

## Recommendations for or Surgical Centers



### ♥ DON'T AVOID

Don't avoid the fact that this procedure they are having is the result of a pregnancy loss. Acknowledge the loss that goes along with it. Simply saying "I'm so sorry for your loss is sufficient.

### ♥ BE SINCERE

With all of your interaction with the parents just being sincere and showing compassion towards their loss is the most important. This will make the patient much more comfortable then if they are given just a stoic, businesslike attitude which comes across as very un-caring.

### ♥ DON'T COMPARE

Don't ever compare her loss to anyone else's even if the circumstances were very comparable. For these few hours the world should revolve around her and her loss. Just letting her know at some point she is not alone is enough to hint there are others out there that have been in a similar situation.

### ♥ DON'T MINIMIZE

We don't ever want to minimize the loss by saying things like, "You are young, you can try again." Or "At least you have your other children at home waiting for you." This implies that baby's are replaceable and that there was nothing special about this specific one. Also, she may never be able to have another one. The reason she lost this one may be a medical condition that will prohibit her from successfully giving birth to a child.

### ♥ DON'T SAY

We never want to offer clichés that sound prophetic, they really can do more harm than good. ("Everything happens for a reason", "Now you have an angel in heaven to watch over you.", "It was probably for the best, something must have been wrong.", "Time heals all wounds.", "God must have needed another angel in heaven.")

### ♥ SAY

So what do we say? The safest, best thing to stick to is "I'm sorry". It can be that simple or variations such as "I'm so sorry you are going through this, I can't imagine." "I am so very sorry you lost Erin." I am so sorry, I can't imagine what you are going through." Anything similar to that is fine.

This information provided by the Education Department of Rachel's Gift, Inc. For more information, please contact [info@rachelsgift.org](mailto:info@rachelsgift.org).