

# Griever support community



## What Do I Do?

Infant loss is a unique and painful type of grieving. But like other losses, those who want to provide comfort might feel unequipped, unprepared, or unqualified to come alongside families in the midst of such pain. At H4H, we hope this guide will help you navigate how to best show up for the people you love during some of their darkest times.

## Best Practices

- Remember the extra hard days even as time goes on: birth dates, death dates, due dates, etc
- Listen
- Be patient and present
- Talk about baby and say his or her name. Give gifts of remembrance
- Give grace
- Get comfortable with the uncomfortable
- Check in on them and do it over and over again
- Feed them and keep feeding them
- Don't ask how to help. Just show up and start helping. Find the needs and meet them
- Give a hug
- Cry with them
- Clean their house, help with logistics like appointments and phone calls, etc
- Help with the kids

\*Note, any of these things are subject to being disliked by the griever, and should they communicate that with you, you would kindly honor their request



## Meal Train Website

Creating a meal train is free and simple at mealtrain.com; all you will need to do is collect the email addresses for participants to invite. Create a system for food to be delivered to the door in a cooler, so that mom/dad do not have to feel the need to greet or entertain each person who delivers. Don't forget breakfast and lunch ideas, too. A stock the fridge and pantry is very helpful.

## Gift Ideas

A flowering shrub or tree planted in memory of the baby, jewelry with baby's name or initials, comfy items for postpartum-recovering mama, personalized candle or art, donations made to organizations that do good work in baby's name, blanket, personalized items for baby as keepsakes (think of traditional gifts)



Great gift companies: Laurel Box, Mother of Wilde, Sage & Sara Candle Co.

## What to Avoid

**Being an anxious presence**—your anxiety and grief over the loss is real, but probably should not be processed as much with the mom/dad of baby. They are too raw and not able to shoulder your grief, too. Seek help for your pain, but not from them. They need a gentle presence. It's okay to cry and be real, but try to keep it under control. If you become hysterical, they will have a hard time knowing how to handle that.

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**Solutions**-You cannot fix this, so please do not try  
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**Taking things personally**—it's their pain. They will need grace.  
EX: They don't return a phone call, or they don't attend your baby shower.  
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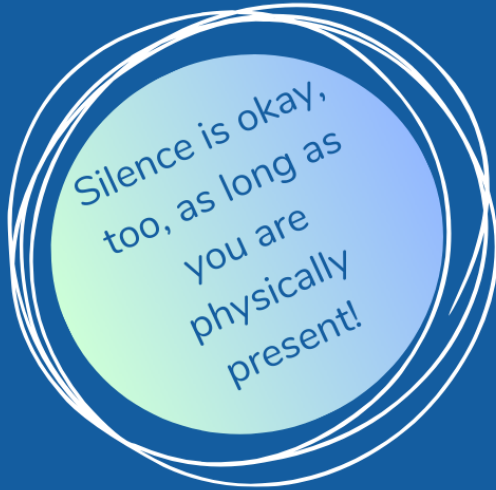
**Assumptions**—Open communication on both sides is the only way to save the relationship. The griever needs to communicate what he/she is feeling, unfiltered. The supporter needs to be patient and gentle in receiving that information.

The supporter can openly say they know they may not get it right, but even if you say the wrong thing at least you are saying something.

# Talk it Out

## Say this:

- "I'm here for you."
- "You are not alone."
- "You are a good mom/dad."
- "Tell me about (baby.)"
- "It's okay to not be okay."



## Not That:

- "It's time to move on."
- "Why are you still crying?"
- "At least you have other kids."
- "You can always try again."
- "I know exactly how you feel."
- "Everything happens for a reason."
- "I don't want you to slip into depression."
- "God needed (baby) in heaven with Him."
- "They are in a better place and not suffering."
- "At least you know you can get pregnant."
- "When are you going to try again?"
- "You would never have had (next baby) if (baby) hadn't died."
- "Think of how much worse it could've been."
- "Count your blessings. You have a lot to be grateful for."
- "You've got to pull yourself together and be strong."