

When you

When you ask the question, Do you have any children? I say no politely. But inside I shed a tear; it is like a sting to remind me that I don't have that baby. Then you light the fire and ignite it by telling me how many kids you have. I nod politely, looking interested. But inside I think when I go home, my nest is empty, unlike yours.

When you tell me someone is pregnant, I say congratulations. But inside I am grieving for the child that I never got to have. Then you project the pictures of the scan or your baby on social media; it is like a slap in the face. I did not get to have this experience of sharing the news.

When you complain about your children saying it is difficult and say I have it easy as I have no burden. Inside I feel angry, as I would gladly swap your life for the pain I feel every day. But I can't, so I take it on the chin because I have no place in a child-contained society.

When you put me into wards with pregnant ladies or talked about your stories of labor of having that baby, I held back the tears of sadness as I lost babies and didn't get a chance to do what you take for granted every day.

When you don't realise it is endless navigating this forever road of child-contained society. Where do we go those who are childless, not by choice, and who have no voice and are disenfranchised by society?

Next time, take a turn to think of what it may be like for someone else who did not get to have your joy.

What if you did not get your baby or tried IVF so many times? Spare a thought before you ask that question casually that someone may be grieving inside but outside showing no signs of this story. They are going home to cry every day that they want to have what you have.

They still want to have what you have but they cannot do that so every day is a constant reminder of their story and the loss, grief, and being childless by circumstance.

This was a piece submitted in our MTL Creative Writing workshop. For more information on the next workshop please email: mtlvolunteer@fertilitynetworkuk.org