



What to Say & What Not to Say

What to say and what not to say to someone experiencing infertility, pregnancy loss, and medical diagnoses preventing pregnancies.

WHAT TO SAY

Things to say to bring comfort and support to those who are hurting

This is so hard.

I'm so sorry for your loss.

I'm so sorry you are going through this. How can I help?

I'm so sorry you are hurting.

I love you and I'm here to help in any way that I can.

I'm sorry. I can't imagine what you must be going through.

What you are feeling matters. It is valid.

I'm here for you if you want to talk or if you don't want to say anything at all.

It's okay to NOT be okay.

I'm here for whatever you need.

Please lean on me. I've got you.

You are not alone.

Your grief is real and it matters.

(If someone is blaming themselves) This was not your fault. You are not to blame.

This was a loss of a life. You are allowed to grieve it.

You have been through so much pain and heartbreak. I'm so sorry.

This is such a difficult loss. I am so sorry.

Do you want to talk about it? Until then, I'm praying for you.

I'm here to just sit with you, listen to you, and cry with you.

Take your time. There is no rush to get back to normal.

Acknowledge the pain and simply ask how can I best support you right now?

I am going to text you often but you can call or text whenever you need to.

Can I pray for you right now? If not, it's ok. I am still here.

I may not understand what you are going through but I am here for you.

Whenever you are ready, I will always be here for you.

This is a safe place if you want to talk.

WHAT NOT TO SAY

Things that are better left unsaid

You're still young.

It's very common.

God needed another angel.

You must have unconfessed sin in your life.

It just wasn't meant to be.

At least you already have or had one.

God is using this to teach you something (why would God "teach" me by harming my baby?).

It will get better in time.

Try not to focus on it.

Take up a new hobby.

You're thinking about it too much.

I've had x amount of miscarriages. Just keep trying.

At least it was early on in your pregnancy.

When are you guys going to have kids?

There is always adoption.

It happened for a reason.

You probably weren't ready for a child.

You have time to have more.

It's okay not to have kids.

The baby is in a better place.

You don't even know if it was a boy or a girl so you shouldn't tell your kids about it.

It's probably because you're unhealthy.

God knew you couldn't handle a baby right now.

There must have been something medically wrong with the baby.

Think of your family. They rely on you. You have to just keep going.

You can always try again.

WHAT NOT TO SAY

Things that are better left unsaid

If you pray right and have faith believing it will happen it will.

You impact so many kids through your ministry, you already play a parental role in so many lives.

I know someone who experienced infertility or a loss of an infant.

Well at least you know you can get pregnant.

As soon as you stop stressing you'll get pregnant; just relax.

It wasn't really a life yet.

Maybe it is your weight that's a problem.

You can be second "mom" to my kids.

Your family needs you to be strong right now.

At least its not an abortion.

You will get pregnant. Don't worry.

Now you don't have to worry about buying maternity clothes.

You need to see a doctor because there is probably a reason.

Don't stress over it. Try to get back to normal as soon as possible.