

PAIL Network: Quarterly Newsletter for Professionals

December 2021



Compassionate Care Workshops:

PAIL Network provides full-day workshops aimed at equipping professionals in Ontario with the knowledge and skills they need to provide compassionate care to families who experience a pregnancy or infant loss.

Our workshops are hosted by organizations all around Ontario and offered at no cost for the host. If you are interested in hosting a workshop, please see our [FAQ](#) information (under ‘About Our Compassionate Care Workshop’) and be in touch! Currently, we are hosting our workshops over Zoom due to the COVID19 pandemic, and will resume in-person workshops when safe to do so.

Quarterly Newsletter: Who, What, Why?

At PAIL Network, we want to keep in touch with professionals who support families experiencing pregnancy and infant loss in Ontario. In an effort to capture important pieces of information for you in one place, we have put together this newsletter. Thank you for reading, and for all you do to provide compassionate care for families.

Support for Families

PAIL Network provides free peer support to families around Ontario through written resources, telephone support, and group support. All of our support for families is offered by trained volunteers who themselves have a lived experience of loss. We also host [events](#) throughout the year.

During the COVID19 pandemic, we moved our support groups (called ‘Circles of Support’) online, and they remain online at this time. Currently, we are offering mixed-loss Circles of Support, and loss-specific groups for First Trimester Loss, Second Trimester Loss, Third Trimester Loss, SIDS, Infant/Neonatal Death before one year, Termination of a Pregnancy, and Subsequent Pregnancy Following a Loss. We are also offering a group called “Living with Your Loss”, which is a 6-week guided curriculum geared towards individuals who have already done some initial work with their grief and are looking to move forward in their lives while still honouring the loss of their baby. Further information about these programs can be found [here](#). Once a family is connected to PAIL, we will help them figure out what supports are best for them.

Talking to Families About PAIL Network

When speaking to a family about PAIL Network, you may want to say,

- “PAIL Network provides free peer support to families all over Ontario. Once you are connected to them, they will help you to figure out what support is best for you and your family – phone or group support.
- They have groups in different communities (online during COVID19) and for different types of loss. They can also help to connect you to their private Facebook group and send you a booklet in the mail, if you would like. Do you want me to [refer you now](#), or would you like to refer yourself?”

Either way, you can provide them with a PAIL Network pamphlet, and let them know that they should hear back in at most 5 business days. Please let the family know that if they don’t hear back in 5 days, they may reach out themselves to check that their referral was received. They can reach out by phone, email, or online form (info in pamphlet).

Upcoming Workshop Dates*

January 12th, Sinai Health
January 21st, Cortellucci
Vaughan Hospital
February 4th, PAIL Network,
Emergency Room Focus (for
ER professionals only)
February 11th, Windsor
Regional Hospital
March 4th, Humber River
Regional Hospital
March 25th – PAIL Network
hosted workshop

*Approximately 4 weeks prior to a workshop, we will post the [link to register](#) if there are any spots not filled by the host organization.

Health Quality Ontario – Early Pregnancy Complications and Loss

Do you work with families experiencing complications or loss in the first 13 weeks of pregnancy? HQO has created a Quality Standard with resources for professionals and families, including a patient guide, action plan and measurement tools, quality statements, and resources to get buy-in from your teams. Find these resources and more [here](#).

Feedback

We would love to hear from you! Please let us know if you have any questions, comments, or suggestions for us.

PAIL Network Resources

PAIL Network has resources for [professionals](#) and [families](#) that you may find useful in your practice. We've highlighted some of them here; please visit our website for a complete list.



Family Resources:

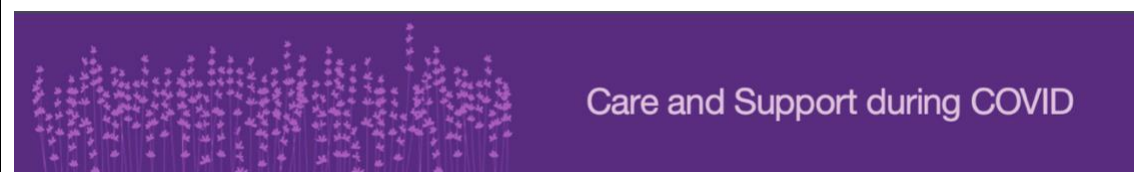
[Booklets](#) for families include:

- Miscarriage, Stillbirth, Infant Death, Termination of Pregnancy, Sibling Grief, Pregnancy After Loss
- All of our booklets are offered in English, French, Arabic, Punjabi, Traditional Chinese, Spanish, and Tagalog
- Booklet PDFs are available online [here](#)
- Families may request a copy to be mailed to them at no cost from PAIL (we will offer this when a family connects with us)
- You can [order booklets](#) to give to families as well. They cost \$1 each (this is what it costs us to print them) and \$6 shipping/50 booklets.
- We also have [resources](#) for Grandparents, other family members, co-workers, and employers.

Professional Resources:

[Resources](#) for professionals include:

- [Communicating](#) with a family (including ideas for [what to say](#) and what not to say)
- Supporting a family in a [pregnancy after a loss](#)
- Discussing lactation after loss (for [professionals](#) and a [printable hand-out](#) for families. Find other languages [here](#), under 'handouts for families'.)
- Use of a [cuddle cot](#)
- Making [hand and foot moulds](#)
- [Videos](#) to use in your own or group education sessions



Care for Families During the COVID19 Pandemic

We know that providing care for families during the COVID19 pandemic has created extra challenges. We've created a guide with suggestions for support that you may find useful as you navigate this challenging time. Find the guide [here](#).

Referrals still welcome
WE ARE STILL ACCEPTING REFERRALS AND PROVIDING PEER SUPPORT DURING THIS TIME.

Available supports
Online Circles of Support groups:
These groups are for people who want to connect online with other families who have experienced a pregnancy or infant loss in a PAIL Network group. This means that families with different types of loss will be together in the group. They are generally offered once a month and always are related with the family directly since we have recruited a volunteer from a professional in the family that requested support resources.

Online support specific to type of loss:
These online groups are established by the type of loss the family has experienced and include groups for that trimester loss, second trimester loss, third trimester loss, stillbirth, SIBL, and termination of pregnancy. These groups typically meet twice a month and details are shared with the family directly, once we have recruited a volunteer from a professional in the family that requested support resources.

Facebook group:
PAIL Network has a private group on Facebook for any family who wishes to connect with others in a moderated environment on social media. [CONTACT](#)

[REFER A FAMILY HERE](#)

[pailnetwork.ca](#)