

COMMUNICATION

So often the fear of saying the wrong thing prevents us from saying anything. Here are some examples of helpful versus unhelpful statements:

Helpful

- May I sit with you?
- Thank you for letting me be a part of your journey.
- I wish this didn't happen.
- I'm here if you would like to talk.

Unhelpful

- At least you can try again.
- At least you didn't get a chance to know your baby.
- These things happen.
- You'll feel better soon.

Parents often appreciate being treated "as if it's a normal pregnancy." Using the baby's name, with permission, asking about the baby, and listening to the parents' story may be very powerful.



Those memories
are all I have left,
and those
memories will keep
me going forever.”

Contact Us For
More Info



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PROJECT POPPYSEED

Breaking the silence of perinatal loss

Facilitating Grieving

A resource for
Healthcare
Professionals





MAKING MEMORIES

- Photographs
 - Video
 - Hand/foot prints
 - Hair clippings
 - Blankets
 - Arm/ankle bands
 - Hats
 - Cardiac tracings
 - Ultrasound photos
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BONDING

Each person is unique. Research shows that parents who are given the opportunity to bond with their baby are better equipped to heal in their grief. Below are some suggestions on how to facilitate bonding. Gently offer the following to parent while respecting their decisions:

Parents

- Holding baby
- Rooming in
- Skin to skin
- Bathing baby
- Dressing baby

Siblings

- Holding baby
- Photographs
- Drawing pictures
- Sitting with parents

Extended Family

- Holding baby
- Private space
- Unlimited visitors
- Extended visiting hours

COMPANIONING

Companioning is a model of care that focuses on being present in grief rather than trying to fix or cure grief.

Companioning is about:

- Bearing witness to the struggles of others
- Walking alongside, not leading
- Listening with the heart
- Being still and present
- Learning from others

One may never know the healing power of simply bearing witness to the pain of another.

