



Baby Loss Awareness Week

For Employees

9 - 15 October 2023

If you have suffered the loss of a baby, you are not alone. Baby Loss Awareness Week, which takes place from 9th to 15th October, is an opportunity for you to join others and come together as a community, to commemorate the life of your baby and to receive understanding and support.

We understand that the loss of a baby can be a very difficult and emotional time, but remember that you are not alone. Here are some ways that might help you cope with your grief:

- **Allow yourself to grieve**

Grieving is a natural and important part of the healing process. Allow yourself to feel your emotions and express them in a way that feels comfortable for you. This might involve talking to someone you trust, writing in a journal or joining a support group.

- **Take care of your physical health**

Taking care of your physical health can also help you cope with your grief. Make sure to eat well, get enough rest and engage in physical activity that feels comfortable for you. This could include going for a walk, taking a yoga class or swimming.

- **Connect with others**

Connecting with others who have experienced the loss of a baby can help you feel less alone and provide you with a sense of community. You might consider joining a support group or participating in an online forum where you can connect with others who have been through a similar experience.

- **Seek professional help**

If you are struggling to cope with your grief, it may be helpful to seek professional help. This could involve seeing a therapist or counsellor who specialises in grief and loss.

- **Mark the occasion**

Taking the time to commemorate the life of your baby can be a meaningful way to cope with your grief. You might consider lighting a candle, planting a tree or making a donation to a relevant charity in memory of your baby.

We know that the loss of a baby is a deeply personal and emotional experience. We are here to support you during Baby Loss Awareness Week and beyond. If you need additional support or resources, please reach out to us, your family or friends, a therapist or your GP.