

## **The Five Best Comments You Might Hear**

“I’m so sorry. I know how much you wanted to have that baby.” This statement acknowledges your sorrow and gives you permission to grieve.

“It’s okay to cry.” This response validates your feelings and your need to express them without embarrassment or guilt.

“Would you like to talk about it?” The friend or relative who responds with this sensitive question offers the best support possible—a willing ear, a comforting shoulder and a healthy respect for your needs.

“Is there anything I can do for you?” Family and friends may offer consolation through practical help. This allows you to say what you need, whether a home-cooked meal, help with difficult phone calls or assistance dismantling the baby’s room.

“May I call you back in a few days to see how you are doing?” After a while you may find that others no longer want to talk about your loss. Family and friends who assure you that they will continue to listen and comfort you in the months to come are truly loved ones.

Kuhn, Ingrid and Moffitt, Perry-Lynn with Wilkins, Isabelle. “A Silent Sorrow-Pregnancy Loss: Guidance and Support for You and Your Family.” (2000): 158.

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