

HOW TO SUPPORT



A LOVED ONE IN CRISIS



How to help a family in crisis

1

BE THERE

Check in often without needing anything in return. A short text, a nice quote, an emoji heart all go a long way.

2

OFFER SPECIFIC HELP

Don't just say, let me know if you need anything. Offer something specific. Say: can I bring dinner by on Thursday? How about I walk your dog or watch the kids?

3

DON'T FIX THE PROBLEM

So often, we want to have the right words, the magic words. We want to fix the problem, to have a solution for our loved one in pain. Know that sometimes there is no answer, no fix, and just be there. Listen without judgment, without trying to fix.

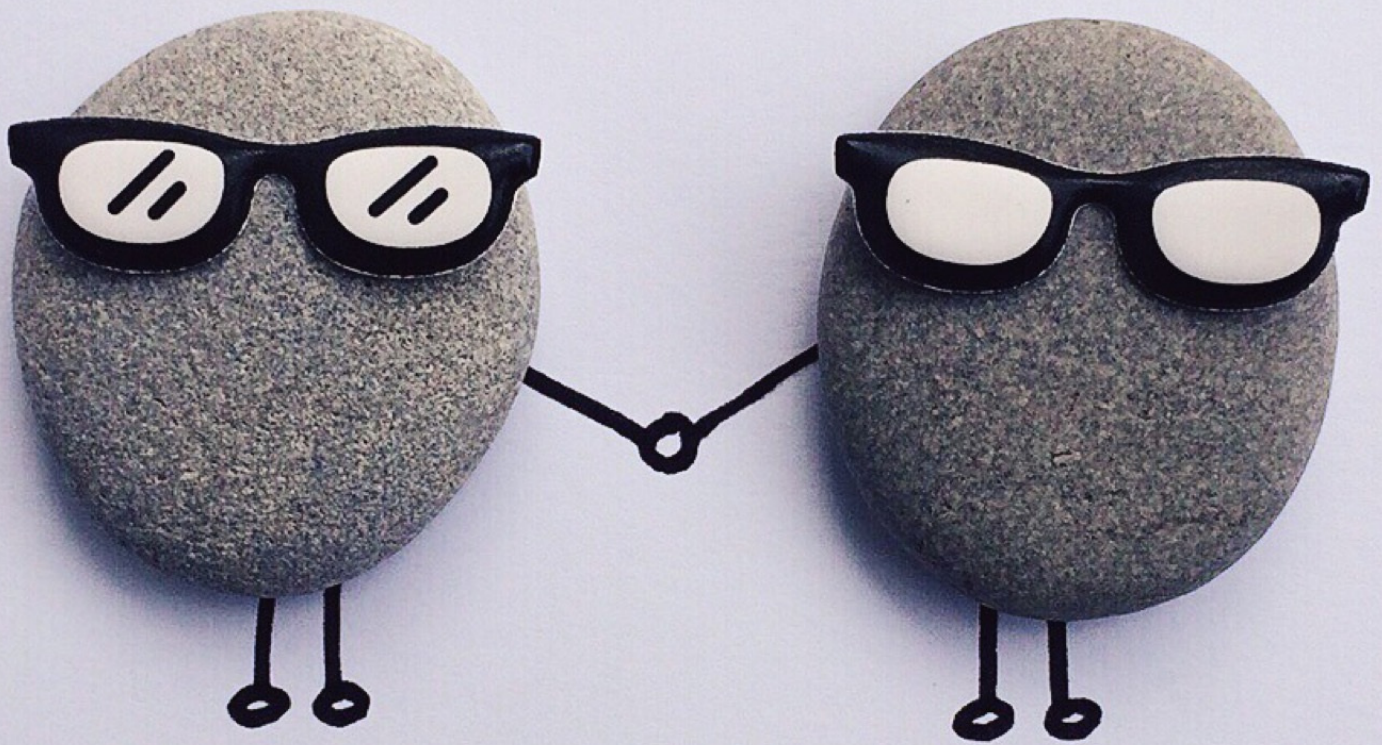
For more tips and suggestions,
follow us on social media or
check out our website at
www.colettelouise.com



*The Colette Louise
Tisdahl Foundation*

www.colettelouise.com





Always remember that the most important
advice is to communicate

you are not alone!

Trust. Love. Compassion



SUPPORT TIPS

What to say to a bereaved parent

1

DO say something. Acknowledge their loss, their child. Let them know you are a support person they can trust.

2

Do NOT say things like "at least" or you were "only" when referring to their child. It does not matter how old the child was, how far along in a pregnancy they were, they still lost a baby.

3

DO follow their lead. If they call their child by name, call their child by name. If they want to talk, then let them talk.

4

Do NOT say "God needed another angel" or anything else religious unless the parent expresses that it helps.

5

DO remember & acknowledge birthdays, anniversaries, Mother's Day, Father's Day and other important dates.

6

Do NOT tell a parent to "move on" or "get over it." Let a parent grieve as they need to, for as long as they need to. Be there.



Creative Ways to Honor and Remember Your Loved One's Angel Baby

1. Say their child's name if they have one.
2. Ask your loved one how they are planning to remember their baby.
3. Remember birthdays and other important dates and share that you are thinking of them that day in particular.
4. When addressing mail to them, make sure to include their angel baby's name as you would any child.
5. Send birthday cards, holiday cards to all their children, living and non-living.
6. Donate to an organization that they support.



TRUST. LOVE. COMPASSION.

*To be honest with you, I
don't have the words to
make you feel better, but
I do have the arms to
give you a hug, ears to
listen to whatever you
want to talk about.*