

# Supporting parents through the death of their baby

## Bereavement care training for healthcare professionals working in neonatal care services

### Full-day workshop

9.30am-4.30pm

### Overview

This full day workshop is skills-based training with a variety of opportunities for the neonatal team to learn together through case studies and skills practice. The case studies in this workshop are specifically selected to encourage staff working in neonatal care services to consider their role in bereavement care and how they can effectively support parents and families.

Facilitating this workshop is an experienced Sands Trainer, with a wealth of expertise in bereavement care and support. The workshop not only equips participants with skills but also addresses the emotional challenges that staff may encounter when working with bereaved families. It fosters discussions on strategies to effectively manage emotional stress to help prevent burnout.

During the workshop participants will:

- › Gain insight into the parent experience of pregnancy, birth and perinatal loss
- › Learn from a bereaved parent who will share their story and offer insights into what high quality care looks like in practice
- › Develop an understanding of grief in relation to the loss of a baby and learn how to provide psychologically safe bereavement care to the whole family
- › Learn the importance of sensitive language and practise 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 this work on staff wellbeing, consider their own support needs and the support services available

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