

BEREAVEMENT

Supports for Parents & Birth Professionals

DoulaCare
IRELAND



Sometimes the smallest things take up the most room in your heart.

- A.A. Milne

DoulaCare Ireland developed this booklet as a resource for parents dealing with the grief of losing their baby and the health care professionals supporting them. We initially created it for the doulas we represent. In *DoulaCare Ireland* we offer bereavement doula support to clients and we wanted our team to have access to a full list of resources to help as they do this. However, we also realised that having access to this essential information is important for anyone experiencing a loss and that this information could also be helpful to other health care professionals who support families.

The loss of a baby is an incredibly sad, and often a lonely time for parents. Whether you have lost a baby in the first trimester, had a stillbirth or neonatal death; it is a time of loss and empty arms. Being able to avail of support is crucial. There are an amazing amount of charitable organisations and resources for families in Ireland to help grieving parents mourn their loss. We hope that you find this booklet helps access these supports.

If you feel we are missing any supports or resources, please email info@doulacare.ie with the details so we can continue to keep this booklet updated.

A Little LifeTime Foundation (formerly ISANDS)

T. 01 882 9030
E. info@alittlelifetime.ie
W. alittlelifetime.ie
Fb. facebook.com/alittlelifetime
Tw. twitter.com/alittlelifetime

Provides telephone, email and Facebook support for parents and families whose baby has died or is expected to die.

Runs regular parent support meetings - including groups for those recently bereaved, those who have lost a twin or multiple, pregnancy after loss group, and pregnancy with a diagnosis

- Online discussion forum
- Provides training for support team volunteers
- Provides bereavement counselling by counsellor with special interest in bereavement
- Offers a Virtual Remembrance Quilt - you can place a patch in memory of child lost.

Féileacáin

- T.** 028 50301 (Office)
- T.** 085 249 6464 (Support Line)
- E.** admin@feileacain.ie
- W.** feileacain.ie
- Fb.** facebook.com/Feileacain
- Tw.** twitter.com/feileacain1

Based in Co Cork - offers support nationally.

Formed by a group of bereaved parents that aims to offer support to anyone affected by the death of a baby during pregnancy or shortly after

Gifts of Remembrance' Services

These services are provided free of charge to the hospitals and their delivery is supported by a nationwide team of Féileacáin volunteers.

'Remembering...'Memory Boxes, which are provided to parents who lose their baby around the time of birth.

They contain:

- A Hand knitted blanket
- Two Teddies
- Small 'Remembering' Box: To store lock of their child's hair, hospital ID bracelet etc.
- Memory Booklet: To take note of child's weight, write a

personal message to their child etc.

- Finger/Foot printing kit (to take prints of hands and feet).
- Candle
- Lip Balm: for baby's lips

Imprints So Precious

Clay imprints of their child's feet or hands

Created by a Féileacáin volunteer who will come to the hospital, make the imprints with the parents

Remembrance Candles

A hand decorated candle with their babies name inscribed.

Cuddle Cots

Each maternity unit and children's hospital has up to 6 Cuddle Cots which supports parents to keep their baby with them while in hospital, and to wake their baby when they return home if this is their wish. If a Cuddle Cot is not available to the parents from the hospital then a Féileacáin volunteer will provide a Community Cuddle Cot for the family.

Cocooned Project

Hand made clothes for babies (as most clothes bought in a shop will be too big)

Sibling Support

Advice and telephone support as well as a Play Therapy service to children following the death of a sibling. Each hospital is also provided with Sibling Teddy Bears and Resource Packs offer comfort to them at this time

Little Pix

Along with Little Pix (bereaved parents who manage this project), Féileacáin have provided each hospital with at least two high resolution digital cameras

Leanbh Mo Chroi

T. 086 374 5474
E. leanbhmoichroi@gmail.com
W. lmcsupport.ie
Tw. twitter.com/leanbhmoichroi

Peer support for bereaved parents who have received a fatal or severe diagnosis during pregnancy.

Support groups in Dublin

Telephone / Email support nationally

Set up by parents who went through similar themselves.

Miscarriage Association of Ireland

T. 01 873 5702
E. info@miscarriage.ie
W. miscarriage.ie
Fb. facebook.com/miscarriage.ie

Monthly support meetings in Buswells Hotel, Molesworth Street, Dublin 2 on the first Thursday of every month.

Telephone support line is operated by a team of volunteers. Check their website for numbers to phone as they change every month.

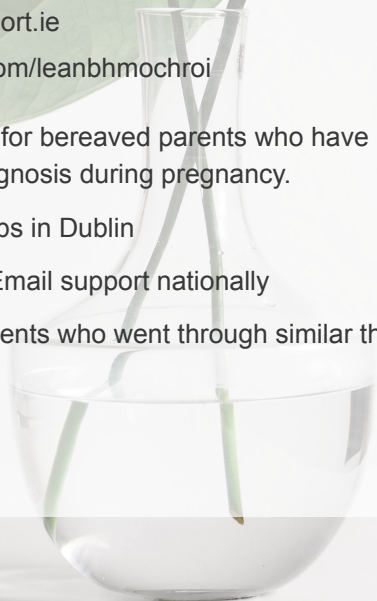
During the year there is a member on call between 10 am to 12 noon and another member on call from 8pm to 10pm. Monday to Friday.

Also run Regional Support Meetings

The Miscarriage Association of Ireland have a specially commissioned Book of Remembrance in which to commemorate lost babies.

Now I Lay Me Down To Sleep

E. headquarters@nilmdts.org
W. nowilaymedowntosleep.org
Fb. facebook.com/nilmdts
Tw. twitter.com/nilmdtsHQ
O. instagram.com/nowilaymedowntosleep



This is an international organisation.

List of photographers in Ireland - you use the search box to find a photographer in Ireland covering your area.

Offer parents the complimentary gift of professional photos.

Black and white pictures, they can retouch

In order to still provide families with a level of service in the event a photographer cannot be found, they provide a posing guide and poster that can be used by a medical professional or family member in order to preserve memories for the family.

Nurture Health

085 861 9585

T. info@nurturehealth.ie

E. nurturehealth.ie

W. facebook.com/NurtureHealth.ie

Fb. twitter.com/NurtureHealth2

Tw. instagram.com/nurturehealth7

Q. Nurture's Headquarters office is open Monday – Friday from 9:00am – 06.00pm

Counselling service - for depression in pregnancy, postnatal depression, anxiety, OCD, Premature Babies, Loss of a baby

- No wait service
- National service - have counsellors nationwide
- One to one counselling

- Telephone Support
- Skype Counselling
- Support Groups

Rainbows Ireland

rainbowsireland.ie

T. 01 473 4175

E. ask@rainbowsireland.ie

W. facebook.com/rainbowsireland

Fb. twitter.com/RainbowsIreland

Tw. Nationwide service

Rainbows is a free, voluntary service for children and young people experiencing loss following bereavement and parental separation.

Parents/Guardians can self-refer into Rainbows. Referral letters from GP's or other professionals are not required

S.O.F.T. Ireland

T. 1800 213 218

E. soft.contactme@gmail.com

W. softireland.com

Fb. facebook.com/Soft-Ireland



Set up by parents for parents of Trisomy children.

A voluntary group dedicated to providing support for families of children born with Patau's Syndrome (Trisomy 13), Edwards' Syndrome (Trisomy 18) and related chromosomal disorders.

Support is provided during prenatal diagnosis, during the child's life and after the child's passing.

Connects families in contact with one another.

Provides information, funds bereavement counselling

Turas Le Cheile

T. 086 056 6819 – Monday to Friday / 9am to 5pm.

W. turaslecheile.com

Kildare based organisation offering counselling for bereavement. Offer support from 4 centres in Kildare:

Naas, Clane, Kilcock and Leixlip

You will be matched with a support person who has had training in Bereavement Support.

HSE Bereavement Support Teams

Hospital staff members who have undertaken specialist and extensive education in bereavement care.

The team may include; a bereavement coordinator, clinical

midwife specialist in bereavement, chaplain and senior medical social worker.

All of the 19 Maternity hospitals in the Republic of Ireland have appointed a Bereavement Clinical Midwife Specialist (CMS).

For a contact list of all the teams around the country please go to: <https://pregnancyandinfantloss.ie/bereavement-teams/>

Other resources

Pregnancy & Infant Loss Ireland

W. pregnancyandinfantloss.ie

Online directory directory of support services and knowledge for both bereaved parents and healthcare professionals.

Miscarriage Support

W. corkmiscarriage.com

A online resource created for anyone who needs information and support about early miscarriage.

We hope you found this booklet helpful. If you need one-to-one doula support please don't hesitate to contact us: info@doulacare.ie. We provide a professional in-person and virtual bereavement doula support to families experiencing loss.

We offer compassionate care to families experiencing chemical pregnancies, ectopic pregnancies, early or late miscarriage, stillbirth and neonatal death (at home or in a hospital setting). We offer information, practical support, companionship and a familiar face to both you and your partner at this difficult time - before, during and after your loss.

We will be at your side through any medical procedures you may need and during the birth of your baby - supporting you and your partner. We will support you both through a difficult diagnosis and offer information as to what to expect with varying procedures.

We will offer comfort measures and reassurance to both you and your partner in a busy hospital setting. We can help you draw up birth preferences and remind you of these during labour if needed.

We can help you create memories and keepsakes of your birth and baby (offering guidance to the many supports that can help with this) and offer support before and after the birth as you deal with your grief.

We can help you fill out any forms you may need to have organised, assist you both with funeral arrangements, and help Mums with lactation support, if they are dealing with milk coming in. As with birth doula support - we are not there to

take over from your partner, but to support you both throughout your loss.

We are aware of what a sensitive time this will be and we offer support in having to deal with the wider community as you process your grief and sadness. We will be with you and offer support in marking the birth of your baby. We are here to help you to acknowledge that you have become a parent (a huge milestone in a person's life), while supporting you as you mourn the loss of your baby.

If you've just discovered that your pregnancy will likely end in loss and have questions about how you can benefit from the support of a bereavement doula, you can email Mary & Jen at info@doulacare.ie

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KNOWLEDGE | ENCOURAGEMENT | SUPPORT

This is a free publication offering information on the supports available to parents who are dealing with a bereavement. This booklet will also provide support to birth professionals working with parents at this difficult time in their life.

www.doulacare.ie

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