

Dear Support person or Partner,

This is a tender time for families and your support is crucial to your partner during this time. However, you also may be struggling with your own feelings of loss.

Loss is difficult to navigate and it can be difficult to know or say the right thing. The moment we are pregnant our world shifts vastly for this new life. No matter how long a person is pregnant, the loss is profound. Most of us have envisioned this time in our lives since childhood. Many feelings surface during this time.

It is important to stay present and support your partner at this moment. Although it can feel reassuring to chat about future pregnancies it is **not** a time to talk about “next time”. This is a conversation your partner will have when they are ready. Let them bring it up on their own time.

Now is a time to be present with your partner and as they pass the baby. Support them both emotionally and physically. Supporting them in this process of staying home and resting is important. You may also need to take a few days off work, stay home, grieve, and support.

Three things to focus on:

1. Rest and Restore (sleep, baths, massage, naps, etc.)
2. Nourishment (critical for so much loss; physical and emotional)
3. Hydration (Make a big batch of the electrolyte drink we created with lemon and honey. Make soups and broths for sipping.)

It is a time to listen, asking them what they need and what brings them comfort. A massage? A hug? A hand to hold? Some may want to process alone and others may seek companionship. Emotions vary, and it is important to let them come and let them go. Knowing that you don't have the ability to fix this and being present is essential. You are also the guardian of your family and partner; if people come for visits or start conversations that don't serve your family's process, ask them nicely for what you do need. Give people that want to help with a task such as sending a meal or gifting a massage or acupuncture visit. Most people want visitors minimized during this time and most friends and family want to support you. Give them things to do from afar that feel nourishing for you and your partner.

In pregnancy, both birth and postpartum have two layers of support. Partners are generally that first layer, followed by a close family member or friend. You as the partner also need two layers of support so you can have support in your process and show up for your partner during their loss. Make sure you have two layers of support for you (this cannot be your partner) look to friends or family that can lift you up and be with you during this process.

Thanks for reading. This is a beautiful time to foster strength, vulnerability, and love in your relationship. You know your partner better than anyone and know how to show up for them in your own way. You got this.

Sending love and healing,

Box for Loss Team

