

The issue affecting 1 in 2 of you:

How to support your colleagues after a miscarriage

Tips to support your colleagues during Baby Loss Awareness Week and beyond



SHOW YOU CARE

Small gestures matter - a message or a thoughtful note shows you care.

Ask how they are doing. A simple, "I'm here for you" can mean a lot.

Consider organising a team gesture (a card, a gift, or a donation to a charity).

Baby Loss Awareness Week

(also known as BLAW)

takes place 9th - 15th October



REMEMBER PARTNERS

Include partners in your support. Their emotional journey matters too.

Don't be afraid to acknowledge their loss on important dates.

A simple message on anniversaries or a week like BLAW can provide solace.

DON'T TRY TO FIX

Grief cannot be fixed. Offer a listening ear without promising a better future.

Avoid phrases like "At least you have other children" or "You can try again".



BE MINDFUL OF TRIGGERS

Be sensitive when announcing births, pregnancies or maternity leaves.

Consider sharing news privately if it might be triggering for your colleague.

Avoid asking about family plans.



CONSIDER YOUR LANGUAGE

Speak about their loss using the same terms they do.

Don't shy away from mentioning the baby's name if they had one.

Acknowledge their existence rather than avoiding it.



SIMPLY BE KIND

Offer to accompany them to meetings or be available online / for calls to talk.

Let them lead the conversation and simply offer your support.



Your kindness can be a beacon of light in their darkness.

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