

10 WAYS TO BE A SUPPORTIVE PARTNER

Here are a few easy ways to be there for me throughout the ups and downs of our fertility journey.

1 BE PATIENT

Treatment can be exhausting and can go on for a while. During this time, I may not always be in control of how I'm feeling physically and emotionally. So I'll need you to bear with me and offer extra hugs or a shoulder to cry on.

COMMUNICATE 2

We're going to need clear communication during this journey. There will be ups and downs throughout, so it'll be important to check in from time to time and ask what I need.

3 REDUCE DAY-TO-DAY STRESSES

Making daily life a little easier for me will be so helpful. That could mean anything, like picking up more of the household chores, getting the groceries delivered, looking into extra child/pet care, or outsourcing other chores to local services.

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4

CONFIDE IN FRIENDS

While you can always talk to me openly and honestly, it may be helpful to lean on some of your close friends during this time. Having someone to talk to outside of our partnership (for both you and me) can help lessen the burden we may place on each other.

GO TO APPOINTMENTS

5

Try to make it to as many of my appointments as you can. Having a second set of ears in the room will help to alleviate some stress on me. It also shows me that you're here as my advocate, and that helps me feel less alone.

6

HELP OUT WITH TREATMENTS

Picking up my prescriptions or offering to administer my shots will take a lot of the pressure off me and will also allow you to feel more a part of the process.

MAKE TIME FOR FUN

7

I don't want us to forget about making time to connect. Planning a date night or an activity that you know we'll enjoy together will not only be fun, but will provide us a distraction we may need every once in a while.

8 STAY INFORMED

Even though I'm the one physically going through the procedures and treatments, I still think it's important that you understand what it all entails. This way you'll know what I need and how you can help.

BE SUPPORTIVE AND ENCOURAGING 9

This process can be defeating, and there may be times that I'll want to take a break. During those times I'll need you to remain understanding and supportive. Offer up words of encouragement and reassure me that it's okay to rest and start up again when I'm ready.

10 CREATE SPACE TO VENT

This may be a difficult journey, so allowing me to feel my feelings and cry when I need to, and offering validation will be so helpful and appreciated.

Most importantly, we are in this together.

So, I want you to also feel supported and prepared. Check out [FertilityOutLoud.com](https://www.fertilityoutloud.com) for more information on the ins and outs of infertility.