

COMPASSIONATE PREGNANCY

A Guide for Pregnant Mothers with
Friends Who Have Lost a Child

Congratulations on your pregnancy!

We realize it can be tough to know how to share the joyous news with friends or family who have lost a baby or experienced infertility. Here is some information to help you navigate the relationship compassionately throughout your pregnancy.

Be Aware

Actively consider what your friend or family member is going through and identify how you can be there for her.

Be Inclusive

Don't isolate her further by hiding important information—such as the pregnancy or birth—in hopes of protecting her. It can actually be very hurtful.

Let Her Decide

Invite her to events such as showers or birthday parties as you would previously. Empower her to decide if she will attend or not.

Check In

Ask her if you are sharing too much or too little of your pregnancy details. Every loss mom is different in what she can handle—by asking, you are demonstrating that her feelings matter to you.

Treat Her Past Pregnancy as Relevant

Some loss mamas are willing to share about their pregnancies and

some cannot. If she does share, laugh or cry right along with her. Take advice from her just as you would any other pregnant mom.

🌱 Don't Try to "Fix" It

If she is going through a diagnosis of infertility: *listen*. Do not try to "fix" with suggestions such as a specialist doctor or adoption. Let her take the lead in telling you—and remind her that you are available to listen and will always be there for her.

🌱 Acknowledge & Celebrate Her Baby

Just as you are actively connecting with the baby through kicks, ultrasound images, and hope for the future, so did she. Ask to see photos or memorabilia of her baby. Send a card on her baby's birthdate. Don't be afraid that you might trigger her further; it really means a lot to a mama that her baby is recognized. Put it in her power to decide what she can and cannot handle.

🌱 Social Media

Remember that anything "liked" on social media is repeated on your friend or family member's news feed. To protect herself, she may not "like" your pregnancy posts—she may even need to hide them altogether. She can still be supportive in other ways.



For more support, please visit
www.RTZHope.org/CompassionatePregnancy