

REFERENCE LIST

General

Broderick, Shiela C Ruth. Perinatal Loss | A Handbook for Working with Women and their Families. London: CRC Print.

Guidelines

Overview | Antenatal and postnatal mental health: clinical management and service guidance | Guidance | NICE [Internet]. NICE; [cited 2021 Nov 20]. Available from: <https://www.nice.org.uk/guidance/cg192>

NBCP England 2020 Impact Report | National Bereavement Care Pathway (NBCP). Available from: <https://nbcpathway.org.uk/professionals/nbcp-england-2020-impact-report>

Overview | Ectopic pregnancy and miscarriage: diagnosis and initial management | Guidance | NICE [Internet]. NICE; [cited 2021 Nov 20]. Available from: <https://www.nice.org.uk/guidance/ng126>

Recurrent Miscarriage, Investigation and Treatment of Couples (Green-top Guideline No. 17) Royal College of Obstetricians & Gynaecologists. Available from: <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg17/>

Gestational Trophoblastic Disease (Green-top Guideline No. 38) Royal College of Obstetricians & Gynaecologists. Available from: <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg38/>

Supporting mental healthcare in a maternity and neonatal setting: Good practice guide and case studies, 2021. Chapter 6 focuses on loss. <https://www.england.nhs.uk/wp-content/uploads/2021/08/B0233-Health-in-Maternity-and-Neonatal-Settings-including-Neonatal-Loss-July-2021.pdf>

A good practice guide to support implementation of trauma-informed care in the perinatal period <https://www.england.nhs.uk/wp-content/uploads/2021/02/BBS-TIC-V8.pdf>

Involving and supporting partners and other family members in specialist perinatal mental health services. Good practice Guide: <https://www.england.nhs.uk/wp-content/uploads/2021/03/Good-practice-guide-March-2021.pdf>

Pregnancy Loss Review- Independent Report and Recommendations <https://www.gov.uk/government/publications/pregnancy-loss-review/pregnancy-loss-review-summary-report>

British Psychological Society (2023). *Position Statement. Delivery of psychologically-informed care and psychological therapies in maternity services.*

Opening up Conversations about difference: race, culture and ethnicity. *Cheshire and Mersey Specialist Perinatal Mental Health Service*. September 2023. Version 1.0. [*If you would like a copy, please email us and we can send to you*]

Reliable medical Information about pregnancy

Royal College Obstetrics and Gynaecology patient leaflets:
<https://www.rcog.org.uk/en/patients/patient-leaflets/>

Prevalence of Mental Health Problems Following Perinatal Loss

Boyle, F. M., Vance, J. C., Najman, J. M., & Thearle, M. J. (1996). The mental health impact of stillbirth, neonatal death or SIDS: Prevalence and patterns of distress among mothers. *Social Science & Medicine*, 43(8), 1273–1282.

Christiansen, D. M. (2017). Posttraumatic stress disorder in parents following infant death: A systematic review. *Clinical Psychology Review*, 51, 60–74.

Daugirdaite, V., van den Akker, O., & Purewal, S. (n.d.). Posttraumatic stress and posttraumatic stress disorder after termination of pregnancy and reproductive loss: A systematic review. *Journal of Pregnancy*.

Farren, J., Jalmbrant, M., Ameye, L., Joash, K., Mitchell-Jones, N., Tapp, S., et al. (2016). Post-traumatic stress, anxiety and depression following miscarriage or ectopic pregnancy: A prospective cohort study. *BMJ Open*, 6(11), e011864.

Gold, K. J., Boggs, M. E., Muzik, M., & Sen, A. (2014). Anxiety disorders and obsessive compulsive disorder 9 months after perinatal loss. *General Hospital Psychiatry*, 36(6), 650–654.

Gold, K. J., Leon, I., Boggs, M. E., & Sen, A. (2016). Depression and posttraumatic stress symptoms after perinatal loss in a population-based sample. *Journal of Women's Health*, 25(3), 263–269.

Gressier, F., Guillard, V., Cazas, O., Falissard, B., Glangeaud-Freudenthal, N. M. C., & Sutter-Dallay, A. L. (2017). Risk factors for suicide attempt in pregnancy and the post-partum period in women with serious mental illnesses. *Journal of Psychiatric Research*, 84, 284–291.

Herbert, D., Young, K., Pietrusińska, M., & MacBeth, A. (2022). The mental health impact of perinatal loss: A systematic review and meta-analysis. *Journal of Affective Disorders*, 297, 118–129.

Howard, L. M., Goss, C., Leese, M., & Thornicroft, G. (2003). Medical outcome of pregnancy in women with psychotic disorders and their infants in the first year after birth. *The British Journal of Psychiatry*, 182(1), 63–67.

Janssen, H. J. E. M., Cuisinier, M. C. J., de Graauw, K. P. H. M., & Hoogduin, K. A. L. (1997). A prospective study of risk factors predicting grief intensity following pregnancy loss. *Archives of General Psychiatry*, 54(1), 56–61.

Malouf, R., Harrison, S., Burton, H. A., Gale, C., Stein, A., Franck, L. S., & Alderdice, F. (2022). Prevalence of anxiety and post-traumatic stress (PTS) among the parents of babies admitted to neonatal units: A systematic review and meta-analysis. *EClinicalMedicine*, 43, 101233.

Neugebauer, R., Kline, J., Shrout, P., Skodol, A., O'Connor, P., Geller, P. A., et al. (1997). Major depressive disorder in the 6 months after miscarriage. *JAMA*, 277(5), 383–388.

Schiff, M. A., & Grossman, D. C. (2006). Adverse perinatal outcomes and risk for postpartum suicide attempt in Washington State, 1987–2001. *Pediatrics*, 118(3), e669–e675.

Child and infant mortality in England and Wales - Office for National Statistics. Available from:

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/childhoodinfantandperinatalmortalityinenglandandwales/2019#neonatal-causes-of-death>

Unexplained deaths in infancy, England and Wales - Office for National Statistics. Available from:

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/unexplaineddeathsininfancyenglandandwales/2019>

American Statistics:

Ely, D. M., & Driscoll, A. K. (2023). *Infant mortality in the United States: Provisional data from the 2022 period linked birth/infant death file*. National Center for Health Statistics. Vital Statistics Rapid Release; no 33. Hyattsville, MD: National Center for Health Statistics. DOI: <https://doi.org/10.15620/cdc:133699>

Kortsmit K, Nguyen AT, Mandel MG, Hollier LM, Ramer S, Rodenhizer J, Whiteman MK. Abortion Surveillance - United States, 2021. *MMWR Surveill Summ*. 2023 Nov 24;72(9):1-29. doi: 10.15585/mmwr.ss7209a1.

Valenzuela, C. P., Gregory, E. C. W., & Martin, J. A. (2023). Perinatal mortality in the United States, 2020–2021. *NCHS Data Brief*, no. 489. Hyattsville, MD: National Center for Health Statistics. DOI: <https://dx.doi.org/10.15620/cdc:134756>

Racial and Social Inequalities

Draper, E.S., Gallimore, I.D., Smith, L.K., Fenton, A.C., Kurinczuk, J.J., Smith, P.W., Bobby, T., Manktelow, B.N. MBRRACE-UK Perinatal Mortality Surveillance Report UK Perinatal Deaths for Births from January to December 2019. Department of Health Sciences, University of Leicester; 2021.

Jardine J, Walker K, Gurol-Urganci I, Webster K, Muller P, Hawdon J, et al. Adverse pregnancy outcomes attributable to socioeconomic and ethnic inequalities in England: a national cohort study. *The Lancet*. 2021 Nov 20;398(10314):1905–12.

Mukherjee S, Velez Edwards DR, Baird DD, Savitz DA, Hartmann KE. Risk of Miscarriage Among Black Women and White Women in a US Prospective Cohort Study. *Am J Epidemiol*. 2013 Jun 1;177(11):1271–8.

Ethnic Inequalities in Healthcare: A Rapid Evidence Review. Available from: https://www.nhs.uk/wp-content/uploads/2022/02/RHO-Rapid-Review-Final-Report_v.7.pdf

The Black Maternity Experience Report: <https://www.fivexmore.com/blackmereport>

Sands Surveys of Parents and Families from Black and South Asian Communities: Full Report https://sands.org.uk/sites/default/files/sands_bss_surveys_report_full.pdf

Guidance Summary: Tackling Maternal Health Inequalities in Gypsy, Roma and Traveller Communities
<https://www.gypsy-traveller.org/wp-content/uploads/2023/07/Summary-Maternal-Health-Inequalities-Guidance.pdf>

Self-Report Measures

PGS: Perinatal Grief Scale- publicly available in many languages
<https://judithlasker.com/perinatal-grief-scale/>

Toedter LJ, Lasker JN, Janssen HJ. International comparison of studies using the perinatal grief scale: a decade of research on pregnancy loss. *Death Stud*. 2001 May;25(3):205–28.

Grief & Perinatal Loss

Goldstein RD, Lederman RI, Lichtenthal WG, Morris SE, Human M, Elliott AJ, et al. The Grief of Mothers After the Sudden Unexpected Death of Their Infants. *Pediatrics*. 2018 May 1;141(5):e20173651.

Kersting A, Dorsch M, Kreulich C, Reutemann M, Ohrmann P, Baez E, et al. Trauma and grief 2–7 years after termination of pregnancy because of fetal anomalies – a pilot study. *J Psychosom Obstet Gynecol*. 2005 Mar;26(1):9–14.

McSpedden, M., Mullan, B., Sharpe, L., Breen, L. J., & Lobb, E. A. (2017). The presence and predictors of complicated grief symptoms in perinatally bereaved mothers from a bereavement support organization. *Death studies*, 41(2), 112-117.

Complicated/Prolonged Grief in Perinatal Populations

Kersting, A., Kroker, K., Steinhard, J., Lüdorff, K., Wesselmann, U., Ohrmann, P., ... & Suslow, T. (2007). Complicated grief after traumatic loss: a 14-month follow up study. *European Archives of Psychiatry and Clinical Neuroscience*, 257, 437-443.

Mørk, S., Hvidtjørn, D., Möller, S., Henriksen, T. B., O'Connor, M., & Bonanno, G. A. (2023). Grief trajectories after loss in pregnancy and during the neonatal period. *Journal of Psychiatric Research*, 168, 293-299.

Zhang, X., Chen, Y., Zhao, M., Yuan, M., Zeng, T., & Wu, M. (2024). Complicated grief following the perinatal loss: a systematic review. *BMC Pregnancy and Childbirth*, 24(1), 772.

Subsequent Pregnancies

Ayers, S., Bond, R., Bertullies, S., & Wijma, K. (2016). The aetiology of post-traumatic stress following childbirth: a meta-analysis and theoretical framework. *Psychological medicine*, 46(6), 1121-1134.

Blackmore, E. R., Côté-Arsenault, D., Tang, W., Glover, V., Evans, J., Golding, J., & O'Connor, T. G. (2011). Previous prenatal loss as a predictor of perinatal depression and anxiety. *The British Journal of Psychiatry*, 198(5), 373-378.

Côte-Arsenault D, Mahlangu N. Impact of perinatal loss on the subsequent pregnancy and self: women's experiences. *J Obstet Gynecol Neonatal Nurs JOGNN*. 1999 Jun;28(3):274–82.

Hunter A, Tussis L, MacBeth A. The presence of anxiety, depression and stress in women and their partners during pregnancies following perinatal loss: A meta-analysis. *J Affect Disord*. 2017 Dec;223:153–64.

PTSD Following Childbirth

Horesh, D., Garthus-Niegel, S., & Horsch, A. (2021). Childbirth-related PTSD: is it a unique post-traumatic disorder?. *Journal of Reproductive and Infant Psychology*, 39(3), 221-224.

McKenzie-McHarg, K., Ayers, S., Ford, E., Horsch, A., Jomeen, J., Sawyer, A., ... & Slade, P. (2015). Post-traumatic stress disorder following childbirth: an update of current issues and recommendations for future research. *Journal of Reproductive and Infant Psychology*, 33(3), 219-237.

Parent-Infant Relationship Following Loss

Bicking Kinsey C, Baptiste-Roberts K, Zhu J, Kjerulff KH. Effect of miscarriage history on maternal-infant bonding during the first year postpartum in the First Baby Study: a longitudinal cohort study. *BMC Womens Health*. 2014 Jul 15;14(1):83.

Côté-Arsenault, D., Leerkes, E. M., & Zhou, N. (2020). Individual differences in maternal, marital, parenting and child outcomes following perinatal loss: a longitudinal study. *Journal of reproductive and infant psychology*, 38(1), 3-15.

Hughes P, Turton P, Hopper E, McGauley GA, Fonagy P. Disorganised Attachment Behaviour among Infants Born Subsequent to Stillbirth. *J Child Psychol Psychiatry*. 2001;42(6):791–801.

Lee L, McKenzie-McHarg K, Horsch A. The impact of miscarriage and stillbirth on maternal-fetal relationships: an integrative review. *J Reprod Infant Psychol*. 2017 Feb 1;35(1):32–52.

Partners, Couples & Relationships

Cacciatore, J., Raffo, Z. (2011). An exploration of lesbian maternal bereavement. *Social Work*, 56(2), 169–177.

Cacciatore, J., Schnebly, S., & Frøen, J. F. (2009). The effects of social support on maternal anxiety and depression after stillbirth. *Health & Social Care in the Community*, 17(2), 167–176.

Campbell-Jackson, L., Bezance, J., & Horsch, A. (2014). 'A renewed sense of purpose': Mothers' and fathers' experience of having a child following a recent stillbirth. *BMC Pregnancy and Childbirth*, 14(1), 423.

Gold, K. J., Sen, A., & Hayward, R. A. (2010). Marriage and cohabitation outcomes after pregnancy loss. *Pediatrics*, 125(5), e1202–e1207.
<https://doi.org/10.1542/peds.2009-3081>

- Hutti, M. H., Armstrong, D. S., Myers, J. A., & Hall, L. A. (2015). Grief intensity, psychological well-being, and the intimate partner relationship in the subsequent pregnancy after a perinatal loss. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 44(1), 42–50.
- Obst, K. L., Due, C., Oxlad, M., & Middleton, P. (2020). Men's grief following pregnancy loss and neonatal loss: A systematic review and emerging theoretical model. *BMC Pregnancy and Childbirth*, 20(1), 11.
- Turton, P., Badenhorst, W., Hughes, P., Ward, J., Riches, S., & White, S. (2006). Psychological impact of stillbirth on fathers in the subsequent pregnancy and puerperium. *The British Journal of Psychiatry*, 188(2), 165–172.
- Vance, J., Boyle, F., Najman, J., & Thearle, M. (2002). Couple distress after sudden infant or perinatal death: A 30-month follow up. *Journal of Paediatrics and Child Health*, 38(4), 368–372.
- Wing, D. G., Burge-Callaway, K., Clance, P. R., & Armistead, L. (2001). Understanding gender differences in bereavement following the death of an infant: Implications for treatment. *Psychotherapy: Theory, Research, Practice, Training*, 38(1), 60–73.

Treatment & Clinical Considerations

- Arch, J. J., Dimidjian, S., & Chessick, C. (2012). Are exposure-based cognitive behavioral therapies safe during pregnancy? *Archives of Women's Mental Health*, 15(6), 445–457. <https://doi.org/10.1007/s00737-012-0308-9>
- Baas, M. A., van Pampus, M. G., Braam, L., Stramrood, C. A., & de Jongh, A. (2020). The effects of PTSD treatment during pregnancy: Systematic review and case study. *European Journal of Psychotraumatology*, 11(1), 1762310.
- Baas, M. A. M., van Pampus, M. G., Stramrood, C. A. I., Dijkman, L. M., Vanhommerig, J. W., & de Jongh, A. (2022). Treatment of pregnant women with fear of childbirth using EMDR therapy: Results of a multi-center randomized controlled trial. *Frontiers in Psychiatry*, 12, 798249.
- Bennett, S. M., Ehrenreich-May, J., Litz, B. T., Boisseau, C. L., & Barlow, D. H. (2012). Development and preliminary evaluation of a cognitive-behavioral intervention for perinatal grief. *Cognitive and Behavioral Practice*, 19(1), 161–173.
- Côté-Arsenault, D. (2007). Threat appraisal, coping, and emotions across pregnancy subsequent to perinatal loss. *Nursing Research*, 56(2), 108–116.
- Dolan, N., Grealish, A., Tuohy, T., & Bright, A. M. (2022). Are WITT-based interventions as effective as cognitive behavioral therapy in reducing symptoms of complicated perinatal grief? A systematic review. *Journal of Midwifery & Women's Health*, 67(2), 209–225.
- Johnson, J. E., Price, A. B., Kao, J. C., Fernandes, K., Stout, R., Gobin, R. L., et al. (2016). Interpersonal psychotherapy (IPT) for major depression following perinatal loss: A pilot randomized controlled trial. *Archives of Women's Mental Health*, 19(5), 845–859.

- Kerr, A., Warnock-Parkes, E., Murray, H., Wild, J., Grey, N., Green, C., ... & Ehlers, A. (2023). Cognitive therapy for PTSD following birth trauma and baby loss: Clinical considerations. *The Cognitive Behaviour Therapist*, 16, e23.
- Kersting, A., Dölemeyer, R., Steinig, J., Walter, F., Kroker, K., Baust, K., et al. (2013). Brief internet-based intervention reduces posttraumatic stress and prolonged grief in parents after the loss of a child during pregnancy: A randomized controlled trial. *Psychotherapy and Psychosomatics*, 82(6), 372–381.
- Kersting, A., Kroker, K., Schlicht, S., Baust, K., & Wagner, B. (2011). Efficacy of cognitive behavioral internet-based therapy in parents after the loss of a child during pregnancy: Pilot data from a randomized controlled trial. *Archives of Women's Mental Health*, 14, 465–477.
- Lilford, R. J., Stratton, P., Godsil, S., & Prasad, A. (1994). A randomised trial of routine versus selective counselling in perinatal bereavement from congenital disease. *BJOG: An International Journal of Obstetrics & Gynaecology*, 101(4), 291–296.
- Lyerly, A. D., Mitchell, L. M., Armstrong, E. M., Harris, L. H., Kukla, R., Kuppermann, M., & Little, M. O. (2009). Risk and the pregnant body. *Hastings Center Report*, 39(6), 34–42.
- Marchesi, C., Ossola, P., Amerio, A., Daniel, B. D., Tonna, M., & De Panfilis, C. (2016). Clinical management of perinatal anxiety disorders: A systematic review. *Journal of Affective Disorders*, 190, 543–550.
- Neugebauer, R., Kline, J., Markowitz, J., Bleiberg, K., Baxi, L., Rosing, M., et al. (2006). Pilot randomized controlled trial of interpersonal counseling for subsyndromal depression following miscarriage. *The Journal of Clinical Psychiatry*, 67(8), 14541.
- Shaohua, L., & Shorey, S. (2021). Psychosocial interventions on psychological outcomes of parents with perinatal loss: A systematic review and meta-analysis. *International Journal of Nursing Studies*, 117, 103871.
- Swanson, K. M., Chen, H.-T., Graham, J. C., Wojnar, D. M., & Petras, A. (2009). Resolution of depression and grief during the first year after miscarriage: A randomized controlled clinical trial of couples-focused interventions. *Journal of Women's Health*, 18(8), 1245–1257.

Memory Making

- Crawley R, Lomax S, Ayers S. Recovering from stillbirth: the effects of making and sharing memories on maternal mental health. *J Reprod Infant Psychol*. 2013 Apr1;31(2):195–207.
- Hughes, P., Turton, P., Hopper, E., & Evans, C. D. H. (2002). Assessment of guidelines for good practice in psychosocial care of mothers after stillbirth: a cohort study. *The Lancet*, 360(9327), 114–118.
- Ryninks K, Roberts-Collins C, McKenzie-McHarg K, Horsch A. Mothers' experience of their contact with their stillborn infant: An interpretative phenomenological analysis. *BMC Pregnancy Childbirth*. 2014 Jun 13;14(1):203.

Turton, P., Evans, C., & Hughes, P. (2009). Long-term psychosocial sequelae of stillbirth: phase II of a nested case-control cohort study. *Archives of women's mental health*, 12(1), 35-41.

Compassion & Shame

Alvarez-Calle, M., & Chaves, C. (2023). Posttraumatic growth after perinatal loss: A systematic review. *Midwifery*, 103651.

Caldwell, J., Meredith, P., Whittingham, K., & Ziviani, J. (2021). Shame and guilt in the postnatal period: a systematic review. *Journal of Reproductive and Infant Psychology*, 39(1), 67-85.

Pollock, D., Ziaian, T., Pearson, E., Cooper, M., & Warland, J. (2020). Understanding stillbirth stigma: A scoping literature review. *Women and Birth*, 33(3), 207-218.

Pollock, D., Pearson, E., Cooper, M., Ziaian, T., Foord, C., & Warland, J. (2020). Voices of the unheard: A qualitative survey exploring bereaved parents experiences of stillbirth stigma. *Women and Birth*, 33(2), 165-174.

Staff Well-being

Evans, D., & Butterworth, R. (2023) The anatomy of compassion: courage, connection and safeness in perinatal practice.

Sheen, K., Spiby, H., & Slade, P. (2015). Exposure to traumatic perinatal experiences and posttraumatic stress symptoms in midwives: prevalence and association with burnout. *International journal of nursing studies*, 52(2), 578-587.

Additional Resources

The Pearl Institute of Perinatal Psychology A training organisation for practitioners working in the field of perinatal mental health. Their focus is on the unique psychological and emotional needs of individuals and families during pregnancy, childbirth, and early parenthood. Promote and provide training on best practice and evidence-based interventions that support the well-being of diverse perinatal individuals, their infants, and families. <https://pearlperinatal.com/>

National bereavement care pathway: a dedicated, evidence-based care pathway with guidance for professionals delivering bereavement care to parents and families. The below link will lead to the documents pertaining to each of the 5 pregnancy and baby loss pathways: Miscarriage (including molar and ectopic pregnancy), Termination of Pregnancy for Fetal Anomaly (TOPFA), Stillbirth, Neonatal Death and Sudden Unexpected Death of an Infant up to 12 months.

<https://nbcpathway.org.uk/professionals/nbcpathways-material>

E-learning about NBCP: <https://www.e-lfh.org.uk/programmes/national-bereavement-care-pathway/>

The Tokophobia Toolkit: Offers best practice guidance about identifying and treating tokophobia. It draws on the current evidence and recommendations of a group of experts in the field.

<https://www.healthylondon.org/resource/tokophobia-best-practice-toolkit/>

Using Compassion-Focused Approach to working with Grief:

Darcy Harris talk is publicly available: <https://www.youtube.com/watch?v=q0xNBvyAI0g>

The Bias Trap- a 25 minute training documentary that explores race inequalities within the NHS maternity system <https://www.southeastclinicalnetworks.nhs.uk/the-bias-trap/>

The Motherhood Group: The Motherhood Group is dedicated to share and support the Black maternal experience through events, workshops, peer support, projects, and advocacy. Offering training 'Understanding Diverse Motherhood'.

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

Willow's Rainbow Box: support and stories of loss, including from South Asian and Black Women <https://willowsrainbowbox.co.uk/different-cultures/>

The WRISK Project: <https://www.addiction-ssa.org/the-wrisk-project-understanding-and-improving-the-way-risk-in-pregnancy-is-communicated-to-women/>

<https://www.youtube.com/watch?v=Qb5CLhUy2Zg&t=>

Books

The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding by Michelle Cree

Break Free from Maternal Anxiety A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year (2022) by Fiona Challacombe, Catherine Green & Victoria Bream

Understanding South Asian Baby Loss by [Amneet Kaur Graham](#)

Talking to Children About Baby Loss

There's a rainbow baby in my Mummy's tummy! By Dr Kara Davey (Book)

Supporting Children when a Baby has Died:

<https://www.sands.org.uk/sites/default/files/%E2%80%A2AW%20SUPPORTING%20CHILDR EN%20211113%20LR%20SP%20LINKED.pdf>

Podcasts

GriefCast hosted by Cariad Lloyd (see episodes 39 Sara Barron, 132 Genelle Aldred, Geoff Norcott)

The Parent Hood – episode 07/02/2018 ‘Baby Loss: Navigating life when the plan doesn’t go to plan’

Charity Organisations

Bliss: For premature and Sick Babies. www.bliss.org.uk

SANDS. Stillbirth and Neonatal Death Charity. www.sands.org.uk. Many

Miscarriage Association. <https://www.miscarriageassociation.org.uk/>

Ectopic Pregnancy Trust

Provides support and information for people who have had or been affected by an ectopic pregnancy. www.ectopic.org.uk

Antenatal Results and Choices (for support before, during and after antenatal screening). Offers non-directive individualised information and support for parents making decisions around antenatal testing, including when a baby has a significant anomaly.

<https://www.arc-uk.org/>

Lullaby Trust

Offers support and advice for parents whose baby dies suddenly and advice on safer sleep. www.lullabytrust.org.uk

Tamba Bereavement Support Group

Offers support for families who have lost one or more children from a multiple birth during pregnancy, birth or at any time afterwards. www.tamba.org.uk/bereavement

The Neonatal Butterfly Project. Providing education and awareness about the experience for parents when they lose one baby from a multiple pregnancy.

www.neonatalbutterflyproject.org

Multiple Births Foundation (MBF)

Provides support and information for multiple birth families (including bereavement support) and information for professionals. www.multiplebirths.org.uk

Rainbow Trust Children’s Charity

Offers support to families in England with life-limiting and life-threatening conditions. <https://rainbowtrust.org.uk>

British Pregnancy Advisory Service (BPAS)

Offers advice and treatment for termination of pregnancy in the UK. www.bpas.org

Baby Mailing Preference Service (MPS) online

Free site where parents can register online to stop or help reduce baby-related mailings.

www.mpsonline.org.uk/bmpsr

Bereavement Care Network

Online network for bereavement care professionals who offer or are interested in care for parents when a baby dies.

www.bereavement-network.rcm.org.uk

Child Bereavement UK (CBUK)

Provides support for families when a baby or child has died or is dying and offers support for children faced with bereavement. Offers training for professionals.

www.childbereavementuk.org/

The Compassionate Friends

An organisation of bereaved parents, siblings and grandparents that offer support to others after the death of a child or children. www.tcf.org.uk

Legacy of Loss

<https://thelegacyofleo.com/lgbt-baby-loss/>

Dads still Standing

<https://www.dadstillstanding.com>