

7 Tips For Supporting Someone Facing Infertility

- **Don't try to minimize the struggle of infertility:** Avoid saying things like, "Relax and go on a vacation", "You are still young", or "Have you thought about adoption?". Avoid sharing stories about others you know who faced fertility challenges.
- **Ask how they are doing, and simply listen:** It can be hard to find the words to comfort someone dealing with the grief of infertility. Asking how they are doing opens a conversation for them to tell you as much as they are comfortable with. Be sure to respect their privacy and boundaries, and let them share however much they want to share. Do not pry further, and simply listen and acknowledge the way they are feeling.
- **Educate yourself on the infertility journey:** Familiarize yourself with the emotional impact, general terms, and treatment options. This shows that you are genuinely interested in understanding their journey and that you are invested in supporting them.
- **Be considerate and patient:** Hearing about other people's children or pregnancy can be difficult and isolating for someone experiencing infertility.
- **Keep them involved, and don't forget about them:** Don't exclude them from children's birthday parties or baby showers. They do not want to be forgotten, but they also know what their hearts can handle emotionally. Remember them on holidays, as these are the days when others celebrate the one thing your friend wants most in the world. A text message, phone call, or card letting them know you care can help them get through a difficult day.
- **Ask how you can best support them:** Asking open-ended questions like, "How can I best support you" or "What can I do for you during this time?" shows that you want to understand their situation. Maybe they need your listening ear or want a distraction, such as being taken out for coffee. Offer practical help such as running errands, cooking meals, or going with them to appointments.
- **Encourage them to seek professional help or peer support:** Some people find it helpful to get extra support from a counselor or others who have experience with infertility or pregnancy loss. Meeting and talking to others who can relate is a type of support that your friend may find helpful.