



**Supporting
midwives,
supporting
parents**

Not all of your expectant mums will have a pregnancy that ends happily

17 babies are stillborn or die shortly after birth every single day in the UK, shattering the lives of parents, their families and friends. These tragic deaths can also have a profound impact on all those involved in the care of the family and delivery of their baby.

Sands, the stillbirth and neonatal death charity, operates throughout the UK, supporting anyone affected by the death of a baby and promoting and funding research that could save babies' lives.

We're here to help you support parents when the terrible and unexpected happens.

One in every 200 babies is stillborn, making it ten times more common than cot death

When a baby dies, the first question everyone asks is, **why?**

It is often assumed that a baby who has died was born too soon or too sick to live, an unavoidable tragedy. In fact over 90% of stillborn babies have no congenital abnormality, their deaths potentially preventable.

New research is desperately needed to understand what is going wrong and to develop better ways to identify babies at risk and intervene to save their lives.

A recent report by Sands - *Preventing Babies' Deaths: what needs to be done* - calls for national commitment to preventing all avoidable baby deaths in the future.

We are working with government and key stakeholders to address the issues we identified and are also funding, and raising vital funds for, research into stillbirth causes and prevention.

Stillbirth rates are the same today as they were in the late 1990s and too little research is taking place to understand why

www.uk-sands.org/Research

The care that thousands of bereaved families receive every year around the time of their baby's death is extremely important



Our resources for healthcare professionals are widely recognised:

- ▶ Sands textbook *Pregnancy Loss and the Death of a Baby: Guidelines for Professionals* is essential reading for health professionals supporting parents whose baby has died
- ▶ We offer bereavement care training courses in hospitals across the UK
- ▶ We run an online network for bereavement midwives in conjunction with the Royal College of Midwives and Bliss

www.uk-sands.org/Improving-Care

Supporting parents with the right information at the right time can make all the difference

We have a wide range of information, support services and resources including:

- ▶ Support and information booklets and leaflets
- ▶ Memory boxes
- ▶ Sands teardrop stickers for maternity notes
- ▶ Comprehensive website: www.uk-sands.org
- ▶ Sands helpline: 020 7436 5881
- ▶ Online forum: www.sandsforum.org
- ▶ UK-wide network of around 100 local Sands support groups: www.uk-sands.org/Groups

t: 0845 6520 448


www.uk-sands.org/Shop

Keep up-to-date on the facts through our regular news bulletins.

Whilst more research is needed to understand why stillbirths happen, Sands is already involved in many positive initiatives that are underway throughout the UK. We are constantly expanding our information and resources for healthcare professionals and parents. And we are working with governments to keep stillbirths high on the political agenda.

Stay abreast of all our news and developments by signing up to receive our ebulletin. Go to www.uk-sands.org.

You matter too



We know that it can be extremely distressing for healthcare professionals who witness the death of a baby first-hand.

That's why our support services are as much for you as for parents whose babies have died.

In addition to our bereavement care resources and training, we are here to provide you with confidential, emotional support and practical help following the death of a baby.

t: 020 7436 5881

e: helpline@uk-sands.org

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Stillbirth & neonatal death charity