



*How to support a  
loved one through*  
**miscarriage**



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*How can you help after a loss?*

When someone in your life experiences a pregnancy loss, it can affect them physically, mentally and emotionally. If you haven't also been through it, it can be hard to know what to do to help.

What are the right things to say and do when someone you know experiences a miscarriage, and what may actually make them feel worse?

We've created this document to help guide you in being the best support person you can be during this difficult time for your loved one.

# What NOT to say

Words can really lift someone up, but they can also really hurt. These common phrases may seem helpful, but are actually the opposite to someone experiencing a miscarriage.

*"At least you know you can get pregnant."*

*"You can always try again."*

*"Everything happens for a reason."*

*"God/the Universe has a plan."*

*"Your body must have been stressed."*

Even though some of these things may be true, during a pregnancy loss is not the time to say them. These phrases may actually make your friend feel worse than if you had said nothing at all.

# What it's OKAY to say

It can be hard to find the right words when someone you love experiences a miscarriage. Here are a couple key phrases that are okay to use during this time:

*"I'm so sorry for your loss"*

*"I'm here if you need to talk."*

If you have also experienced a miscarriage, it can be helpful to tell your friend that you have been through it, too. You can share that you understand how hard it is, and that you're there for them.

# How to provide support

Here are some ways that you can support a loved one who is experiencing a loss without saying a word:

- *Bring a warm meal or tea*
- *Bring them flowers or something pretty to look at*
- *Gift them a soft blanket or comfortable clothes/pajamas to wear while they heal*
- *Sit with them - let them talk if they want, but don't force it*
- *Clean their home or do some of their laundry*
- *Help care for other children so they can have a break*

# How to help long term

Miscarriage isn't a weekend event and can affect your friend weeks or months down the road. When everyone else has moved you can:

- *Provide her with childcare while she seeks out additional therapies to help heal*
- *Help facilitate a day out to a salon for a hair day or do her nails*
- *Buy her or let her borrow an outfit for this postpartum in an unexpected season*
- *Help her and her partner have a date night*

Your loved one is lucky to have a caring, thoughtful person like you in their life. The steps you take to support them through their loss really will make all the difference in their healing, and they will never forget it.