

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

## Bereavement care training for Midwives and Maternity Support Workers

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

### Overview

This training aims to build confidence, knowledge, and skills essential for delivering high quality care for those going through pregnancy loss or the death of their baby. In this session, midwives and MSW's will engage in skills-based training, with opportunities for learning through case studies and hands-on skill practice. The case studies are specifically selected to encourage midwives to consider their role in bereavement care and how they can effectively support parents and families.

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 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
- › 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

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