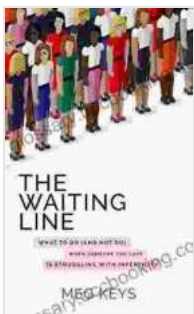


# What to Do and Not Do When Someone You Love Is Struggling With Infertility

Infertility is a difficult and often isolating experience. If someone you love is struggling with infertility, it's important to be supportive and understanding. Here are some tips on how to be a good friend or family member during this challenging time.



## 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

Word Wise : Enabled

Print length : 30 pages

Lending : Enabled



## What to Do

- **Be there for them.** Let your loved one know that you're there for them, no matter what. This means being available to listen, offer support, and provide a shoulder to cry on.
- **Listen without judgment.** When your loved one talks to you about their infertility, listen without judgment. Let them express their feelings

without interrupting or trying to fix the problem.

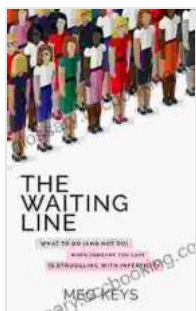
- **Offer practical help.** There are a lot of practical ways you can help someone who is struggling with infertility. This could include helping them with chores, running errands, or providing transportation to appointments.
- **Respect their boundaries.** Everyone grieves differently, and your loved one may need some space at times. Respect their boundaries and give them the time and space they need.
- **Educate yourself.** Learning about infertility can help you better understand what your loved one is going through. There are a lot of resources available online and in libraries.

## **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 it's not something that can be cured by simply relaxing.
- **Don't offer unsolicited advice.** Unless your loved one specifically asks for your advice, it's best to keep your opinions to yourself. When you offer unsolicited advice, it can come across as judgmental and dismissive.
- **Don't compare their experience to your own.** Everyone's experience with infertility is different. Don't try to compare your own experience to your loved one's. This can make them feel like their feelings are not valid.

- **Don't tell them to "just adopt".** Adoption is a wonderful option for many people, but it's not the right choice for everyone. Don't pressure your loved one to adopt if they're not ready.
- **Don't give up on them.** Infertility can be a long and difficult journey. It's important to be patient and supportive, even when your loved one is feeling discouraged.

Supporting someone who is struggling with infertility can be challenging, but it's important to remember that you're not alone. There are a lot of resources available to help you, and there are many other people who have been through similar experiences. With love, patience, and understanding, you can help your loved one through this difficult time.



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