

Kids Joining Eternity

Key Points to Help You With Family and Friends

- Let others know that you need help. Friends and family usually respond well to a specific request when they otherwise wouldn't know what to do or say.
- Respect your need to talk and be heard, and choose good listeners who care about you. It is vital that you reach out to others during this sad time.
- Plan how you will phrase the news of your loss to colleagues and acquaintances, in a simple, brief manner. Respect your need to decline discussing details you don't want to share.
- Allow your feelings of upset to surface if someone makes an insensitive remark. If you feel like it, take the opportunity to educate others about pregnancy loss, telling them how they could respond more helpfully.
- Consider telling those close to you who are pregnant or who have small children that it will be difficult for you to socialize with them for a while. If you feel you can't attend celebrations because you are too emotionally raw, send your regrets. Relatives and friends who care for you will probably understand.

Kuhn, Ingrid and Moffitt, Perry-Lynn with Wilkins, Isabelle. "A Silent Sorrow-Pregnancy Loss: Guidance and Support for You and Your Family." (2000): 157.

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