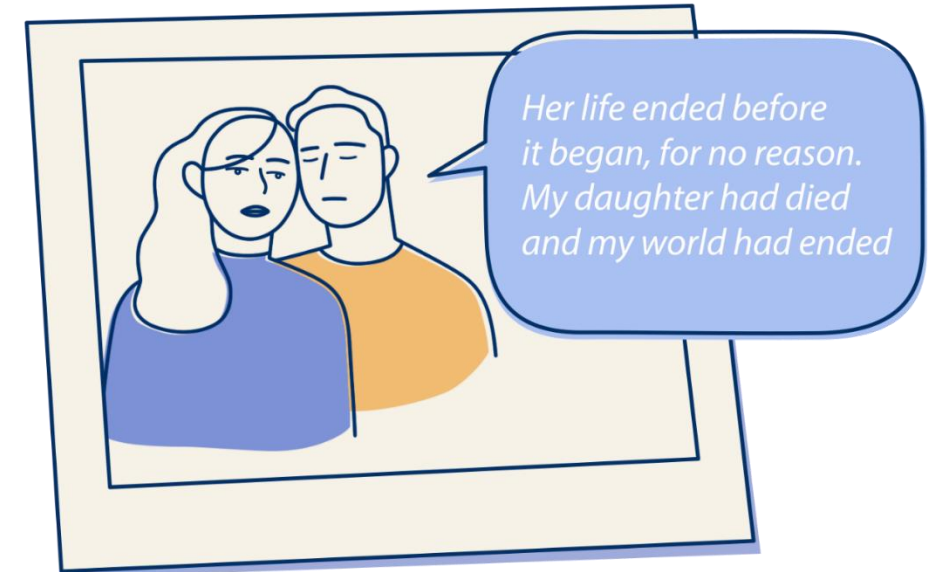


# What the research says:

- Parents are likely to experience shock, grief, trauma, disbelief, and emotional anaesthesia
- Bereaved parents are also more likely to develop mental health conditions such as depression, anxiety, post-traumatic stress and phobias
- High quality care can moderate these immediate and long-term negative outcomes



# The bereaved parent's perspective

- ▶ Uniqueness of experience
- ▶ Physical nature of birth and grief
- ▶ Feeling of isolation
- ▶ A lifelong impact on the whole family
- ▶ Impact on self-esteem and self-image
- ▶ Sense of pride in much loved baby

# The Magnifying Moment

Lactation

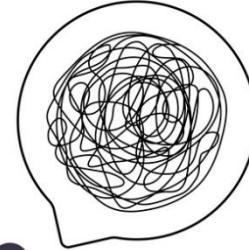
Grief

Sounds of crying babies

Lack of sleep

Holding, naming, parenting

Precious moments to create memories



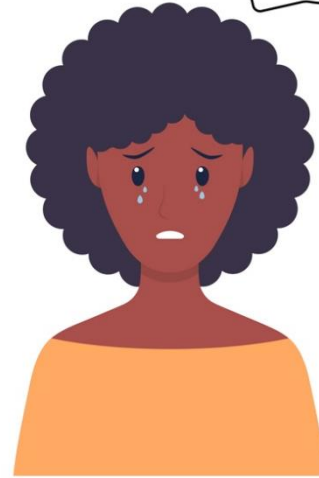
Recovery from illness

Physical and emotional exhaustion

Consenting to post-mortem

Mental health

Funeral arrangements



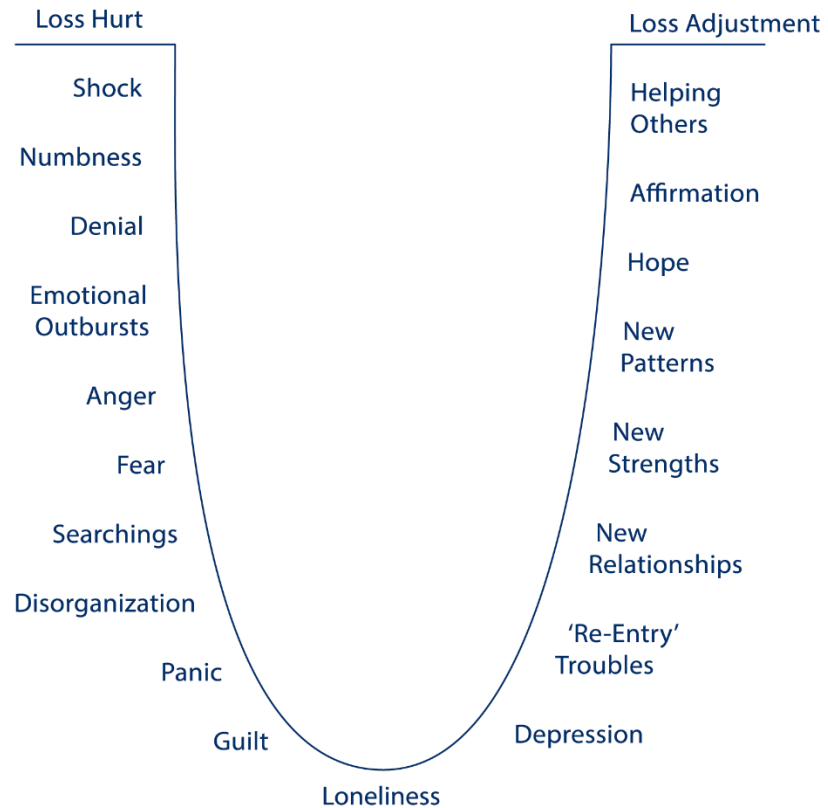
Letting family, friends and work know

Social media & advertising

Preventable deaths

Other children

# The nature of grief



# Growing around grief

<https://www.youtube.com/watch?v=F3YyJYSDmMU>

# Recognising parenthood

"I read that you had a stillbirth last time, I'm sorry, what happened?"

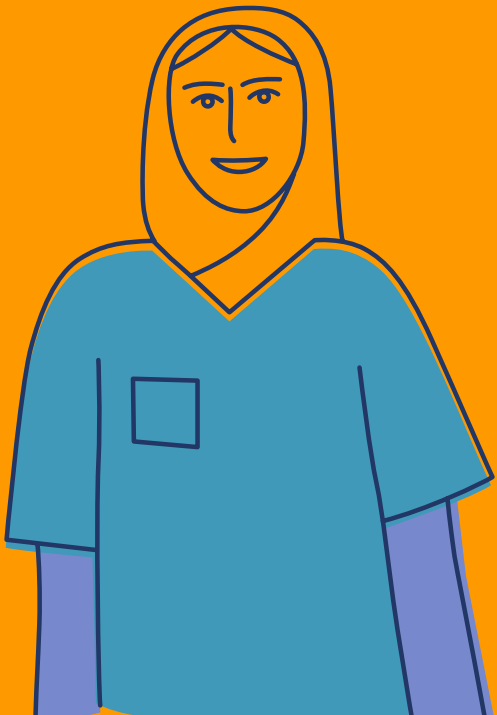
"I read that your first baby was stillborn, what was their name? Do you mind if I ask some questions about when you were pregnant with [baby's name]"

- ✓ Recognising motherhood
- ✓ Recognising their baby is important
- ✓ Demonstrates understanding, helping to build a trusting relationship

## Remember:

We wouldn't say "she had a birth" about a mum with a live baby, we would say **"she had a baby"**

Same applies to a mother of a baby who sadly died **"she had a baby"**



# More resources



Healthcare

Bereavement  
In the Workplace

Meet  
the Team

Courses &  
Booking

Resources &  
Further Info

Contact



## Training & Education

Build confidence,  
knowledge and skills

Training for professionals, enabling you to safely support parents and families through pregnancy loss or the death of their baby



Experienced and evidence based

More than 40 years ago Sands was established by two bereaved mothers who were determined to save babies' lives and improve support for bereaved families



[training.sands.org.uk](https://training.sands.org.uk)



[training@sands.org.uk](mailto:training@sands.org.uk)

Free two-hour webinars for healthcare professionals

Free involving parents in review webinars

Training in-house days, half days, face to face or webinars available for

- Student midwives
- Maternity teams
- Memory making workshops
- Early pregnancy units and sonographers
- Neonatal teams
- Multi-disciplinary groups for every role
- Maternal and perinatal mental health teams
- Counsellors and therapists
- Health visitors and those who work in the community



# Thank you



Sands Helpline ☎ 0808 164 3332 ✉ [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

 @SandsInsights

 [www.sands.org.uk/training](http://www.sands.org.uk/training)

 [training@sands.org.uk](mailto:training@sands.org.uk)

