

#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](https://sands.org.uk/finding-the-words)