

# Pregnancy loss and the death of a baby: Sands training for student midwives

## 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  
Group Introductions and Expectations  
Feelings Associated with Expecting a Baby and a Childbearing Loss  
The Unique Nature of Childbearing Loss  
Parent's personal experience  
Information about your local Sands group

**11.10**      **Break** (20 minutes)

**11.30**      Wider impact of a baby's death  
Types of Childbearing Loss  
Supportive listening skills  
Breaking bad news & reactions to grief – skills practise

**1.10**      **Lunch** (45 minutes)

**1:55**      Creating memories  
What helps? What hinders?  
Enabling informed choice - skills practice

**3.15**      **Break** (15 minutes)

**3.30**      Support for professionals  
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](mailto:training.professionals@uk-sands.org)

