

Why avoid this question?

Because it completely denies the suffering that comes with reproductive issues. It is normal that people suffering from infertility find it challenging when someone they know becomes pregnant.

Sometimes, we forget that infertility can take up a lot of space in someone's life. It's not something they can necessarily "put on hold" every time those around them feel uncomfortable or don't want to hear about it.

Emotions are a complex matter!

Two things can be true at the same time: people can be happy for their loved ones, and sad that they are not pregnant themselves.

What can we say instead?

What you are going through is unfair. It's normal to have mixed feelings as you hear this; it does not make you a bad person.

What can we do instead?

Give them space

Share the news with them one-on-one, before you tell everyone that you're pregnant

Announcing your pregnancy when a loved one is struggling with infertility can be a sensitive issue. We can share the news with them privately, adding that we understand if they need some space for a while and that we are here for them if they need support.

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Reproduction and Family Ties
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Let's talk about infertility

Avoiding microaggressions

Toolkit #3

“ Well, you should be happy for others when they get pregnant!



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



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