

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

1) “It happened for the best.” No matter what caused your loss, it is unlikely you believe it happened for the best. This statement negates your loss and sorrow.

What you can say in response: “I know you mean to be comforting, but I don’t think bad things happen to people for the best.”

2) “Don’t worry, you can have another baby.” You need to mourn the baby you lost. Children are not replaceable. What you can say in response: “I’m very sad about losing this baby, who meant so much to me.”

3) “You didn’t really know the baby, so it’s not like losing a child who has lived with you a while.” Although there is a distinction between these two losses, this is not a comforting comment. You have lost the dream of having that particular child. Although your loss may be different from losing an older child, it should never be deemed unworthy of grief. What you can say in response: “I’m sad because I will never know this baby.”

4) “I know exactly how you feel.” Unless the friend or relative has been through a similar loss, this phrase may ring false and make you angry. You probably wished they had asked you how you felt instead. What you can say in response: “It’s hard to know how this feels unless you’ve been through it yourself.”

5) “What are you going to do now?” You may be too stunned by your loss to make plans about your future family. This question is an invasion of your privacy unless you volunteered to talk about it. What you can say in response: “I really don’t feel like discussing that right now. I’d rather talk about the baby I just lost. “

Having people say nothing at all negates the loss and also hurts deeply. “I don’t know what to say” is honest and acknowledges the dimensions of your sorrow. What you can say in response: “I realize you don’t know what to say about my pregnancy loss, but I don’t mind talking about it, and it helps me to remember my baby.”

Kuhn, Ingrid and Moffitt, Perry-Lynn with Wilkins, Isabelle. “A Silent Sorrow-Pregnancy Loss: Guidance and Support for You and Your Family.” (2000): 157-158.

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