



Miscarriage Matters

A guide to showing support What you can say and do

Miscarriage can be a lonely experience. Often it's because people don't know what to say or do to help.

Sometimes just listening or having a conversation can make a big difference. Letting the person you care about guide the way on what they need, whether it's space, company or a chance to talk.

Find out what you can say, and how you can support someone who has experienced a miscarriage – however they may need you.

How to start the conversation

You may not have the perfect words, and that's ok. Here are ways to start a conversation, and small actions that can help.

This advice has been developed in consultation with people who have experienced miscarriage to help you offer the most meaningful support.



What to say

- "I'm sorry for your loss"
- "How you're feeling is ok"
- "I'm really glad you told me"
- "I'm here to listen if you want to talk"
- "We don't have to talk about it if you don't want to"
- "I don't know what to say, but I'm here for you"
- "You're not alone"
- "Is there anything I can help with?"
- "Thinking of you"
- "It's not your fault"
- "Love you"



What not to say

- "Was it something you did?"
- "Be grateful you have other children"
- "You'll get over it"
- "At least it was early"
- "You wouldn't want a baby that had something wrong with it"
- "It could have been worse"
- "At least you know you can get pregnant"
- "Everything happens for a reason"
- "It wasn't really a baby yet"
- "It wasn't meant to be"
- Or saying nothing at all.

If you think you have said or done the wrong thing, acknowledge it and apologise for what you said. Care matters more than perfection.

Other ways you can help

Spending time together or offering to help can mean a lot. Simple ways to show you care include:



A casual catch-up

This could include going for a walk, watching TV or cooking a meal together - where the person you care about can speak as much or as little as they need.



Helping with chores

Simple acts like washing the dishes, helping with groceries, hanging out some clothes or vacuuming can show you care.



Driving them to an appointment

Helping with transport and keeping them company can make the experience less isolating.



Leaving them a gift

Taking around someone's favourite treat, some flowers or a cooked meal can be deeply appreciated.



Taking care of their pets or children

If they need some alone-time, or to attend appointments.



Regular contact

Sending a text and seeing how they are in the weeks and months afterwards can help them feel supported.



Listening, learning and spending time together
can really *help someone feel less alone.*



This resource has been developed by the Australian Government. It is based on consultation with a wide range of people who have experienced miscarriage.

For more free resources on supporting someone through miscarriage, visit www.health.gov.au/miscarriage-matters or scan QR code.

If you or someone you care about has had a miscarriage, support is available. You are not alone.



Peer-support and information after early pregnancy loss. Visit www.pinkelephants.org.au or call the helpline 1300 726 306.



Free grief and loss support for pregnancy loss. Call the 24/7 Support Line on 1300 308 307 or visit www.rednose.org.au



Support and information about miscarriage. Visit miscarriageaustralia.com.au



Support for Aboriginal and Torres Strait Islander people. Call 13 92 76.