Your Person

Your connection to your loved one didn't end when they passed. You can still love them actively. Spend quiet moments sending love their way, whether that's in the morning, at bedtime, or whenever they come to mind. When grief feels heavy or memories are overwhelming, shift your thoughts by focusing on the love you still carry for them.

5. Take a Break from Grief

You can't sit in the pain 24/7, it's exhausting! Give yourself permission to take breaks. Binge-watch that show, re-read your favorite book, or dive into work if that feels good. Distractions are okay; they don't mean you're avoiding your grief, just that you're giving your mind and heart a much-needed rest. You will know when it's too much.

6. Talk About It

Find someone you trust who can listen without trying to fix things or offer solutions. Let them know you just need to share your story and have your grief heard. It's important to have your pain witnessed by someone who can hold space for it, even if they don't fully understand.

7. Notice What's Still Here

Grief can feel like everything has stopped, but there are things in your life that continue: your job, your friendships, even something as small as your fingernails or hair growing. These small reminders of continuity can help you see that life hasn't ended completely, even though it's changed.

8. Be Kind to Yourself

This is the time to be gentle with yourself. Do something small that feels good, whether it's taking a long bath, treating yourself to your favorite meal, or

watching a movie guilt-free. You've been through a lot, acknowledge that by giving yourself the same care and kindness you'd offer to a friend.

9. Dream Again

Write down three things you've always wanted to do, whether it's something you dreamed of with your loved one or something just for you. Maybe it's visiting a place you've always wanted to see or picking up a hobby you've put off. Life still holds meaning, and it's okay to start imagining what's next for you.

10. Help Someone Else

Once you're ready, especially after the first year of grief, look for ways to care for others. It doesn't have to be big. Buy someone a coffee, leave a kind comment on social media, or donate a few dollars to a good cause. Turning your attention outward can bring healing, and those small acts of kindness can create a ripple effect of hope.