

# WHEN FRIENDS AND FAMILY DO NOT UNDERSTAND

## *After Child Loss: You Deserve to Be Heard*

Support | Boundaries | Connection | Compassion

After the loss of a child, people you care about may not know what to say, may avoid the subject, or may say things that hurt even when they mean well. Their discomfort can leave you feeling alone with a grief that is already so heavy. You deserve relationships where your child's name can be spoken and your feelings do not need to be explained away. It is okay to ask for what you need and to protect your heart when others cannot meet you there.

*You deserve people who can make room for your child and your grief.*

### 1 WHEN PEOPLE AVOID THE TOPIC

- Some people may not mention your child because they are afraid.
- Their silence can feel like your child has been erased.
- You are allowed to say you want to talk about them.
- Their name belongs in your life.

### 2 UNHELPFUL THINGS PEOPLE SAY

- Comments meant to comfort can still sting.
- You do not have to receive every opinion or explanation.
- A simple "that is not helpful for me" is enough.
- You can step away from harmful conversations.

### 3 WHY THEY MAY NOT UNDERSTAND

- Some people have not lived this kind of loss.
- They may be uncomfortable with grief or afraid of tears.
- Their limits are not a measure of your child's importance.
- You are not asking for too much by needing care.

### 4 NAMING WHAT YOU NEED

- You can tell others what support looks like right now.
- Maybe you need them to listen, remember, or simply sit close.
- Clear requests can help caring people show up.
- You deserve support that feels genuine.

### 5 PERMISSION TO SET BOUNDARIES

- It is okay to limit contact with people who leave you depleted.
- You may decline advice, gatherings, or difficult conversations.
- Boundaries can be an act of care for yourself.
- You do not need to explain every choice.

### 6 FINDING SAFE PEOPLE

- Look for people who can hear your child's name with tenderness.
- A trusted friend, counselor, or grief group may help.
- Being understood can make grief feel less isolating.
- You are not alone.

### 7 WHEN FAMILY GRIEVES DIFFERENTLY

- Family members may cope in very different ways.
- Different responses do not always mean less love.
- Try to make room for difference without comparison.
- Outside support can help when communication feels hard.

### 8 KEEPING YOUR CHILD PRESENT

- Share stories and memories with people who are open.
- Create traditions or rituals that include your child.
- Your connection does not depend on others understanding it.
- Their place in your heart remains secure.

### A GENTLE REMINDER

*You are not asking for too much when you need tenderness, space, and understanding.*

