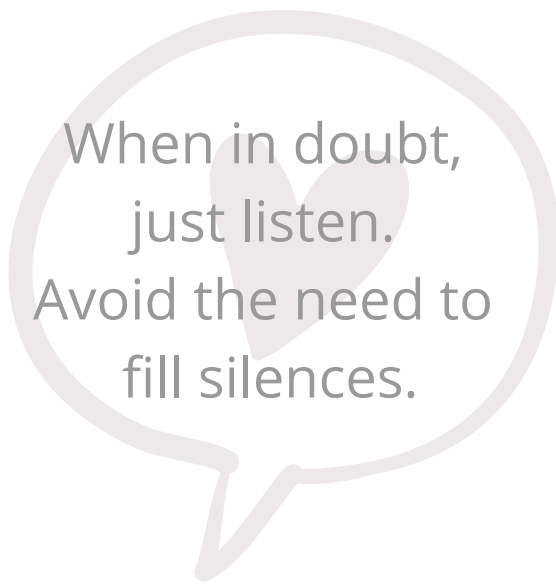


HOW TO SUPPORT SOMEONE AFTER PREGNANCY LOSS



What to say:

"I'm sorry for your loss"

"How are you (actually) doing today"

"What can I do for you?"

"I'm here when/if you feel like talking"

"Can I help with housework, cooking, cleaning, organizing, shopping?"
(don't make them feel they have to host you)

Be sensitive to your surroundings

Pregnancy loss creates all kinds of triggers that weren't there before:

- seeing a pregnant person
- going to a baby shower
- talking about parenting

Your loved one may not be up to attending a baby shower, holding your newborn, or going to social gatherings where there are pregnant people or new parents.

Be compassionate to their not wanting to be as involved. Give them time.

After some time has passed

CHECK IN

Some parents fear their loss will be forgotten by others. Ask if it's ok to check in from time to time and see how they're doing. Provide a safe space for them to talk about the loss.

They may not always feel like talking, but nice to know they could if they wanted to.

REFER TO THEIR BABY BY NAME

When a loss happens further on in the pregnancy many parents name their baby. Naming a baby that was miscarried, terminated for genetic reasons, or stillborn, helps parents honor and remember their child's existence. Ask if it's ok with the parents to refer to their baby by name.



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