

Pregnancy loss and the death of a baby: Sands training for doulas

One-day workshop – day plan

9.00 **Registration** – *Delegates must be registered and seated by 9.20am*

9.30 **Workshop Begins**

Introductions and Outline of the day
Overview of Sands work nationally
Grief and bereavement in child-bearing loss
Parent's personal experience
Information about your local Sands group

11.10 **Break** (20 minutes)

11.30 Types of childbearing Loss
Wider impact of a baby's death
Supportive listening
Supporting parents through devastating news – skills practise

1.05 **Lunch** (45 minutes)

Creating memories
What helps? What hinders?
Supporting parents to make difficult decisions - skills practise

3.10 **Break** (15 minutes)

3.25 Support for doulas
Ongoing care and care in another pregnancy
Personal objectives & review of the day

4.30 **Workshop Ends**

For further information please contact training.professionals@uk-sands.org