

# Talking About Your Baby

How to speak your baby's name, share your story, and navigate uncomfortable conversations.

This guide was created by United Mothers of Loss Foundation to support loss moms who want to talk about their baby—but may not know how, when, or with whom. You are allowed to speak your baby's name. You are also allowed to stay silent. Both are valid choices.

## **How to use this guide:**

- Read one section at a time. There is no need to rush.
- Use the sample phrases exactly as written, or adapt them to sound like you.
- Return to this guide as your needs change—your comfort may evolve over time.

This resource offers emotional guidance and communication support. It is not a substitute for professional mental health care.

## 1) Finding Your Words

After loss, many moms struggle to find words that feel accurate, safe, and honest. You may worry about making others uncomfortable—or about falling apart yourself.

### Start by checking in with yourself

- Do I want to talk about my baby right now—or would silence feel safer?
- Do I want to share details, or simply acknowledge my baby's existence?
- Am I speaking for myself, or to meet someone else's expectations?

### Ways to talk about your baby

- Using their name: "My baby's name is \_\_\_\_."
- Using simple acknowledgment: "I had a baby who died."
- Using present language if it feels right: "I am a mother, even though my baby isn't here."
- Using minimal language: "I experienced a loss."

### If words feel impossible

- It's okay to say, "I don't have the words today."
- Writing (texts, notes, or letters) can feel safer than speaking.
- You can ask someone else to share information on your behalf.

## 2) Sharing Your Story

Your story belongs to you. You get to decide how much you share, when you share it, and with whom.

### Different levels of sharing

- Very brief: “I lost my baby.”
- Moderate: “I had a pregnancy loss last year, and it’s still something I’m grieving.”
- Detailed: sharing your pregnancy, birth, and loss experience.
- Selective: sharing details only with trusted people.

### Choosing safe people

- People who listen without fixing or minimizing.
- People who respect your boundaries.
- People who can sit with discomfort.
- People who don’t rush you toward “moving on.”

### Online sharing

- Posting can feel empowering—or exposing. Both are valid reactions.
- You can limit comments, mute replies, or take posts down later.
- You do not owe updates or explanations to anyone.

### **3) Responding to Others**

People may say things that are well-meaning but painful. Having prepared responses can reduce emotional labor.

#### **Common comments & gentle responses**

- “Everything happens for a reason.” → “That doesn’t feel comforting to me.”
- “At least you know you can get pregnant.” → “That comment is painful for me.”
- “You can try again.” → “Right now, I’m focused on grieving this baby.”
- Silence or avoidance → “It helps when my baby is acknowledged.”

#### **If you don’t want to educate**

- You can change the subject.
- You can excuse yourself.
- You can say, “I’m not up for this conversation.”

#### **Giving yourself permission**

- You are not responsible for others’ discomfort.
- You do not need the perfect response.
- You are allowed to protect your heart.

## 4) Setting Boundaries

Boundaries are not punishments—they are protections. They help you navigate conversations in ways that feel safer.

### Examples of boundaries

- “I’m not ready to talk about details.”
- “Please don’t offer advice or spiritual explanations.”
- “I need you to acknowledge my baby, even briefly.”
- “I’m okay answering questions another day.”

### With family and friends

- Be clear and simple—long explanations are not required.
- Repeat boundaries if needed.
- Ask one person to help reinforce them.

### At work or in public

- Prepare one sentence you can reuse.
- You do not owe personal details to coworkers or strangers.
- It’s okay to step away from conversations.

## 5) Carrying Your Baby Forward

Talking about your baby may change over time. There is no right way—only what feels true for you.

### **Ways to keep your baby present**

- Saying your baby's name when it feels right.
- Sharing memories or milestones privately or publicly.
- Correcting language gently when needed: "I have two children—one living, one not."
- Choosing silence on days when speaking feels too heavy.

### **On difficult days**

- It's okay to avoid conversations entirely.
- It's okay to revisit boundaries.
- It's okay if grief feels louder at unexpected times.

### **United Mothers of Loss Foundation — Turning Loss Into Light**

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