



Published on *ModernMom.com* (<http://www.modernmom.com>)

[Home](#) > [Blogs](#) > [Casey Berna's blog](#) > Being There For Your Infertile Friend This Holiday Season

Being There For Your Infertile Friend This Holiday Season

By [Casey Berna](#) [1] on December 18, 2012

It seems like every day I hear about more and more couples, like myself, struggling with infertility. The holidays can be an especially difficult time for infertile couples. I recently had the opportunity to interview Mindy Berkson, infertility consultant and founder of Lotus Blossom Consulting, on how to be there for your infertile friends this holiday season.

First of all Mindy, tell me a little bit about Lotus Blossom Consulting and what inspired you to start this service for infertile couples.

The idea for Lotus Blossom Consulting was born from my experience with infertility 18 years ago. I was stymied at how difficult it was to navigate. I didn't know where to find resources, what questions to ask and how to find resolution. What I learned was that the answers you get are only as good as the questions you ask. This experience awakened me to the great need there was to have advocate to help steer you down the right path on your infertility journey. My mission is to offer individuals an insider's approach to reaching their end family building goal.

Why are the holidays an especially challenging time for couples who are struggling with infertility?

The holidays are a time for family. It is distressing and challenging to be happy and content when achieving a family seems to be against all odds. The holidays also mark the passage of time. While it seems everyone around them is progressing in their lives, an infertile couple feels left in a holding pattern. Remaining hopeful and positive can be difficult for many and especially those that are choosing to keep this secret from other family members and friends.

Mindy, please do your best to answer these questions from the perspective of a friend dealing with infertility.

My friend made up an excuse for not coming to our annual Christmas party this year. I know she is currently undergoing an IVF cycle and has not been herself. Should I be offended?

Do not be offended; rather take it as a hint that your friend may need you now more than ever. Be supportive. Encouragement goes a long way. Send them cards. Let them cry on your shoulder. Spend time with the couple to show how much you love them and plan activities that don't focus on the kids. Showing your friend you care will help her avoid isolating herself and may help make her holiday season a more

peaceful one.

Should I send a Christmas card to my friend, even though it features a picture of my newborn baby? She recently suffered a miscarriage after trying for a long time to get pregnant.

For women trying to conceive, children and babies are a painful reminder of what they are longing to have. Consider purchasing a separate Christmas card to send to your friend this year. Be sensitive to their feelings and be understanding. Sometimes your friend will be depressed and other times angry. There may also be times when she is physically and emotionally exhausted, and she may not seem like the same person she used to be. Be there and stay committed to the friendship.

My friend always gets my children a Christmas gift every year. Instead of getting her another sweater, I was thinking about taking her out to a kid free dinner filled with wine and adult conversation. Would that be a better gift?

Partaking in kid-free activities with your friend at holiday time is a great way to help her through this difficult time. Help fill her holiday schedule with plans with other couples and friends who don't have kids. Also, take time educate yourself about what your friend is going through. Reading up on infertility will give you a high-level of understanding of all that's involved and a window into your friend's world. Understand when it's appropriate to bring the topic up and regularly offer your support.

I really want to post my ultrasound picture with the title "Our Surprise Christmas Gift" on Facebook as a way to say my husband and I are expecting again. I know a few of my good friends on Facebook have been trying to get pregnant for years with no luck and will see it. I feel bad for them, but I also want to share my good news. What should I do?

Pregnancy announcements, baby showers and births are particularly difficult experiences for those struggling with infertility. Trust that your friend understands what she can and can't handle and don't feel the need to hide things from her. Sharing your exciting news with friends on Facebook is perfectly acceptable. Consider kindly letting your friend in on your news before your announcement and respect that she may not have the reaction you'd hoped. Realize that she is fragile. Stay sensitive to your friend's emotions and be aware that her happiness for you will probably be combined with deep sadness for her own situation.

Mindy, thank you so much for your time! What advice do you have for an infertile couple reading this article this Holiday Season?

Every one experiences infertility in a different way and at different times. The greatest advice I can give is to find what works best for you. Sometimes this is a support group and sometimes it is an individual counselor. Communicate openly with your partner and share all the ups and downs of the journey. Above all, remember to be patient and kind to yourself. Stress will never positively affect the outcome. Remaining optimistic while being prepared to continue your fertility journey in the coming New Year will remind you to stay focused on what's most important 💎💎" preparing to welcome a child home.

Mindy Berkson, founder of Lotus Blossom Consulting, has more than a decade of experience in the infertility field. As one of the first infertility consultancies in the United States, Lotus Blossom Consulting, LLC was founded to arm patients with information and education to make the best medical choices. Mindy has guided hundreds of intended parents all around the world through the stressful demands of the infertility process by providing professional and compassionate assistance in dealing with the emotional, physical, and financial barriers involved with navigating the fertility journey. For more information, please visit

www.LotusBlossomConsulting.com [3].

About the Author

Source URL: <http://www.modernmom.com/blogs/casey-berna/being-there-for-your-infertile-friend-this-holiday-season>

Links:

[1] <http://www.modernmom.com/users/casey-berna>

[2] <http://www.modernmom.com/print/blogs/casey-berna/being-there-for-your-infertile-friend-this-holiday-season>

[3] <http://www.LotusBlossomConsulting.com>

[4] <http://www.modernmom.com/user/login/nojs>

[5] <http://www.modernmom.com/forward?path=blogs/casey-berna/being-there-for-your-infertile-friend-this-holiday-season>