

Pregnancy Loss and the Death of a Baby: Sands Training for Doulas – Aim and Learning Outcomes

Aim of the Course

To enable doulas to develop the knowledge, insight and skills to provide high quality, 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.
- Identify, develop and use techniques to communicate sensitively and effectively with bereaved parents.
- Understand the choices available to parents after the death of their baby and support them in making their decisions.
- Recognise the impact of pregnancy loss and the death of a baby on doulas and be able to access available support.
- Recognise the importance of on-going support for bereaved parents and the potential impact of their loss on all subsequent pregnancies.

Pregnancy Loss and the Death of a Baby:

Sands Training for Doulas – Session Plan

Duration: One Day (9.30-16.30) - Morning Session

Time	Content
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)	Feelings Associated with Expecting a Baby and Child-Bearing Loss
10.15-10.25 (10 minutes)	The Unique Nature of Child-Bearing Loss
10.25-10.55 (30 minutes)	Parent's Personal Experience
10.55-11.10 (15 minutes)	Information about your Local Sands Group
11.10-11.30 (20 minutes)	Coffee
11.30-11.40 (10 minutes)	Different Types of Childbearing Loss
11.40-12.00 (20 minutes)	The Wider Impact of a Baby's Death
12.00-12.25 (25 minutes)	Supportive Listening Skills
12.25-13.05 (40 minutes)	Supporting Parents Through Devastating News – Skills Practise 1
13.05-13.50 (45 minutes)	Lunch

Pregnancy Loss and the Death of a Baby:

Sands Training for Doulas – Session Plan

Duration: One Day (9.30-16.30) - Afternoon Session

Time	Content
13.50-14.10 (20 minutes)	Creating Memories
14.10-14.30 (20 minutes)	What Helps? What Hinders?
14.30-15.10 (40 minutes)	Supporting Parent to Make Difficult Decisions - Skills Practise 2
15.10-15.25 (15 minutes)	Tea
15.25-15.45 (20 minutes)	Support for doulas
15.45-16.00 (15 minutes)	On-going Care and Care in Another Pregnancy
16.00-16.20 (20 minutes)	Setting Personal Objectives
16.20-16.30 (10 minutes)	Wrap Up
16.30	Close