



Hope and Healing

A Ministry of First Coast Women's Services

Helpful Hints When Helping Someone Through Grief of a Pregnancy Loss

Things NOT TO SAY OR DO when someone has experienced a loss:

1. You'll have another baby.
2. It was just a miscarriage. It's better because you didn't feel the baby move.
3. The baby was probably deformed. It may have been a lot of trouble for you.
4. I didn't feel it was the right time for you to have a baby anyway.
5. God may be punishing you.
6. Is there sin in your life?
7. Don't be angry. (Anger is part of the normal healing process.)
8. The baby is in a better place.
9. Maybe you exercised too much.
10. You didn't eat enough of the right foods.
11. It was God's will.
12. I understand what you are going through.
13. It's probable for the best.
14. You need to get over this. (Everyone's grief process is different and individual.)
15. Don't talk about or bring things up about another person's baby.
16. Don't quit calling or avoid them.

Things TO DO OR SAY when someone has experienced a loss:

1. Visit them. Bring them a gift – balloons, a meal, flowers to plant.
2. Let your genuine care and concern show.
3. Offer to keep their children.
4. Ask what they named the baby. Refer to the baby by name.
5. Call periodically just to chat – maybe pray with them over the phone.
6. Let her talk. Be a good listener.
7. Take them out shopping – to eat – and talk about her and what you can do together. Do not hesitate to bring up her loss and talk about the baby by name.
8. Buy her a good book to help with her grieving process. Maybe read it also so you can understand more of what she is going through.
9. Make the baby a gift – put name and birthday on it.
10. Offer to attend a support group meeting with her.
11. Encourage her in her grief process. Know what the situation is (miscarriage, stillbirth, early infant death) and call it that.