

Critical Milestones & Trauma Informed Interventions

| Milestone | Inherent Elements | Perinatal Trauma Informed Care |
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| The Diagnosis | <ul style="list-style-type: none"> • Communication • Decision-making | <ul style="list-style-type: none"> • Time • Empathy • Sensitivity • Repetition • Coercion free • Shared decision-making |
| The Birth | <ul style="list-style-type: none"> • Birth planning • Maternal symptom management • Neonatal symptom management • Memorialization • Connection • Bonding | <ul style="list-style-type: none"> • Companioning approach • Allow parents to drive care • Facilitate memory-making • Encourage sibling involvement • Allow multiple support persons • Interprofessional communication |
| Disclosing the Loss | <ul style="list-style-type: none"> • Communicating the loss within the social sphere • Social isolation vs. connection • Comments by others | <ul style="list-style-type: none"> • “Warning shot” • Equip parents • Allocate resources for parents • Allocate resources for children • Normalize parents’ grief |
| Beyond the Loss | <ul style="list-style-type: none"> • Returning home • Fulfilling role(s) • Returning to work • Reentering life • Reestablishing relationships • Partner intimacy • Pregnancy after loss • Living/coping with grief | <ul style="list-style-type: none"> • Resource referrals • Follow-up appointments • Addressing topics of lactation, bleeding, hormonal changes, intimacy, and subsequent pregnancy • Routine assessment of grief intensity, coping, symptoms of trauma, etc. • Observance of “angel-versary” |