



# WISDOM FOR THE CAREGIVER

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## *Miscarriage or Stillbirth*

### **Additional Wisdom for the Caregiver**

- Give the grieving mother (especially a young woman) a teddy bear to hold and hug.
- Please do not ignore why the parents and family are sad. If you do, it gives them the impression that you think the miscarriage is not a big deal, not even worthy of mentioning.
- Don't avoid the grieving parents. They are still your friends. Call them and let them know you are thinking about them. Ask if they want to talk about their baby. They will usually say yes. Then listen with your heart. They need to talk with friends who care. Grieving is a social process, it requires relationships.  
-Delores Kuenning, *Helping People Through Grief (Minneapolis; Bethany house, 1987), p. 53*
- Keep in mind that a miscarriage is a tragedy. The grieving process is the same when any loved one dies. Individuals need sympathy and time to heal.
- "Instead of lecturing the couple to 'get out of the house and do something fun' send them four coupons (for themselves and some friends) for dinner at their favorite restaurant and a movie.  
-Jeff
- "Suppress any temptation to say 'It was for the best,' or 'It wasn't meant to be,' or 'At least you can get pregnant again,' or, 'You're young, you can try again,' or, 'Be happy with the two children you have.' And please never say, 'Better this than the baby dying at birth or having a birth defect. This is nature's way.'"  
-Shelley

\*For additional wisdom: see pages 91-94 in *The Compassionate Congregation* available through Amazon.com or via our website at [www.WisdomoftheWounded.com](http://www.WisdomoftheWounded.com)