**Re. A Difficult News of Loss**

Dear [XYZ],

I am very hopeful that you all are great and doing very well in your lives. I am writing to share difficult news with you. I want you to take a moment, sit calmly, and read peacefully. I did not want to share this news of loss and sadness with you but I want your support in healing in this challenging time.

As you know [Your Spouse Name] and I have been conceiving since [Month]. On [date], [Spouse Name] went for a regular check-up and went through a thorough ultrasonic examination. The doctor told us that the baby miscarried. We were shocked as everything looked fine and nothing was wrong since the beginning of the pregnancy. As we were planning to expand our family, we were very excited to welcome a new member of our family. It is heart-wrenching to see how our feelings of happiness and excitement changed into grief and utter sorrow in a few minutes.

As we are a family, I thought it was important to share this news with you. Family gives you strength, support, and a sign of emotional courage to cope with challenging circumstances. [Spouse Name] is very distressed and going through a deep emotional difficulty. You know she is very sensitive and being a mother, she was in the most vulnerable position. Currently, I think I should give her adequate time to heal and not rush or force healing. Therefore, I am thinking of not seeking any professional help psychologically for the time being.

Miscarriage is one of the toughest things for a couple as it is a deeply personal and emotional experience.

I am sure that you can totally understand our suffering and pain. As a family, I expect from you to help us in difficult times by praying and visiting us. As you know everyone is different and reacts differently to difficult and challenging circumstances, I also expect you to understand that I and [Spouse Name] might react differently to this loss.

In this difficult time, your prayers and support are no less than a treasure. Thank you for being there for us.

Yours,

[Your Name]