A FREE GUIDE FOR YOU · LONGING FOR ANOTHER CHILD

When You Long for Another Child

Gentle encouragement for secondary infertility,
for moms and dads

You love the child you have.
And your heart still longs for another.

Both can be true. You are not alone.



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SECTION 1

Both can be true

You love the child you have, and your heart still longs for more.

Secondary infertility means having trouble getting pregnant, or staying pregnant, after having a child before.

You can be deeply thankful for the child you have and still long for another. **That is not ungrateful. It is love.**

This guide is for you, mom or dad. Read one page at a time.

Why we made this for you

Advocating for yourself is hard, especially when you are hurting. **That is why we made these free resources.** You don't have to find the words alone. You can simply share these pages.

What's inside

1	Both can be true	2	7	You are not alone	10
2	It's okay	3	8	Asking about fertility benefits	11
3	"At least you have one"	4	9	Babies you hoped for	13
4	Caring for your child while you grieve	5	10	Verses for the waiting	14
5	Protecting your heart	6	11	You are held	15
6	When people ask or say hard things	7			



SECTION 2

It's okay

Permission for your heart.

- **It's okay to grieve** the family you pictured.
- **It's okay to let go of guilt.** Longing for another child does not mean you love your child less.
- **It's okay to research,** to try new things, and to seek help or treatment, or not. Talk with God, your spouse, and your doctor.
- **It's okay to take a break** whenever you need.
- **It's okay to take time alone to heal,** even with a busy home. Ask for help so you can rest.
- **It's okay to feel sad** at pregnancy news, even from people you love.

Don't judge yourself

Seeking medical help does not make you less of a Christian. Christians hold different convictions about some treatments. Pray, ask God for wisdom, and make the choice you and your spouse feel at peace with.

It's okay not to adopt

Adoption is a beautiful calling, not a cure or a duty. Your longing for another biological child is good and God-given.



SECTION 3

“At least you have one”

Words that hurt, even when people mean well.

People often don’t understand secondary infertility. Because you already have a child, you may get less support. You might hear things like:

✕ What people may say	✓ What you can say back
“At least you have a kid.”	“I’m so thankful for my child. I still long for another, and that’s hard.”
“One would be enough for me.”	“Every family is different. This is a real longing for us.”
“Why would you want more? You already have one.”	“We’ve always hoped for a bigger family. Please pray for us.”
“Just keep trying. It happened before.”	“It isn’t that simple for us. Thank you for caring.”

You never owe anyone an explanation. A simple “Thank you, I’d rather not talk about it” is enough.

They may not understand

Many people don’t mean to hurt you. They just don’t understand. You can share our free guides with them (see page 10).



SECTION 4

Caring for your child while you grieve

You can be a loving parent and still be sad.

- **Grieving doesn't make you a bad parent.** Your child is blessed to have you.
- **Keep simple routines** and let some things go.
- **Ask for help** with rides, meals, or babysitting on hard days.
- **Find small joys together:** a walk, a book, a silly song.

Explaining things to your child

Use simple, honest words that fit their age. Remind them that your feelings are not their fault.

Words you can use

- "Mommy and Daddy feel sad sometimes. It's not because of anything you did. We love you so much."
- "We are praying that God might give our family another baby. We don't know if or when."
- If they ask, "Why don't I have a brother or sister?": "We would love that too. We are praying about it. You are so loved."

For help with your child's age and needs, you can talk with their doctor or a licensed counselor.



SECTION 5

Protecting your heart

Playgroups and school events can be hard.

Playgroups, school pickup, class parties, and sports games can be full of baby bumps, new siblings, and “When is the next one coming?” It’s okay if these are hard.

It’s okay to bring a friend, have a short answer ready, skip some events, or leave early.

It’s okay to say no to some events

If a baby shower or a child’s birthday party is a major trigger right now, it’s okay to politely decline. Protecting your heart is not selfish.

Kind ways to decline

- “Thank you so much for inviting me. I won’t be able to come, but I’m sending my love.”
- “I’m truly happy for you. Right now a shower is hard for my heart. I hope you understand.”
- “Thank you for including us. We can’t make it this time, but we hope it’s a wonderful day.”

You can send a card or a small gift if you want to. You don’t have to explain more than you want to.

It’s okay to ask people to be gentle

It’s okay to ask people to please be sensitive to things that might hurt, like having your picture taken, pregnancy news, or certain questions.

Words you can use

- “I’d rather not have my picture taken today. Thank you for understanding.”
- “Could you give me a heads-up by text before sharing pregnancy news? It helps me.”
- “Please don’t ask when we’re having another. If we have news, we’ll share it.”



SECTION 6

When people ask or say hard things

Gentle words you can use, or not.

Questions and comments can come at school pickup, at church, or at a family gathering. Most people don't mean to hurt you. Pick the answer that fits the moment. Change "we" to "I" if that fits you.

"When are you having another?" or "Is he (or she) going to be an only child?"

Why it hurts: It can feel like people are counting your family, when you are already longing and praying for more.

Short and private "We'll see what God has for us."

Change the subject "If we have news, we'll share it. How are your kids doing?"

Kind boundary "I know you mean well. That question is tender for us, so please don't ask about it. We'll tell you if we have news."

♥ **You never owe anyone your story, or your family plans.**

"At least you have one." or "Be grateful for the one you have."

Why it hurts: It can make your longing sound selfish, as if loving your child means you can't grieve.

Short and private "I am grateful. Thank you."

More open "I'm so thankful for my child. I still long for another, and both are true."

Kind boundary "I know you mean well, but that hurts. What helps most is your prayers."

♥ **Gratitude and grief can live in the same heart. You don't have to prove you are thankful.**

Unasked-for advice: “Just relax, it happened before.” “You’re too busy with your kid to stress.”

Why it hurts: It can sound like this is your fault, or like having a child before should make it easy now. It is not your fault.

- **Short and private** — “Thanks. We’re following our doctor’s care.”
- **Change the subject** — “I know you’re trying to help. Can we talk about something else?”
- **Kind boundary** — “Advice is hard for me to hear right now. What helps most is your prayers.”

♥ **You don’t have to defend your choices. You and God know your heart.**

When others say it was easy, or share news of their second or third baby

Why it hurts: Their joy can remind you of what is so hard for you. It’s okay if it stings, even when you are happy for them.

- **Short and private** — A warm “Congratulations.” Then give yourself some space.
- **Change the subject** — “I’m glad for you. What else is new with you?”
- **More open** — “I’m truly happy for you. We’ve hoped for another for a long time, so news like this is tender for me. Thank you for understanding if I’m quiet.”

♥ **You can celebrate others and still guard your heart. A card instead of a visit is okay.**

Grateful and grieving, both at once

It's okay to grieve and be grateful at the same time. Your longing for another child is a good, God-given desire. It is not greed, and it does not mean you love your child less.

Take care of your heart afterward

Even a kind answer can leave you hurting. That is okay. Be gentle with yourself.

- **It's okay to step away.** Go to the restroom, take a short walk, or sit in your car.
- **Pray, even one line.** "Lord, hold my heart right now."
- **Text a safe friend or your spouse.** "Hard moment. Please pray for me."
- **It's okay to cry,** even in front of your child. You can say, "I'm a little sad, but I'm okay. I love you."
- **It's okay to rest,** or skip the next playdate or party if you need to.

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28 (NIV)

Help family understand

You don't have to explain all of this yourself. Hand family and friends our free guide, "How to Love Them Well." It shares what to say and what not to say. Scan the "For family & friends" code on page 10.



SECTION 7

You are not alone

Gentle words and a safe place to belong.

It's normal to feel alone, or like you don't belong. This can feel strongest at church, in groups for parents and young families, where so much of the talk is about babies and kids.

- **You still belong to God's family.** Your place is not earned by having children.
- **Bring a friend,** sit where you feel comfortable, and leave early if you need to.
- **Look for one safe person**, like a pastor, a mentor, or a friend who listens.
- **Ask about other groups**, or ask your church to start a support group.

Share these so others can understand

Give family and friends our free guide, "How to Love Them Well." Share "Walking Gently Together" with your pastor, so your church can help you feel understood, cared for, and not alone.

For family & friends

Share "How to Love Them Well"
blessedlyheld.com/families-friends

For your church or pastor

Share "Walking Gently Together"
blessedlyheld.com/churches



SECTION 8

Asking about fertility benefits

A calm, private way to ask.

Fertility coverage is different for every job and every plan. Asking about it can feel scary. These steps can help you ask in a calm, private way.

Coverage varies

Benefits differ by employer, plan, and state. This is not legal or insurance advice. Always check your own plan documents and ask HR or your insurance company.

Step 1: Look first, in private

- **Log in to your benefits website.** Find your plan documents, such as the benefits booklet, the Summary of Benefits and Coverage, or the Summary Plan Description.
- **Search for words** like “infertility,” “fertility,” “IUI,” “IVF,” and “prescription.”
- **Call your insurance company.** The member services number is on your insurance card.

Step 2: Questions to ask

- Is fertility testing covered? Is treatment covered? What about medications?
- Do I need pre-approval or a referral? Are there limits on cost or number of treatments?
- Which doctors and clinics are in network?
- Do we offer a separate fertility benefit program, or a different plan with more coverage? When is open enrollment?
- Is there an Employee Assistance Program for counseling?

Step 3: Keep it private and professional

- **Share only what you want.** You can ask about benefits without sharing your medical story.
- **Ask who will see your question** and how it will be kept private.
- **Keep notes:** who you talked to, the date, and what they said.
- **If there is no coverage,** it's okay to kindly ask if the company would consider adding fertility benefits in the future.

A sample email to HR

Subject: Question about health plan benefits

Hi [Name],
I'm reviewing my health plan and have a few questions about fertility coverage. Could you help me find out whether our plan covers fertility testing, treatment, and medications; any limits or pre-approval rules; whether we offer a separate fertility benefit; and where I can read the plan details?
I'd appreciate it if this could stay confidential. Thank you for your help.
[Your name]

If you call instead

"Hi, I have a private question about our health plan. Can you tell me what fertility coverage we have, and where I can find the plan documents?"



SECTION 9

Babies you hoped for

Only if this fits your story.

Some families longing for another child have also lost a pregnancy. If that is part of your story, your grief is real, and your baby matters.

- **You can light a candle** in memory of your baby on our Light a Candle page.
- **It's okay to have a small ceremony,** even if your baby was only one or two weeks along. It's also okay not to.

Light a candle

Remember your baby on our candle page

blessedlyheld.com/remembrance

If this isn't your story

That's okay. Skip this page. Your longing matters just as much.

SECTION 10

Verses for the waiting

Read one slowly. Let God hold you.

"Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."

Psalm 62:8 (NIV)

"Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Lamentations 3:22–23 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6–7 (NIV)

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

2 Corinthians 12:9 (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)

SECTION 11

You are held

Your child is loved, and so is your longing.

Why we made this for you

Advocating for yourself is hard, especially when you are hurting. **That is why we made these free resources.** You don't have to find the words alone. You can simply share these pages.

More comfort is waiting for you

Prayer, gentle words, and support are at blessedlyheld.com. Visit whenever you are ready. There is no rush.

For you: more comfort

Prayer, gentle words, and support
blessedlyheld.com

Also in this guide

- ★ **Light a candle:** scan the code on page 13.
- ★ **Share with family, friends, and your church or pastor:** scan the codes on page 10.

If you feel unsafe or don't want to be alive

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

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