

# The Essential Things You Need to Know to Support the Woman You Love Through Infertility

As a man, it can be difficult to fully understand what your partner is going through when she is struggling with infertility. You may feel helpless, frustrated, or even angry at times. However, it is important to remember that you are one of the most important people in her life, and your support can make a world of difference.

This article will provide you with the essential information you need to know about infertility, as well as some tips on how to support your partner emotionally and practically.

Infertility is the inability to conceive a child after one year of regular unprotected intercourse. It is a common problem, affecting approximately 10% of couples. There are many different causes of infertility, including:



## Field Guide to Being an Awesome Birth Partner: The essential things you need to know to support the woman you love through birthing a baby by Lucie Hemmen

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- **Female factors:** These include problems with ovulation, fallopian tubes, or the uterus.
- **Male factors:** These include problems with sperm production, sperm motility, or sperm morphology.
- **Unexplained factors:** In about 20% of cases, the cause of infertility is unknown.

Infertility can have a devastating emotional impact on both women and men. Women may feel like they are failing as women, and men may feel like they are not doing enough to help. Both partners may experience feelings of grief, loss, anger, and depression.

It is important to be patient and understanding with your partner during this difficult time. Let her know that you are there for her and that you love her no matter what. Encourage her to talk about her feelings and listen without judgment.

Here are some tips on how to support your partner emotionally during her infertility journey:

- **Be there for her.** Let her know that you are there for her and that you love her no matter what.
- **Listen to her.** Encourage her to talk about her feelings and listen without judgment.

- **Validate her feelings.** Let her know that her feelings are valid and that it is okay to feel sad, angry, or frustrated.
- **Don't try to fix it.** There is no easy way to fix infertility. Instead, focus on providing emotional support.
- **Take care of yourself.** It is important to take care of your own mental and emotional health during this difficult time.

In addition to providing emotional support, there are also some practical things you can do to help your partner during her infertility journey:

- **Help with fertility treatments.** If your partner is undergoing fertility treatments, you can help her by providing practical support, such as driving her to appointments or helping her with injections.
- **Take on some of the household chores.** This can help your partner to reduce stress and free up time for her to focus on her fertility treatments.
- **Be understanding if she needs to take time off work.** Infertility can be a physically and emotionally demanding experience. If your partner needs to take time off work to focus on her treatments or to grieve a failed cycle, be understanding and supportive.
- **Be there for her on the good days and the bad days.** Infertility is a roller coaster of emotions. There will be good days and bad days. Be there for your partner on both the good days and the bad days.

If you or your partner are struggling to cope with the emotional impact of infertility, it is important to seek professional help. A therapist can provide you with support and guidance during this difficult time.

Infertility is a challenging journey for both the woman and her partner. However, with love, support, and understanding, you can help your partner through this difficult time. Remember, you are not alone. There are many resources available to help you and your partner on this journey.



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