

## How Still A Mum can help

Our vision is an Africa with lower child deaths and a society where bereaved parents receive outstanding support.

### We have:

- 1. One on one counseling** – our trained counselors help bereaved parents in the journey towards healing.
  - Individual counseling.
  - Couples counseling.
  - Child counseling - for kids who need to process the loss of a sibling.
- 2. Physical support groups** – one of our counselors facilitates a group of bereaved Mums and Dads as they share and support each other.
- 3. Virtual support groups** –our counselors facilitate groups of bereaved Mums and Dads on WhatsApp and Facebook as they share and support each other. This option is for those who have no physical group meeting near them.

### Get in touch:

- 📍 Office C2, Branton Court, Ndemi Lane off Ngong Road
- 🌐 [www.stillamum.com](http://www.stillamum.com)
- 📘 **General Page:** [Still A Mum](#)  
**Support Group for bereaved parents:** [Still A Mum Support Group](#)  
**Support group for parents pregnant after a loss:** [Still A Mum Rainbow Parents](#)

- 🐦 [Still A Mum Africa](#)
- 📷 [Still A Mum](#)
- @ [helpline@stillamum.com](mailto:helpline@stillamum.com)
- 📞 +254 719 629 787

- 📞 **Admin:** +254 743 708 336
- 📞 **Counseling:** +254 719 629 787 / +254 787 331 353

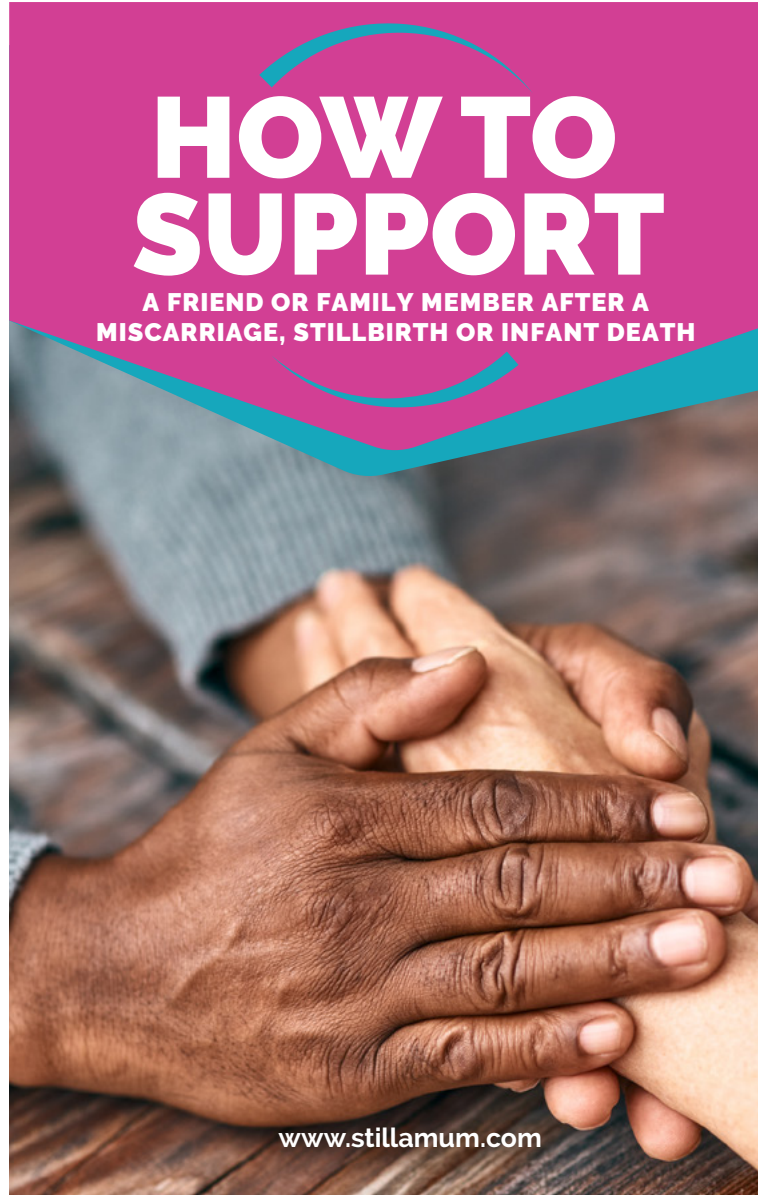


Still A Mum

SUPPORT • EDUCATE • ADVOCATE

# HOW TO SUPPORT

A FRIEND OR FAMILY MEMBER AFTER A MISCARRIAGE, STILLBIRTH OR INFANT DEATH



[www.stillamum.com](http://www.stillamum.com)

## How to Help A friend or family member after the loss of a baby:

Listen.

Be present.

Appropriate touch.

Attend funeral service or memorial.

Validate pain in the experience.



### The RIGHT Things to Say:

"I'm so sorry for your loss."

"How are you doing with all of this?"

"This must be so hard for you."

"What can I do for you?"

"I'm here and I want to listen."

"I wish this pregnancy had turned out the way you hoped."



### The WRONG Things to Say:

"You're young and you can have another baby."

"Now you have an angel in heaven."

"This happened for the best."

"Better for this to happen now than later."

"At least you didn't get to know him/her."

"There must have been something wrong with the baby."

"God must have wanted your baby in heaven."

"Don't question God's will – just trust Him."

"Be brave."

## DON'T use clichés such as:



"I know just how you feel."

"Many mothers go through this."

"Give it time."

"Trust God and pray."

"You'll have another baby."

"Don't let your family see you cry."

"Be strong."

## DO:



Listen more than you talk.

Be reliable – follow through on what you promise.

Call or contact when you say you will.

Refer to the baby by his/her name.

Be genuine and caring.

Affirm that they are good parents.

Ask about the funeral or memorial service.

Ask what they need and help with housework, errands and other things they request.

Offer to help with childcare as the mother recovers.

Keep their thoughts and words confidential.

Remember there are things you don't know.

## DON'T



Don't dominate the conversation.

Don't ask one question after another.

Don't spend a long time telling your own story.

Don't pass judgment.

Don't change the subject if they talk about their baby.

Don't give advice.

Don't criticize healthcare system or providers.

Don't tell them things would have been different if..

Don't complain about your own children/babies.