A FREE GUIDE FOR FAMILY AND FRIENDS

How to Love Them Well

Helping couples trying to start a family, those longing to be a mom or dad, and parents grieving a baby, through infertility, secondary infertility, and loss

It hurts when you say something.
It hurts when you don't.
But we are here for you when you need it the most.



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SECTION 1

You want to help

Thank you for loving someone who is hurting.

Someone you love is grieving. Maybe they are waiting for a baby. Maybe they long for another child. Maybe they lost a baby. **Women and men both carry this grief.**

You may be afraid of saying the wrong thing. So you say nothing. That hurts too.

From our home page

“It hurts when you say something. It hurts when you don’t. But we are here for you when you need it the most.”

This guide will help you be there for them.

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Three things to remember

- **Show up.** You don’t need perfect words.
- **Listen more than you talk.**
- **Keep showing up.** Grief has no timeline.



SECTION 2

What not to say, and what to say instead

Even kind words can sting. Here's a gentler way.

✕ Instead of saying…	✓ Try saying…
"We shouldn't have to walk on eggshells around you." Why it hurts: it makes their grief sound like a burden. They may already feel like "too much."	"You don't have to pretend with me. Tell me what helps and what doesn't."
"You should just choose to be happy." Why it hurts: grief is not a choice. It can feel like blame.	"It's okay not to be okay. I'm here."
"At least it was early." "At least…" Why it hurts: "at least" makes the loss sound small.	"I'm so sorry. Your baby matters."
"Everything happens for a reason." Why it hurts: it can sound like the loss was deserved, or that they should feel fine about it.	"I don't understand why this happened either. I'm so sorry."
"Just relax and it will happen." Why it hurts: it suggests it's their fault. Infertility is not caused by not relaxing enough.	"This is so hard. I'm praying for you."
"When are you having kids?" Why it hurts: you may not know their story. It can reopen a deep wound.	"What's been on your heart lately?" Or ask about their work, hobbies, or plans.

✕ Instead of saying…	✓ Try saying…
“You can always try again.” Why it hurts: no baby can be replaced by another.	“This baby matters, and so do you.”
“Just adopt.” Why it hurts: adoption is a beautiful calling, not a cure for infertility or a duty. The longing for a biological child is good and God-given.	“Whatever path God leads you on, I’m with you.”
“At least you have one.” (Secondary infertility.) Why it hurts: loving the child they have doesn’t erase the longing for another.	“It’s okay to long for another baby. Your heart makes sense.”
“I know exactly how you feel.” Why it hurts: every loss is different. It can turn the focus to you.	“I can’t imagine how this feels. I’m here to listen.”
“Have you tried…?” (unasked-for advice) Why it hurts: they have likely heard it before. It can feel like their pain is a problem to fix.	“Do you want ideas, or just someone to listen?”
“God needed another angel.” Why it hurts: it can make God sound like He took their baby away on purpose.	“God is close to the brokenhearted. I’m praying for you.”

When in doubt

Say: **“I’m so sorry. I love you. I’m here.”** Then listen.



SECTION 3

Practical ways to help

Small acts of love can mean a lot.

Give space, but keep showing up

Some people need quiet. That's okay. Don't disappear. Send a short message that needs no reply.

Texts you can send

- "Thinking of you today. No need to reply."
- "I'm dropping off dinner Thursday. I'll leave it at the door."
- "I love you. I'm praying for you."

Send love you can hold

- **Flowers** or a small plant.
- **Meals.** Drop them off, or send a gift card for takeout.
- **Everyday help.** Run errands, walk the dog, mow the lawn, or clean.
- **Help with other kids,** if they have them.
- **Offer something specific.** "Can I bring lunch on Tuesday?" is easier to accept than "Let me know if you need anything."

Say the baby's name

If the baby has a name, use it. Many parents long to hear it. It tells them their baby is not forgotten.



SECTION 4

Grief is a circle

It’s okay not to be okay.

Grief isn’t a straight line. It doesn’t end on a set date. **It comes in circles and waves.** A song, a baby shower, or a holiday can bring it all back.

> **It’s okay not to be okay**
>
> Your loved one may seem fine one day and hurt deeply the next. That’s normal. Don’t rush them. Let them grieve in their own way and time.

- Don’t say, “Shouldn’t you be over this by now?”
- Check in again months later. Many people stop asking. You can keep asking.
- Let them cry, laugh, or be quiet. All of it is okay.

Success stories can hurt more than help

You may know someone who had a baby after years of waiting. You may want to share it to give hope. But other people’s success stories can sometimes hurt more than they help.

> **Ask first**
>
> **“Would it help or hurt to hear a story like that?”** Then respect their answer. It may change from day to day.

Be gentle with baby news, too. If you are expecting, tell them privately first, by text or a note, so they can react in their own way.



SECTION 5

Remembering hard dates

A gentle card on a hard day says, “I remember too.”

Some days are extra hard. Write them in your calendar so you remember.

- **The due date** of the baby.
- **The day of the loss.**
- **Mother’s Day and Father’s Day.**
- **October 15:** Pregnancy and Infant Loss Awareness Day.
- **Holidays and birthdays,** including the baby’s birthday.
- **Big appointments,** like test results or treatment days, if they shared them.

Simple ways to remember

- A handwritten card.
- A small gift: a candle, a keepsake, or flowers.
- A text in the morning: “Thinking of you and your baby today.”

Words for a card

“We are remembering your baby with you today. You are loved.”

“Thinking of you this Mother’s Day. Your love for your baby is real.”

“Praying for you this Father’s Day. You are a dad, and your baby matters.”



SECTION 6

Remembering dads too

Men grieve infertility and loss too. They are often overlooked.

- People often ask how the mom is doing, but not the dad.
- Many men feel they must be strong for their wives.
- Many men grieve quietly, at work or alone.

How to care for husbands and dads

- **Ask him directly:** “How are you doing?”
- **Do something together.** Coffee, a walk, fixing something. Some men talk more side by side.
- **Say his baby’s name.**
- **Remember Father’s Day.** Send a note or pray with him.

✕ Instead of saying…	✓ Try saying…
“Be strong for your wife.” Why it hurts: it tells him his grief doesn’t matter.	“How are **you** doing?”
“At least you didn’t have to go through it physically.” Why it hurts: he lost his baby too.	“You’re a dad, and your baby matters.”



SECTION 7

Love without judging

Their choices are theirs to make, with God.

Families facing infertility make hard, personal choices. Some try fertility treatment, like medication, IUI, or IVF. Some choose adoption. Some choose neither.

Love them, whatever they choose

- **Don't judge their treatment choices.** Christians hold different convictions about some treatments. Your loved one still needs your love, not a lecture.
- **Don't judge them for not adopting.** Adoption is a calling, not a duty. It's okay not to be ready, or to feel it isn't their calling.
- **Keep it private.** Don't share their story without asking.
- **Don't ask for medical details.** Let them share what they want.

✕ Instead of saying…	✓ Try saying…
"You're playing God." Why it hurts: it shames them for seeking help.	"I'm praying for you and your doctors."
"Isn't it selfish not to adopt?" Why it hurts: their longing is not selfish. It is good and God-given.	"Whatever you decide, I love you."

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:2 (NIV)



SECTION 8

A scripture guide

God's Word for hard days.

Share scripture gently

- **Pray for them** first. You can pray these verses over them quietly.
- **Don't use verses to fix their grief** or hurry them along.
- **Ask first:** "Can I share a verse that has helped me?"
- A short verse in a card is often enough.

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Psalm 34:18 (NIV)

"Blessed are those who mourn, for they will be comforted."

Matthew 5:4 (NIV)

"Rejoice with those who rejoice; mourn with those who mourn."

Romans 12:15 (NIV)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41:10 (NIV)

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.”

Psalm 139:13–16 (NIV)

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

2 Corinthians 1:3–4 (NIV)

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.”

Romans 8:26 (NIV)

“‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

Revelation 21:4 (NIV)



SECTION 9

Light a candle and pray

A quiet way to say, “Your baby is remembered.”

On the Blessedly Held website, you can light a candle in memory of a baby, and pray for the family. You can do it on a hard date, or any day.

blessedlyheld.com/remembrance
Light a candle in memory of a baby

How to use it

- Scan the code with your phone camera.
- Light a candle for their baby.
- Send a text: “I lit a candle for your baby today.”

A short prayer for the family

Father, hold this family close.
Comfort their hearts in every wave of grief.
Help them feel your love and peace.
Show me how to love them well.
In Jesus’ name, amen.

“The light shines in the darkness, and the darkness has not overcome it.”
John 1:5 (NIV)

SECTION 10

Share this guide

Thank you for loving them well.

You don’t have to do this perfectly

Love, patience, and showing up matter most. When you aren’t sure what to do, pray, listen, and stay close.

If this guide helped you, please share it with others who love this family too.

blessedlyheld.com
Comfort, prayer, and support

blessedlyheld.com/remembrance
Light a candle in memory of a baby

If someone is in crisis

Call or text **988** (Suicide & Crisis Lifeline, free, 24/7). In an emergency, call **911**.

“He heals the brokenhearted and binds up their wounds.”
Psalm 147:3 (NIV)

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