

## 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!

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## 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.



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