

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

## Bereavement care training for Student Midwives

4 hours - delivery via face-to-face workshops or online

2 hours – online delivery

### Overview

This training is an opportunity to build the 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 carefully designed to build confidence in student midwives who are early in their midwifery career and may have very little experience of caring for those going through miscarriage, stillbirth, termination for medical reasons, stillbirth, or neonatal death. This session is skills-based training with a variety of opportunities for students to learn through case studies and skills practice.

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

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

- › Gain insight into the parent experience of pregnancy, birth and perinatal loss, including the impact on subsequent pregnancies
- › Learn from a bereaved parent who will share their story and offer insights into the impact of high-quality care on the wellbeing of families (4-hour option only)
- › Develop an understanding of grief and trauma in relation to perinatal loss and learn how to provide psychologically safe bereavement care
- › Learn the importance of sensitive language and practice compassionate communication skills with case study examples
- › Understand the importance of informed choice for bereaved families and know how to support parents to make decisions that are right for them
- › Reflect on the impact of perinatal loss on staff wellbeing, consider their own support needs and the support services available

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