

What To Do And Not Do When Someone You Love Is Struggling With Infertility

Infertility is a difficult and often heartbreaking journey. If someone you love is struggling with infertility, it's important to know what to do and what not to do. Here are some helpful tips:

What to do:

- **Be there for them.** Let them know that you're there for them, no matter what. Listen to them when they need to talk, and offer your support and encouragement.
- **Educate yourself.** Learn about infertility and the different treatments available. This will help you to better understand what your loved one is going through and how you can support them.
- **Be sensitive.** Remember that infertility is a sensitive topic. Avoid making insensitive comments or asking insensitive questions.
- **Respect their decisions.** Your loved one may make decisions about their treatment that you don't agree with. Respect their decisions, even if you don't understand them.
- **Offer practical help.** There are many practical ways you can help your loved one, such as cooking meals, running errands, or taking care of their children.

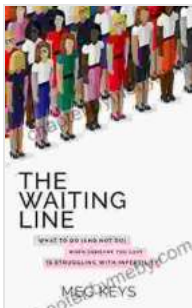
What not to do:

- **Don't tell them to "just relax."** This is one of the most unhelpful things you can say to someone who is struggling with infertility.

Infertility is not caused by stress, and telling someone to relax will only make them feel worse.

- **Don't compare their journey to someone else's.** Every infertility journey is different. Comparing your loved one's journey to someone else's will only make them feel like they're not good enough.
- **Don't offer unsolicited advice.** Unless your loved one specifically asks for advice, don't offer it. They may not be ready to hear it, and it could come across as insensitive.
- **Don't ignore them.** If your loved one is struggling with infertility, don't ignore them. Let them know that you're there for them, and that you care about what they're going through.
- **Don't give up on them.** Infertility can be a long and difficult journey. There may be setbacks along the way, but don't give up on your loved one. Be there for them every step of the way.

Infertility is a difficult journey, but it's one that you can get through together. By following these tips, you can create a supportive environment for your loved one and help them on their journey to parenthood.



The Waiting Line: What to Do (and Not Do) When Someone You Love is Struggling with Infertility

by Meg Keys

★★★★☆ 4.5 out of 5

Language : English

File size : 693 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

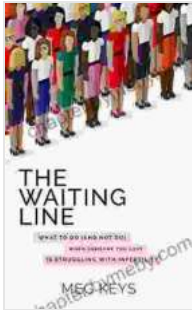
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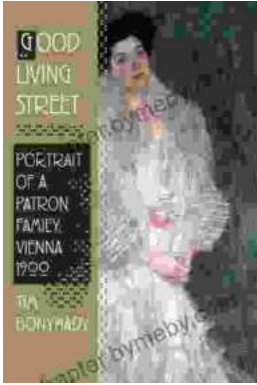
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