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10 Ways to encourage women who long for a child.



- ❖ Initiate friendship and communication.
(Plan a “no kids” outing with her.)
- ❖ Don't say “I know how you feel” say
“I'm sorry for the pain and frustration
you are going through”.
- ❖ Don't say, “You can always adopt”.
- ❖ Don't say, “Are you pregnant yet?”
(unless she wants you to ask)
- ❖ Give your patience, presence and prayers
- ❖ Be sensitive to special occasions/events
Mother's Day, Father's Day baby showers,
& children's birthday parties, and sharing that
you're pregnant. (Each person is different, some
may welcome cards and invitations, while others
may find it difficult)
- ❖ Ask “Would it encourage you to connect with
others who understand what you are going
through?”(internet support: www.hannah.org)
- ❖ Listen. Even if you've heard it before.
- ❖ Don't judge or criticize her
- ❖ When words fail, share silence or a hug.

Kathe Wunnenberg

Author of the Zondervan devotional books:
Longing for a Child,
Grieving The Loss of a Loved One,
Grieving the Child I Never Knew

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