

What Should I Say?

"I'm Sorry" or "I Don't Know What to Say"

It is better to offer a heartfelt, 'I'm sorry,' or 'I am sad for your loss,' than nothing at all. If you are unaware of what to say, simply say, 'I don't know what to say.' Honest words are more comforting than being ignored or avoided.

Silence is Okay

Sometimes there is nothing you can say. Allow yourself to just be with them, hold their hand, give them a hug, or be a shoulder to cry on. Your mere presence can be very meaningful support.

Stay Away from Clichés

Clichés make a parent feel they should minimize the feelings of loss they have toward their precious baby. Avoid these phrases:

- "It was meant to be."
- "Everything happens for a reason."
- "At least you can still have more children."
- "God needed another angel."
- "I understand how you feel."
- "Time heals all wounds."
- "This, too, shall pass."
- "It is the natural cycle of life."

Apologize for Inappropriate Comments

When you realize a comment was insensitive, acknowledge it and apologize immediately. The hurt can turn into resentment if left unaddressed.

One More Thought...

If you cannot understand why someone is grieving for so long, consider yourself fortunate that you do not understand. This is not an experience anyone ever wants to feel.

The Journey Forward

Grief is not a static place, but a process to move through. Blue Rose Haven provides a compassionate sanctuary where tears are welcome, memories are honored, and hope is gently restored.

H.O.P.E.

Hold On, Pain Ends

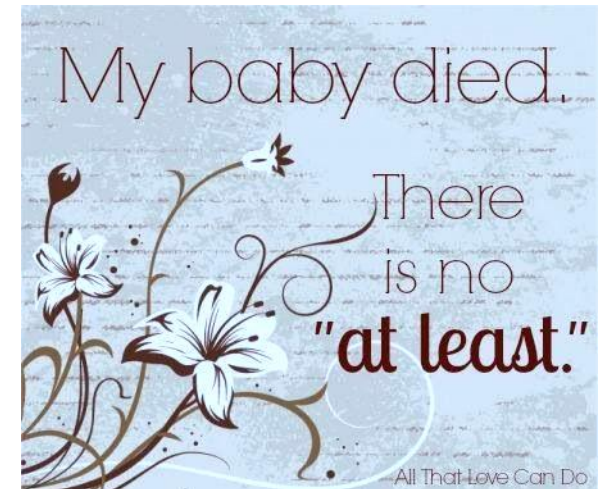
Contact & Support Services

If you need a safe space or want to explore our digital platform and community resources, we are here to help guide your path to uncommon growth and well-being.

Visit us by scanning the QR Code:



How to Support Someone Who Has Lost a Baby



Grieving parents do not need advice. They need patience and compassionate support until they can see color again. Their hopes and dreams of the future are now uncertain.



Blue Rose Haven

A Sanctuary for Healing Hearts.
Where Grief Finds a Gentle Home.

What Should I Do?

Respond to the death in the same manner as you would to the death of any other loved one. Send flowers, sympathy cards, phone calls, or bring meals.

Be Specific in Your Offer to Help

Most bereaved parents find it difficult to ask for help. Offer to bring dinner on Tuesday at 5:00 or to take a parent to breakfast on Thursday morning. General offers like 'Call me if you need anything' place an unfair burden of action on the parent.

Value Their Baby

A parent's biggest fear is that their child will be forgotten. Acknowledging the baby, no matter how short their life, shows the family that you value their lost loved one. If the baby was given a name, use it. If there are pictures, ask to see them.

Handling the Nursery

DO NOT disassemble the baby's room or remove baby items unless specifically requested. Examining and making decisions about these items is a crucial, self-paced part of a parent's healing process. This is a hard boundary line not to be crossed unless invited.

Everyone Grieves Differently

Giving advice or having expectations as to a parent's grieving process is not helpful. Most likely they will never 'return to normal'—they are learning how to carry their love and loss as part of their life.

Their Right to Say “No”

This is likely the most important message for all supporters to read. **Grief does not expire.** Right now, daily life is incredibly terrifying and exposing to bereaved parents. There are too many unknowns and shockingly often waves of anxiety. Generally speaking, society does not provide enough time to process grief.

Actively support their decisions to remain absent from social events, for as long as *they* deem appropriate. Do not push or force anyone to “get back into the swing of things”.

The Five Pillars of PACE* Support

1. Acknowledge The Ache

Validate the raw reality and logistical weight of their loss.

2. Reclaim Their Rights

Give them grace in their autonomy and “new” boundaries against external pressure.

3. Curating Care

Help them define custom sensory and emotional self-care practices.

4. Activating Tools

Blue Rose Haven provides repeatable, practical maneuvers to soothe the nervous system.

5. Sustaining the Sacred

Transforming a painful absence into a sacred, enduring presence.

Daddy's Silent Grief

Men and women often grieve differently. Dads may appear to reclaim their work lives faster but are still deeply grieving. Allow opportunities where he can open up ... and prepare yourself to listen. He will express grief in his own way; do not create unnecessary expectations for his journey.



Workplace & Group Settings

For a bereaved parent, any public setting can be a challenging and overwhelming place to grieve.

Plan of Action for Returning

Ask the parent if they have preferences regarding their return. Offer option for part-time transitions if possible. Ask if you can notify co-workers to avoid painful questions like 'how's the baby?'

Provide a Safe Space

Grief makes a normal day of work exhausting. Delegate or job-share responsibilities when possible. Provide a private and safe place for parents to honor difficult, tearful days.

* PACE: Private, Accessible, Compassionate, and Empowering