



TIPS FOR SUPPORTING SOMEONE WHO HAS EXPERIENCED PREGNANCY OR INFANT LOSS

1. Check in.

If someone you care about has experienced a pregnancy or infant loss, check in with them by phoning them or texting them. Letting them know you are thinking about them can help them feel supported and less isolated. If you are afraid of imposing, make it clear that they don't need to respond right now, but that you are there if they want to talk or need anything.

2. Listen.

Listen in a non-judgmental and compassionate way. Be a listening presence, validating their experience and feelings. Allowing a person to tell their story can be a powerful way to hold space for them in their grief.

A compassionate or validating response can sound like:

- » "I'm so sorry you are going through this"
- » "Thank you for sharing with me. You are not alone."
- » "I'm not sure what to do or say but I am here."
- » "This must be really hard, please let me know if there is anything you need."
- » "I've been thinking about you a lot – sending you my love."
- » "I'm here if you ever need to talk."

It's important to avoid saying things like "at least you know you can get pregnant" or other "silver lining" type statements. These kinds of statements can come across as dismissive, devaluing, and judgmental of a person's experience and feelings. They can be really hurtful. It's important to listen and centre what they are going through at this time. Avoid sharing or comparing to your own experiences.

3. Offer practical support.

Some people who are grieving find getting practical support really helpful. This could be things like:

- » help in caring for children, pets, etc.
- » doing their dishes or laundry
- » bringing food or treats over
- » mowing their lawn, etc.
- » picking up their groceries
- » taking care of other daily responsibilities
- » invite them out / plan an activity with them that they enjoy

For some people, these things can be just as helpful as emotional support.

4. Remember that everyone grieves differently. There is no timeline on grief. There's no right or wrong way to feel.

People can feel lots of different ways ranging from sadness and anger to relief. Grieving is not linear, but often comes in waves and layers. Be patient and remember that grief or loss is not something that people simply get over. We build around our grief. We build a bridge between who we were before and after. We can work through grief by acknowledging the loss, and by accessing connection and supports.

5. Suggest resources - if they want them.

The support a person or family receives, both during and after a loss, can make an impact on their experience.

You can ask them if they'd like info about resources. If they would, give them info about the Dragonfly Support Program, local support groups, or local phone lines.

6. Take care of yourself, too.

It's also important to take care of yourself. It can be hard to see people we love in pain. It can bring up our own grief, pain or losses. If things are coming up for you, it can be helpful to talk to someone and get support.

Resources:

- » Pregnancy and Infant Loss Program Intake Line: 204-947-2422 Ext 544
- » Clinic Crisis Line: 204-786-8686 or 1-888-322-3019
- » Mobile Crisis Service: 204-940-1781
- » Family Peer Support: 204-940-2376