**Responding to Grieving Families**

**What is Helpful to Say**

* “I’m sad for you.”
* “How are you doing with all this?”
* “This must be hard for you.”
* “What can I do for you?”
* “I’m sorry.”
* “I’m here and I want to listen.”
* “I wish this pregnancy had turned out the way you hoped.”

**What is *Not* So Helpful to Say**

* “You’re young, you can have others.”
* “You have an angel in heaven.”
* “This happened for the best.”
* “Better for this to happen now, before you knew the baby.”
* “There was something wrong with the baby anyway.”
* Do not call the baby a “fetus” or “it”.

**How You Can Help Families**

* Listen, be present
* Touch
* Cry with the family.
* Answer their questions and refer them to the most appropriate people.