

# Supporting parents through pregnancy loss or the death of their baby

## Bereavement care training for Health Visitors

7 hours / 3.5 hours - delivery via face-to-face workshops or online

2 hours – online delivery

### Overview

This training is an opportunity to build the confidence, knowledge and skills required to provide high quality care for those who have experienced pregnancy loss or the death of their baby. The content is specifically designed for Health Visitors, whatever their level of experience in bereavement care may be. The session is skills-based training with a variety of opportunities for participants to learn through case studies and skills practice.

Sands Trainers have a wealth of experience in creating a safe space for participants to consider this sensitive topic. With the support of the trainer, participants will consider the emotional challenges of providing bereavement care and strategies to support staff wellbeing.

The list of outcomes for participants below is based on a full-day workshop and will be modified to fit the length of the session you require and the method of delivery.

- › Gain insight into the impact of grief in relation to pregnancy loss and the death of baby on bereaved families
- › Recognise the positive impact the Health Visitor can have on bereaved families' long-term health and wellbeing
- › Develop the skills and confidence needed to communicate sensitive and effectively with bereaved families
- › Gather the knowledge required to enable bereaved families to access information and ongoing support from other sources and agencies
- › Understand how the mental health of a bereaved family can be significantly affected by the death of a baby, and the potential impact this can have on all subsequent pregnancies and births
- › Recognise the importance of looking after their own wellbeing after caring for bereaved families

Following the session all participants will receive a copy of the materials used and links to various helpful tools and resources.