

**JANUARY 2011**

**SANDS PUBLISHES NEW LEAFLET TO SUPPORT BEREAVED PARENTS RETURNING TO WORK**

17 babies die every day in the UK, and Sands, the stillbirth and neonatal death charity, plays a vital role in helping to improve the services offered to bereaved parents immediately after the tragedy, and in the weeks, months and years that follow.

Sands will this week publish an updated version of its leaflet 'Returning to work after your baby has died'. The leaflet provides bereaved parents with invaluable emotional support and practical information about returning to work, following the death of their baby.

It includes information for parents about maternity and paternity benefits and about parents' rights to time off and sickness benefit. It covers the practical and emotional issues that parents who are returning to work can face.

Judith Schott, a co-author of the leaflet explains: "Returning to work can be an extremely anxious time. We hope that this leaflet will help bereaved parents to return to work a little more able to deal with the emotional and practical issues that will inevitably arise.

"Returning to work is a huge step and many bereaved parents feel vulnerable and anxious about telling colleagues what has happened and are worried about how people are going to react. This leaflet suggests ways of handling situations such as this and covers issues such as displaying photographs of their baby and the need for time off for anniversaries or emotionally challenging times such as Christmas." said Judith.

This Sands' leaflet is the latest in a series of revised publications aimed at providing support when a baby dies. It is available now from Sands. A similar leaflet, aimed at employers, which describes how they can support bereaved parents upon their return to work is also available. For copies of either leaflet please contact Sands on 0207 436 7940 or order a copy online via the Sands shop, [www.uk-sands.org/Shop.html](http://www.uk-sands.org/Shop.html).

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**Note to editors:**

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**Key Information about Sands:**

Sands, the stillbirth and neonatal death charity, was established by bereaved parents in 1978 and obtained charity status in 1981.

Sands core aims are to:

- Support anyone affected by the death of a baby;
- To work in partnership with health professionals to improve the quality of care and services offered to bereaved families; and
- To promote research and changes in practice that could help to reduce the loss of babies' lives

Sands is a national organisation, with over 100 regional support groups across the UK.

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