



Western New York
Perinatal Bereavement Network, Inc.

*This **Care Card** offers ideas to help support bereaved families as they grieve and honor the life of their precious baby.*

HELPFUL RESPONSES:

"I am so sorry for your loss"

"Take all the time you need"

"Do you need some time alone?"

Are there others you want near?"

Grief can be a hard journey, please be patient with yourself"

"I am at a loss to know what to say, but I sense how difficult this is for you"

NOT HELPFUL RESPONSES:

"I understand how you feel"

"It happened for the best"

"You will get over it"

"Something good will come of this"

"It was meant to be"

"At least he/she didn't suffer"

Please do not use platitudes to make them feel better.

It may intend to take away the pain, but most often it does just the opposite.

YOU WILL MAKE A DIFFERENCE WHEN YOU:

- Let them know that you care and recognize their pain.
- Ask about both parents. They both lost a baby. They may express their grief differently, but they are both hurting.
- Respect that everyone grieves differently and in their own time. Don't respond in a judgmental way. Don't put expectations of a timeline on their grief.
- Answer questions honestly, keep in mind that some questions don't have answers.
- Be compassionate and refer to their baby by name.
- Listen more than you talk. Listen to them talk about their baby and the milestones they will no longer have. Recognize and acknowledge how difficult their baby's absence will be.

Helping Families ~ Honoring Lives

150 Bennett Rd. Cheektowaga, NY 14227 ~ (716)626-6363 Office ~ www.wnyppbn.org