

# **Pregnancy Loss and the Death of a Baby: Half Day Course for Professionals**

## **Aim & Learning Outcomes**

**Group Size: 'Up to 20' or 'Over 20' Participants**

**Duration: 3.5 hours**

### **Aim of the Course**

To enable participants to develop the essential knowledge and insight to provide good, sensitive care to parents who experience the death of a baby, before, during or shortly after birth.

### **Learning Outcomes**

At the end of this session participants will be able to:

- Identify the unique impact of grief in relation to pregnancy loss and the death of a baby for parents and their families.
- Understand the key elements of communicating sensitively and effectively with bereaved parents.
- Recognise the importance of on-going support for bereaved parents and the potential impact of their loss on all subsequent pregnancies.

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<b>Example Timings</b>	<b>Duration</b>	<b>Content</b>
<b>9.30 – 13.00</b>		
9.30 – 9.40	10 minutes	Introduction and Outline of Day
9.40 – 9.45	5 minutes	Brief Overview of Sands Work Nationally
9.45 – 10.00	15 minutes	Group Introductions and Expectations
10.00 – 10.15	15 minutes	The Unique Nature of Childbearing Loss
10.15 – 10.45	30 minutes	Parent's Personal Experience
10.45 – 11.00	15 minutes	Information about your Local Sands Branch
<b>11.00 – 11.20</b>	<b>20 minutes</b>	<b>Break</b>
11.20 – 12.00	40 minutes	Sensitive and effective communication skills
12.00 – 12.15	15 minutes	Creating Memories
12.15 – 12.35	20 minutes	What Hinders? What Helps?
12.35 – 12.50	15 minutes	On-going Care and Care in Another Pregnancy
12.50 – 13.00	10 minutes	Review of Session and Resources
<b>13.00</b>		<b>Close</b>