

# 5 ways you can help someone whose baby has died



**Talk about their baby** – spend some time talking about their baby. Sometimes people avoid the subject for fear of causing distress but many bereaved parents want their baby acknowledged.

**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.

**Remember their baby** – light a candle for their baby during Baby Loss Awareness week. Remember their baby's birthday and send them a 'thinking of you' message.

**Give them the Sands Freephone helpline 0808 164 3332** – our helpline team offer 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 them on to a local Sands Group.

**#15babiesaday**

**Don't be afraid to  
talk about it.**

**[www.sands.org.uk](http://www.sands.org.uk)**

 **sandscharity**

 **@SandsUK**

 **sandscharity**

**Sands helpline**

**t: 0808 164 3332**

**e: [helpline@sands.org.uk](mailto:helpline@sands.org.uk)**

*Every year, Sands helps thousands of families who have experienced the death of a baby, works to improve bereavement care and funds and promotes vital research to save babies' lives.*