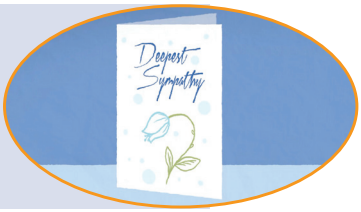
5 ways you can help someone whose baby has died

Talk about their baby

When someone's baby has died, it can be hard for others to find the words to say. This can add to feelings of isolation, so simply saying how sorry you are can really help.

Let them know you are thinking about them

A simple text, card or email goes a long way.
If you know them well, you might want to call them and ask how they are. It's okay to ask 'How are you?'



Offer practical help

When a baby dies it can be very hard for parents and families to do everyday tasks such as walking the dog, going shopping or cleaning the house. Offer to help in a practical way.

Going back to work

If you know a colleague whose baby has died you may want to let them know how sorry you are. If you're an employer find out how best to support your staff and volunteers.

Give them the Sands Freephone Helpline 0808 164 3332

Our Helpline team offers a safe, confidential space for anyone affected by the death of a baby. We offer support by telephone or email and may be able to refer on to a local Sands Group.

Finding the words: #15babiesaday

Sands
Stillbirth & neonatal death charity

Sands
Stillbirth & neonatal death charity

40 1978 2018 years of support

Sands supports anyone who has been affected by the death of a baby before, during or shortly after birth. Bereavement support is at the core of everything we do.

Helpline: 0808 164 3332
Email: helpline@sands.org.uk
Online forum: www.sands.community

Find out more about how we offer support at sands.org.uk/support

© Sands 2018. Registered as a charity in England and Wales (299679) and in Scotland (SC042789).
A company limited by guarantee registered in England and Wales number 2212082.