

#FindingTheWords

It's hard to know what to say to someone when their baby has died.

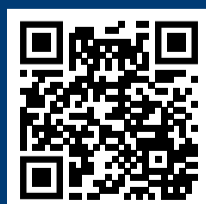
Thank you for telling me about your loss.
I am so sorry.



I am so sorry to hear about your baby.
Would you like to go for a walk together to talk about it?



We can help you find the words to sensitively start a conversation with someone who has experienced pregnancy or baby loss.



sands.org.uk/finding-the-words