

## Why avoid this question?

Because it reflects a paternalistic attitude toward people suffering from infertility and, more broadly, toward people who don't have children. This question assumes that people who don't have kids have fewer responsibilities and more free time.

This assumption is not always true. Indeed, children are not the only ones who need care and support. People may also care for an older parent, a sibling, a relative who is ill or disabled, etc.

## What can we say or do instead?

**I often think about you and what you're going through. How are you?**

**I really care about what you're going through. How are you doing?**

It is best not to look down on people suffering from infertility or assume that they're less responsible than us.

Let's keep in mind that they often have to deal with insensitive comments about infertility, which can become hurtful and stigmatizing over time.



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## Let's talk about infertility.

# Avoiding microaggressions

Toolkit #2

**“Are you sure you want children? You won't be able to sleep in on weekends anymore!”**



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



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