What TO say to a bereaved twin or triplet parent.

Here are some suggestions of what you might say and do to support parents who have experienced the death of one or more of their twins or triplets. We asked our Footprints community to share the things that they found helpful.

I don't know what to say but I am here for you.

I'll always remember them.

No need to reply but...

I can't begin to imagine what you've been through.

You will always be a twin/triplet mum/dad.

I loved it when people asked normal questions about them.

What are their names?

What did they weigh?

How much hair did they have?

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Checking in every few days even if they do not reply.

I don't know what to say but I am thinking of you.

Did they look alike?

I'm going to leave a meal at your door. I'm thinking of you.

How are you doing today?

I love you and I'm here for you.

How was it meeting them?

If you ever need/want to talk, I'll be happy to listen.

Thinking of you today.

They will always be a twin/triplet.

Remembering special dates and using their names.

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