



NECHAMACOMFORT
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How to comfort and talk to those experiencing pregnancy and infant loss

It can be very difficult to know how to be helpful and comforting to parents and family members when they are going through this situation. These guidelines let you be a true help and comfort.

DON'T:

- Dominate conversations, overtalk.
- Use clichés. Some that can be really off-putting include:
 - "I know how you feel."*
 - "At least you have other children."*
 - "You can always have another."*
 - "At least you really didn't know your baby."*
 - "This only happens to people who can handle it."*
 - "This is a test from God and God only tests people He loves."*
 - "You will see the baby when Moshiach comes."*
- Pass judgment or say "you should be feeling better by now."
- Avoid the couple because you are personally uncomfortable.
- Change the subject if they want to talk about the baby.
- Give legal or medical advice, or suggest they had bad care

DO:

- Reach out to the family and acknowledge their loss.
- Allow them to express their feelings without passing judgment.
- Refer to the baby by name if they have named the baby.
- Contact them when you say you will.
- Understand if they aren't up to usual social commitments.
- Ask about the funeral if there was one.
- Allow for silence.
- Remember they may grieve at significant milestones.
- Be genuine and caring.

If you know a family suffering a loss, contact us for assistance: www.nechamacomfort.com