The month of October is designated as Pregnancy and Infant Loss Awareness Month. It is our hope that you will learn more about miscarriage, stillbirth, SIDS, and other infant death. Also, that you will reach out to those in our community who have had such losses. As mothers and fathers, they and their families, have suffered the ultimate in parenthood. They paid the highest price when their child died too soon.

Here are a few things you could do this month (and always):

- Share your understanding and compassion
- Say their child’s name out loud
- Ask about their story, then listen and don’t try to make it better. You can’t
- Pray for their healing as they keep their child alive in their hearts and families forever
- Offer to shop for them
- Bring them a meal even months later
- Be sensitive around their due date, baby’s death and birth dates, other anniversaries and holidays
- Donate books these parents recommend as helpful – to the church/synagogue library
- Remember that fathers and grandfathers hurt and have needs too
- Recognize that the children are also impacted and need support, gentle conversations, and resources (there are many good books for children on death of siblings)
- Be honest and show you care. An example of what to say is, “I have been thinking of your sweet William lately. Do you feel up to talking about him? I’d love to see his pictures and learn more about your dreams, or what happened, or how you are doing as a family.”

Thank you on behalf of the tens of thousands who have babies die each year and their families. Your support and understanding will help more than you can ever know.

You could even add the numbers – U.S. (or your own country)

Possibly a half a million or more miscarriages (death of a baby too young to survive) each year

72 babies are stillborn each day 26,000+ each year

Approximately 2,300 babies die of SIDS each year

Over 16,800 neonates died last year