



What I Need.

If a bereaved parent has gifted you this flyer, please take these to heart. They need you to show up for them right now.

Do's

Say my baby's name and talk about them openly. Ask questions. Let me talk without changing the subject.

Listen. Cry with me. Laugh with me, too.
Be real. Platitudes won't make me feel better.
Apologize when you know you said the wrong thing, even if it is years later.

Bring meals and treats. Bring paints or magazines or a journal. Walk with me. Sit with me.

Remember with us. Keep checking in. Send a card months or years later. Let us know when you think of our baby. Bring flowers to our baby's spot. Reach out to us on our baby's anniversary.

Let me know that you still love me even though I'm different now than I used to be. I miss my old self too, but maybe this new self isn't so bad either.

Be understanding when I'm not ready for big groups, holidays, baby showers or first birthday parties. Be encouraging when I try.

Help in practical ways. Call the formula people and ask them to stop sending me packages. Unsubscribe me from baby related e-mails. Return baby items for us at Babies-R-Us... if I want you to.

Let us keep our nursery just as it was or help us take it down. Be supportive of our decision.

Send just a quick text to tell me you are there and thinking about me. Don't expect a response. I might not feel up for it. Keep doing it anyway.

Attend the funeral, if invited and be there, no matter how uncomfortable and or you don't know what to say.

Drop off pads, Preparation H wipes- things I need following delivery of my baby. My body needs to heal. Leave it on the porch and text me that it's there.

Tell me it's OK to grieve for as long as I feel I need to and not to let anyone else stipulate when I should be "over" the loss & moving on.

Encourage me to talk to a counselor or find a friend who understands or go to a support group. It is nice to not feel like the only one.

Do be happy for us if we get pregnant again. Remember it does not fix us and that it is terrifying.

Love us. Love our baby.

Don'ts

Don't tell me it's for the best, everything happens for a reason, God is in control, they are "in a better place" or time heals all wounds. Platitudes don't help me. Don't complain about anything really, especially your children. Complaints seem trivial to me right now.

Don't compare my loss to your experience or someone else's experience.

Don't say how good it is to hear me laugh or that you're so glad I'm feeling better after I smile. I can be sad and happy at the same time.

Don't tell us to have another child or to try again.

Don't make it about yourself. Keep it about us and the baby. Don't forget about my partner. They are grieving, too.

Don't disappear. Especially after the first couple of months when most people around me are forgetting.

Don't pretend nothing happened. Don't be afraid to bring it up because you don't want to upset us- it's comforting knowing someone else remembers.

Don't tell me anything that begins with "at least."

Don't take things personally if we break plans, flake often, are angry, or flustered easily.

Don't assume that I am ready to be around babies or children yet- even months or years later. Always ask or give me a heads up that babies or children will be present at a function. Let me make the choice.

Don't assume that if I've now had a living baby, I'm just fine. I am still grieving. My child can never be replaced.

Don't leave once the dust settles... that's when you're needed most.