

Pregnancy & Infant Loss Network



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PAILNETWORK.CA

ENGLISH

 **Sunnybrook**
PREGNANCY AND
INFANT LOSS NETWORK

Pregnancy & Infant Loss (PAIL) Network

Pregnancy and Infant Loss Network is an organization dedicated to improving bereavement care and providing support to families who have suffered a pregnancy loss or the death of a baby. Founded in 1992 by four bereaved parents, we continue to help grieving families through a variety of support modalities (one-on-one, in person, online). All of our services are provided free of charge in Ontario.

Pregnancy & Infant Loss (PAIL) Network is able to offer its services to bereaved families and professionals with the support of the Ministry of Health, along with generous donors and dedicated volunteers.

About Us

Our team of dedicated professionals and peer volunteers are seeking to improve bereavement care and support for families who have experienced pregnancy and infant loss. We aim to achieve this through education to health and service professionals, peer-led support to families, and advocacy.

PAIL Network is recognized as the leading Canadian source of educational resources and training for professionals who provide services or support to families experiencing pregnancy or infant loss.

Why Does It Hurt So Much When A Baby Dies?

During a pregnancy loss or when a baby dies, families may experience overwhelming feelings of sadness, grief, guilt, shock, or anger. Many times, families feel misunderstood and alone. The loss of a pregnancy or death of a baby is unique. Sometimes, families have hopes and dreams for their baby that start when a pregnancy is confirmed. When such a difficult loss happens, families grieve the future they had imagined.

How PAIL Network Can Help

PAIL Network is here to help. We understand how sad, shocking, and disorienting the experience can be because many of us have been there, too. We offer sensitive care and support to families following their devastating loss. Please connect with us so we can talk about how to best support you.



Services For Bereaved Parents

The shared grief felt by parents, families, and friends may be expressed in different ways. No two people grieve alike. In the same way, people find different types of support helpful. We encourage you to use PAIL Network's services in the way that is most helpful for you.

Different supports include:

- Peer-led Circles of Support (in person)
- One-to-one phone support
- Online loss specific and communities of support
- Commemorative events - Pregnancy & Infant Loss Network holds memorial events to acknowledge and validate the importance of a baby's life and facilitate the grieving process

What Friends & Family Can Do

- Listen
- Spend time with the family. Sit with them. Check in on them. Ask them what they need.
- Use the same language used by the bereaved parents
- Help with the care of pets or any living children
- Recognize that grief has no time limit
- Provide the bereaved family with the time and space needed to grieve
- Remember and talk about the baby
- Remember the baby at holidays and anniversaries, or on Mother's and Father's Day
- When possible, use the baby's name
- Try not minimize their grief, or tell them how they should feel or that they should 'move on'
- If you don't know what to say, you can say "I'm sorry" or "I don't know what to say, but I am here for you"

What You Can Do

it may feel like nothing will ease the pain. Below are some tips that bereaved families have found to be helpful:

- Take a break from regular activities or responsibilities when possible, and accept help from others. For example, you may want help with making meals, child or pet care, and housework.
- Honour your pregnancy or baby in a way that is meaningful to you: donate to a local charity, do something you enjoy while thinking of your baby, attend a memorial event, make a memento box, write a poem or letter to or about your baby, write in a journal, name your baby, have a ceremony for your baby, wear a special piece of jewelry to commemorate your baby, light a candle, or plant a flower or tree.
- Reach out for support if you need it. Talk to a close friend or family member. Join a support group. Connect with an elder or a community or religious leader. Talk to a professional. Book an appointment with your primary care provider (doctor, nurse or midwife).

There are no right or wrong ways to grieve, and everyone grieves differently.

Supporting Professionals Through Education

How prepared are you to support a family experiencing a pregnancy or infant loss? PAIL Network Educators provide workshops, webinars, lunch-and-learns, videos, e-learning, and other pre-recorded and live training sessions to care and service professionals all over Ontario.

Our educational resources help front-line professionals support parents with knowledge, skill, and compassion.

Compassionate Care Workshops For Professionals

Our full-day Compassionate Care Workshops support the development of the knowledge and skills required to provide compassionate and sensitive care.

Attendees leave with adaptable and practical skills, tools, and resources to support bereaved families.

Resources

PAIL Network provides information and resources for families and professionals. Many of our resources are available online and in print, and provide information that addresses both the physical and emotional needs of families. Many of our resources are available in multiple languages to reflect our diverse communities. For more information, or to view these resources, please visit pailnetwork.ca.

Volunteer Opportunities

PAIL Network has meaningful volunteer opportunities available for people all across Ontario. It is because of the generosity of our volunteers that we are able to offer peer support and raise awareness about the needs of people who experience pregnancy and infant loss. We are grateful to the many bereaved parents and families around the province who volunteer their time with us and share their hearts with grieving families.

To learn more about how to become a volunteer with PAIL Network and the difference that you can make for bereaved families in your community, please visit pailnetwork.ca or scan the QR code below.



*We know it hurts,
We're here to help.*

Reach Out

To access any of Pregnancy and Infant Loss Network's peer-led support services, please contact us at:

Phone

1-888-303-PAIL (7245)

E-mail

pailnetwork@sunnybrook.ca

Website

pailnetwork.ca