



## Communicating Your Loss

Communicating the loss of pregnancy or the death of an infant can be a difficult task. When you are ready to share the news of your loss, do what feels right to you. You can send a text, mail an announcement, or post your loss on social media. You can also ask a trusted friend or family member to help communicate your loss. Decide how much and what information you want to share. Make sure you include what would be helpful in terms of support, and whether you are open to talking about your baby.

It can be tough figuring out how to tell your coworkers when experiencing miscarriage, stillbirth, or the death of a baby. One way to do this is by sending an email to your colleagues, letting them know that you have experienced a loss and would appreciate their support. Alternatively, you can ask your manager to communicate the news on your behalf. It is important to let your coworkers know if you are comfortable discussing your loss with them at work.

Remember, there is no right or wrong way to share the news that your baby has died. Here are some examples to get you started:

### *In Loving Memory of **Angel Grace***

Born July 30, 2023, at 7:12 a.m.

Weighing 7 lbs 9 oz, 20 1/2 inches long

Dear Friends and Family,

We are deeply saddened to share the news that our daughter was born still. She was beautiful and perfect, and we love and miss her so much.

We ask for your patience as we take this time to grieve and adapt to a future without our sweet baby. While we appreciate your love and support during this difficult time, please understand that we may not respond to your texts and calls immediately.

Although it is painful, talking about our daughter, hearing her name helps us feel connected to her, so please feel free to ask about her when you see us.





*"I will hold you in my heart until I can hold you in heaven." - Author unknown*

Dear friends and family,

We are deeply saddened to share the unfortunate news that our pregnancy ended in miscarriage on July 30, 2023. We are devastated and need some time to grieve privately.

We appreciate your understanding and support during this difficult time.



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