



Walking with Someone Grieving a Loss

Miscarriage/ Infant Loss Support

Walking with a mom or couple who have lost a baby due to miscarriage or stillbirth, can be a delicate journey. You have the honor of dignifying the little life lost as well as the parents who suffered that loss. You are an important part of their journey and we want you to feel equipped to support them by providing you will some helpful ways to love them well. Reach out and ask the parents if you can support them through any of these following options.

Give your friend space to share their feelings.

Our instinct is to want to fix the way they feel, however the best way to honor them in their grieving process is to allow space for them to talk about their experience and share how they are feeling. Provide that space by inviting them to have permission to feel what they need to feel and offer time for them to share their thoughts in the moment. Reach out to them on a day of the week that feels hard for them and let them know you are thinking about them.

Let your friend know you are there for them and check in with them.

Checking in with them to let them know you are thinking about them can affirm that they have permission to reach out to you and share how they are feeling. Asking them if there is a day of the week that is especially hard for them and checking in weekly on that day can be helpful as they process their grief.

Offer to bring a meal or a coffee.

It can be hard to do basic things like cook or even clean. Providing a meal can allow them to spend some extra time with other kiddos, time doing a self care activity or just allow their body to be nourished.

Offer to watch older children or run errands for them.

Offer your time to them in watching older children, running errands or light cleaning. This may allow them to take some time for themselves or even just free up space in their mind to be able to process their emotions.

Give them permission to feel what they feel as there are no rules to grieving.

There are no rules to grieving the loss of a baby. It can be a rollercoaster of emotions and sometimes you need to give your friend or family member permission to feel what they need to feel in the moment. There will be many days that laughter and crying will be expressed simultaneously and that is okay.

What NOT to say:

Phrases that are often said to women and couples after a miscarriage or stillbirth that are said to be comforting but often times comes across in a manner that is not helpful include:

“At least you know you can get pregnant”

“Everything happens for a reason”

“Just relax, it will happen when it happens”

“Remember you can always get pregnant again”

“Enjoy the kids you have”

We want to honor couples and families who have had a miscarriage or stillbirth by honoring and acknowledging that they have lost a baby. Ask them if they have named their baby and use baby’s name when talking with the parents. It helps parents to hear their baby’s name being said and honored by their family and friends.

For more information contact:

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