

Why avoid this question?

Because this mistakenly associates reproductive issues with destiny.

In a way, it suggests that people don't deserve to be parents or aren't suited for parenthood.

Because reproductive issues can affect anyone, and it is not people's fault that they experience such issues.

Moreover, just because someone has a child doesn't mean they automatically know how to become a good parent. Parenting is something we learn!

What can we say instead?

Sometimes things don't turn out the way we'd hoped. That must be really difficult. Do you have access to support to help you go through this?

What can we do instead?

Don't offer advice

Let's avoid giving unsolicited advice or looking for a reason for their reproductive issues. This could make them feel like they are being blamed for their problems. Difficult things might happen to the people we love for no reason, and sometimes, being there to support them is all we can do.

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Reproduction and Family Ties
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Centre ESPER
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Let's talk about infertility

Avoiding microaggressions

Toolkit #9

“Maybe you aren't meant to have kids.”



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



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