

Why avoid this question?

Because it implies that people experiencing reproductive issues can easily replace their parental project with other plans.

This is not the case: parental projects come from personal wishes and desires that people seriously think through.

Having a pet and having a child are different experiences. For people struggling with infertility, different reasons may explain the desire to have a dog and the desire to have a child.

Such comments minimize the suffering caused by reproductive issues. It suggests that adopting a pet could easily fix months or years of fertility treatments, hopes and disappointments.

What can we say instead?

I wish I had a miracle solution that could make you feel better. I just want you to know that I'm here if you want to talk, go for coffee or a walk, or if you just want to spend some time together.

What can we do instead?

Don't offer advice

Respect people's autonomy in their parental project

In general, it's best not to offer advice unless it's asked for. Friendly reminder: people suffering from infertility are the experts on their fertility journey, not us!

Canada Research Chair in Third-Party Reproduction and Family Ties
crcrpa.uqo.ca

Centre ESPER
centre-esper.com

Let's talk about infertility

Avoiding microaggressions

Toolkit #10

“ Well, you could adopt a dog!

!?

Learn why you should avoid asking this question and what alternatives you should use instead.



CENTRE
ESPER