

AFTER EVERETT



PSALM XXIII

HOW TO SUPPORT SOMEONE AFTER MISCARRIAGE

A gentle guide for friends and family who want to offer comfort, compassion, and support after pregnancy loss.



*You don't have to have the perfect words.
You just have to show up with love.*

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WELCOME

When someone experiences a miscarriage or pregnancy loss, it's natural to want to help—but many people don't know what to say or do.

The truth is, your presence matters more than having the perfect words.

This guide was created to help you walk alongside someone you love with compassion, empathy, and grace. Small acts of kindness and a willingness to remember their baby can make a lasting difference.

Thank you for choosing to care.

WHAT TO SAY



You don't need perfect words—just a compassionate heart.

Consider saying:

"I'm so sorry for your loss."

"I'm thinking of you and praying for you."

"Your baby mattered."

"I'm here to listen whenever you're ready."

"I don't know exactly what to say, but I care about you."

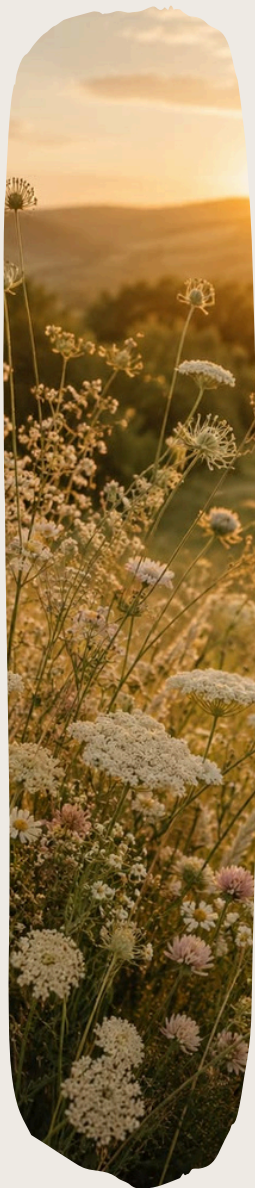
"I'm remembering your baby with you today."

Sometimes the greatest gift is simply saying, "I'm here."

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WHAT NOT TO SAY

Even well-meaning words can unintentionally add to someone's pain.

Try to avoid saying:

"Everything happens for a reason."

"At least you know you can get pregnant."

"You can always try again."

"It was early."

"God needed another angel."

"Everything will be okay."

Instead of trying to explain the loss, simply acknowledge it.

Grief doesn't need answers—it needs compassion.



PRACTICAL WAYS TO HELP

Support often looks like small, thoughtful actions.

- Bring or send a meal.
- Offer to help with household chores.
- Drop off groceries or coffee.
- Watch older children for an afternoon.
- Send a handwritten card.
- Check in after appointments.
- Sit with them without expecting conversation.

Showing up consistently often means more than grand gestures.

REMEMBER THEIR BABY

One of the greatest gifts you can give is acknowledging that their baby existed and is deeply loved.

You can:

Say their baby's name, if they have one.

Remember important dates.

Send a thoughtful message on Mother's Day or due dates.

Light a candle in remembrance.

Let them share memories or dreams without changing the subject.

Remembering doesn't reopen the wound—it reminds grieving parents they are not carrying it alone.



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UNDERSTAND GRIEF

There is no timeline for grief.

Some days they may seem okay.

Other days the weight of the loss may feel just as heavy as the day it happened.

Pregnancy announcements, baby showers, holidays, anniversaries, and due dates can all bring renewed waves of grief.

Allow space for every emotion without trying to fix it.

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CONTINUE SHOWING UP

Support shouldn't end after the first week.

Send a text months later.

Remember anniversaries.

Invite them for coffee.

Pray for them.

Ask, "How are you really doing?"

Healing takes time, and consistent love reminds someone they haven't been forgotten.

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IF THEY'RE PEOPLE OF FAITH

You don't need to have all the theological answers. Instead of explaining why this happened, remind them that God is with them.

Offer to pray.

Share Scripture gently if appropriate.

Trust that God's presence often speaks louder than our words.

"The Lord is near to the brokenhearted and saves the crushed in spirit." – Psalm 34:18

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A FINAL ENCOURAGEMENT

If you've made it this far, thank you.

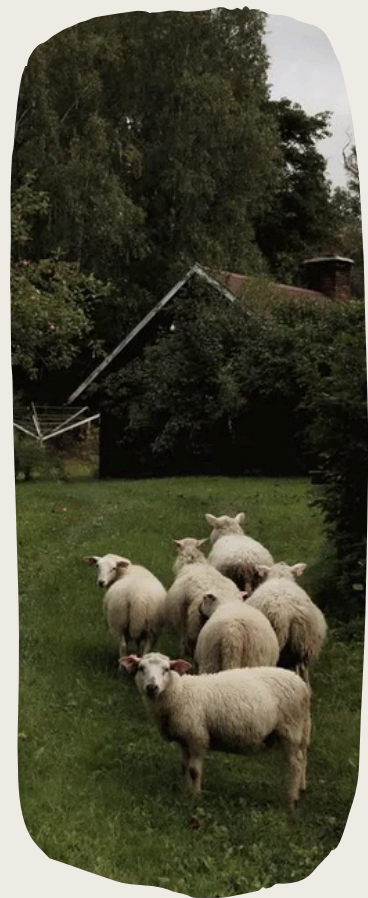
Your willingness to learn how to care for someone experiencing pregnancy loss is a beautiful act of love.

You don't have to say everything perfectly.

You don't have to fix their grief.

Simply being present, remembering their baby, and continuing to show up can be one of the greatest gifts you give.

Compassion is often found in the quiet moments.



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ABOUT AFTER EVERETT

After Everett exists to provide Christ-centered support, resources, and encouragement for families navigating miscarriage and pregnancy loss.

Inspired by Psalm 23, we believe that even in the deepest valleys, God is near.

Our hope is to create a space where families feel seen, supported, and reminded that they are never alone in the after.

JOIN THE AFTER EVERETT COMMUNITY

Receive encouragement, resources, and updates as we continue building a place of hope for families after loss.

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