

5 THINGS YOU should/shouldn't TELL A WOMAN WHO EXPERIENCED A MISCARRIAGE



THINGS YOU SHOULD TELL

"I am sorry for your loss."



"Whatever happened was unfortunate. It was not your fault."



"Be gentle with yourself, and let me know if there is anything I can do to help."



Grief does not follow a timeline. Take as much time as you need. Whenever you want to talk about your loss, I'm there for you.



"Whatever you are feeling is only natural. Do not force yourself to feel something else."



THINGS YOU SHOULD NOT TELL

"You are young. You can have another baby."



"At least you have other children."



"Probably it was not meant to be."



"At least you know you can get pregnant."



"Look on the brighter side of things. It could have been worse if it had happened later in pregnancy."



References:

1. Supporting someone through pregnancy loss; The Miscarriage Association