



Therapeutic Tips

“I think we need to realise that our job does not include removing or curing someone’s pain. This is so important. There are limits to what we can do, but what we do does make such a difference. Each of us has something to answer and something to give”

– Mary Funk; Registered Nurse

How Can We Provide Initial Support?

- Take each experience as unique
- Honest, open and clear communication
- It is not necessary to have the exact words or correct actions – you cannot make a bereaved person “more sad”
- Share silences and give eye contact
- Provide relevant information in simple terms, explain why they may need it
- Make sure other medical staff know they are bereaved

Providing Support To Parents

- Talk about what other families have chosen to do when their baby has died
- Talk about reactions and feelings of other families who have had a similar experience
- Allow parents to feel they are making decisions
- Give families time to digest critical information
- Balance the time for parents to be left to have time on their own and being left alone
- Remember they are there...and don’t forget about the fathers.

For Further Information

W: [For Health Professionals – Bears Of Hope](http://www.bearsofhope.org.au)

E: support@bearsofhope.org.au