

Returning to Work

What can I tell them?

Communicating with friends, relatives, and co-workers about your loss and how they can offer comfort can be challenging. A trusted colleague at work can sometimes convey the details of your loss to your colleagues, minimizing potential awkwardness upon your return.

If you prefer not to delegate this sensitive task, you might consider writing a letter or email to your colleagues to inform them of your situation and what they can expect upon your return. A similar approach with friends and relatives can also be helpful, particularly if verbalizing your feelings remains difficult.

Here is a list of suggestions for friends, family members and especially co-workers that will help you in your grief.



- 1 Offering comfort can start simply by saying, “I’m sorry for your loss” which shows you're thinking of us and acknowledging our pain.
- 2 Remember to inquire about both parents. We've both lost our baby and though our grief may be expressed differently, we're both hurting.
- 3 Using our baby's name is meaningful. It shows you remember our baby and the impact they had on our life.
- 4 It's okay to ask how we're doing. Our baby is always in our thoughts, so you're not bringing up anything that isn't already on our minds. We'll let you know when we are ready to talk about our loss, and it might just be a matter of timing (so don't hesitate to ask again in the future).



- 5 Everyone grieves differently and at their own pace; please avoid imposing timelines or expecting us to move on quickly after losing our baby. Grief is a lifelong journey.
- 6 Feel free to ask us about our baby. Some days, talking about them brings comfort; other times, it may be too difficult. Your questions give us a chance to share their memory, which we deeply appreciate.
- 7 Our child's death has profoundly changed us, influencing how we respond to life, humor, and our need for companionship or solitude. Despite these changes, our core values remain steadfast.
- 8 Dates like anniversaries and holidays are especially challenging. Your acknowledgment on these days provides much-needed comfort and reminds us that our baby is remembered. Your ongoing support is invaluable during these difficult times.