

5 THINGS NOT TO DO WHEN SOMEONE'S HAD A PREGNANCY LOSS

1

Make meaning from their loss

"It was for a reason"

For many the loss is senseless and has no meaning, while for others there may be a greater meaning, however that's for the person who experienced the loss to decide.

2

Find the silver lining

"At least you know you can get pregnant"

"At least you already have a child"

We try to bring people out of their grief because it hurts us to see them in pain, and yet they need to be in their grief to work towards healing.

3

Minimize the impact of their loss

"You can get pregnant again"

"You weren't that far along"

Loss is loss. When a woman or couple becomes pregnant they begin envisioning their future with that child. They're also grieving everything that could have been.

4

Suggest blame for the loss

"Did you carry something too heavy?"

"Were you exercising too hard?"

A woman may already be blaming herself for the loss, even though it's often out of her control - this is a normal part of grief. Don't add to her self-blame.

5

Advice-giving on getting pregnant again

"Have you tried x, y, z, to get pregnant?"

"Being stressed won't help you concieve"

Women who've experienced pregnancy-loss or fertility challenges are very well-informed on the topic. So unless they ask for advice, it's best not to give it.

If you're unsure how to support your loved one, you're not alone.
Download our tip sheet on how to support someone after pregnancy loss.



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