



Nurturing Compassionate Support:

a journey of understanding
stillbirth and Baby Loss

Welcome to “Nurturing Compassionate Support”
This journal is designed to accompany the workshop sessions focused on providing support to bereaved parents. Inside these pages, you will find journal questions, inspiring quotes, and reflective thoughts to deepen your understanding and strengthen your ability to offer empathy and comfort. Let us embark on this meaningful journey together.

Caridad Saenz, Birth & Bereavement Doula
CarryLoss.com / CarryLove.me



THE IMPACT OF STILLBIRTH AND BABY LOSS

HOW HAS THIS WORKSHOP IMPACTED YOUR UNDERSTANDING OF THE EMOTIONAL IMPACT OF STILLBIRTH AND BABY LOSS?

REFLECT ON YOUR EMOTIONS AND EXPERIENCES RELATED TO THE TOPIC. HOW DO THEY INFLUENCE YOUR ABILITY TO SUPPORT OTHERS?

HOW CAN YOU CREATE AN EMPATHETIC AND SAFE SPACE FOR CONVERSATIONS ABOUT STILLBIRTH AND BABY LOSS?

ACTIVE LISTENING AND EMPATHY

DESCRIBE A TIME WHEN YOU FELT TRULY HEARD AND UNDERSTOOD. HOW DID THAT EXPERIENCE MAKE YOU FEEL, AND WHY DID IT HAVE SUCH AN IMPACT?

REFLECT ON YOUR OWN LISTENING SKILLS. ARE THERE ANY AREAS YOU CAN IMPROVE TO PROVIDE MORE EFFECTIVE SUPPORT TO BEREAVED PARENTS?

HOW CAN ACTIVE LISTENING AND EMPATHY HELP IN BUILDING A STRONGER CONNECTION WITH THOSE WHO HAVE EXPERIENCED STILLBIRTH OR BABY LOSS?

date: _____

CONSIDER THE HEALING POWER OF ATTENTIVE LISTENING AND NURTURING EMPATHY. BY FULLY IMMERSING OURSELVES IN SOMEONE ELSE'S STORY AND EMOTIONS, WE CAN HELP THEM FEEL ACKNOWLEDGED AND VALIDATED.

When you really listen to another person, from their point of view, and reflect back to them that understanding, it's like giving them emotional oxygen
- Stephen Covey

Empathy is about finding echoes of another person in yourself - Mohsin Hamid

CREATING SAFE SPACES FOR CONVERSATIONS

REFLECT ON A TIME WHEN YOU FELT HELD IN A SAFE SPACE DURING A DIFFICULT CONVERSATION. WHAT ELEMENTS WERE PRESENT THAT MADE IT SAFE FOR YOU?

HOW CAN YOU CREATE SAFE SPACES FOR CONVERSATIONS SURROUNDING STILLBIRTH AND BABY LOSS? WHAT STRATEGIES CAN YOU IMPLEMENT TO ENSURE SENSITIVITY AND KINDNESS?

WHAT RESOURCES, MATERIALS, OR INITIATIVES CAN YOU INTRODUCE IN YOUR COMMUNITY TO ENCOURAGE OPEN AND SUPPORTIVE DIALOGUE ON THIS TOPIC?

date: _____

REMEMBER, IT IS OUR RESPONSIBILITY TO CULTIVATE SAFE AND NON-JUDGEMENTAL ENVIRONMENTS FOR CONVERSATIONS ABOUT STILLBIRTH AND BABY LOSS. OUR COLLECTIVE EFFORTS CAN LEAD TO POSITIVE CHANGE AND HEALING.

The ache for a safe place
will always be with us. -
Margaret J. Wheatley

In a world where you can be anything, be kind.

SELF-CARE AND BUILDING RESILIENCE

REFLECT ON THE IMPORTANCE OF SETTING BOUNDARIES WHEN PROVIDING SUPPORT. HOW CAN YOU ESTABLISH AND MAINTAIN HEALTHY BOUNDARIES?

IDENTIFY SELF-CARE ACTIVITIES THAT REJUVENATE YOU. HOW CAN YOU PRIORITIZE THEM TO ENSURE YOUR OWN WELL-BEING?

HOW CAN YOU BUILD A SUPPORT NETWORK THAT FOSTERS YOUR RESILIENCE AND PROVIDES GUIDANCE DURING CHALLENGING TIMES?

date: _____

RECOGNIZE THE SIGNIFICANCE OF SELF-CARE AND RESILIENCE-BUILDING AS YOU SUPPORT OTHERS. BY TAKING CARE OF YOURSELF, YOU ENSURE YOU HAVE THE EMOTIONAL CAPACITY TO PROVIDE SUSTAINABLE SUPPORT.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone
- APA

You can't pour from an empty cup. Take care of yourself first. - unknown

Nurturing Compassionate Support:

a journey of understanding stillbirth and Baby Loss

As we conclude this journey together, remember that supporting those who have experienced stillbirth and baby loss is both a privilege and a responsibility. By incorporating the insights from these workshop sessions and reflecting on the journal questions, you can deepen your understanding and offer compassionate support. Together, we can create a more empathetic and supportive world for bereaved parents. Keep nurturing compassion, fostering understanding, and embracing the power of your presence.

Note: This workbook is designed to complement the workshop sessions on stillbirth and baby loss. It is not intended as a substitute for professional medical or psychological advice. If you or someone you know is in need of immediate support, please reach out to a qualified healthcare professional or helpline.



Inside a Baby Loss Comfort Box

Inside a baby loss comfort box, you will typically find a collection of items specifically chosen to provide comfort and support to bereaved parents who have experienced the loss of their baby. The contents of a baby loss comfort box may vary depending on the organization or individual who puts them together, but commonly included items may include:

1. **Keepsake items:** These can include a small memento or token, such as a personalized keychain, a remembrance bracelet, or a handcrafted angel ornament, to honor the baby's memory. (could be an acknowledgement of existence/life)
2. **Comforting items:** Soft and comforting items such as a plush toy, a soft blanket, or a comforting scented candle can provide comfort and solace during difficult times.
3. **Self-care items:** Self-care is an essential part of healing after a loss. Including self-care items such as a journal and pen for reflection, a bath bomb or bath salts for relaxation, or a soothing eye mask can help promote self-care practices.
4. **Information and resources:** It is common to include information and resources specific to baby loss, such as books or pamphlets about grief and healing, information on local support groups or counseling services, or resource lists for further support.
5. **Inspirational items:** Including uplifting and inspirational items, such as inspirational quotes cards, affirmations, or small uplifting books, can offer hope and encouragement during challenging times.
6. **Thoughtful gestures:** Some comfort boxes may include small gestures, such as a handwritten note or a thoughtful poem, to show sympathy, understanding, and support to the bereaved parents.

It is important to note that the contents of a baby loss comfort box should be thoughtful and sensitive, recognizing the unique needs and experiences of bereaved parents. The intention is to provide comfort, support, and acknowledgement of their grief, while also respecting their individual journey of healing.



Helpful Resources

Below are some helpful resources that support families dealing with stillbirth and neonatal loss:

U.A.E. Resources

<https://carryloss.com/>

<https://stillamum.com/>

<https://www.tfmrmmas.com/>

www.lovetroughlosssupport.com/

<https://www.lalalangtrywhite.com/services/lovetroughloss>

U.K. Resources

- Sands (Stillbirth and neonatal death charity): Offers a range of support including a national helpline and support groups.
- Child Bereavement UK: Supports families when a baby or child dies and offers training to professionals.

U.S. Resources

- The STAR Legacy Foundation: Conducts research, provides education, and supports families dealing with stillbirth.
- National Share: A community for those who are touched by the tragic death of a baby through early pregnancy loss, stillbirth, or in the first few months of life.
- The Compassionate Friends: Offers support and resources for parents, siblings, and grandparents grieving the death of a child.

Global Resources

- ISA (The International Stillbirth Alliance): Promotes and enhances stillbirth-related activities on a global scale and conducts research and education.



