

Things to Consider as You Support a Friend who is Dealing with Infertility

- Our Church world can be a difficult place to be for infertile couples.
- Think about what you have to offer.
- Ask how you can be supportive.
- Consider learning more about infertility.
- Be sensitive to the fact that baby-related functions are difficult for couples facing infertility to be a part of.
- Life is not only about conceiving, giving birth, and raising children.
- Recognize that every case of infertility is different.
- Try to not suggest solutions to the couple's issue.
- Infertility causes a legitimate reason to sorrow.
- Infertility is a medical issue.
- Establish a relationship.
- Remember that infertility is a couple issue.
- Give specific service. There are lots of different ways you can show you care.
 1. Write a note. It is always a fun surprise to receive a note in our mailbox (not just our "in box").
 2. Send a gift.
 3. Make a phone call and just say hi.
 4. Give a hug.
 5. Go on an outing.
 6. Remember them on particularly hard days: Mother's/Father's Day, Christmas, after a treatment fails, the anniversary of a miscarriage, etc.
- Be careful about the comments you make.
 1. Acknowledging that you don't know what to say or how to say it can be most effective.
 2. Focus on the person you are talking to.
 3. Be simple.
 4. Making light of or joking about infertility can be offensive.
- Don't be afraid of putting your arms around them.
- Pray.
- Always show love.



LdsInfertility.org

For more information and resources,
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