

20 February 2020

‘Let me see my baby’ – learning to live with loss

Miscarriage, stillbirth, neonatal death and the subsequent grief felt by parents, family and friends will be explored in an intimate and in-depth conversation in Coolum next Tuesday night.

Let Me See My Baby is a panel-led discussion developed and run by Amy Banson, who founded bereavement awareness resource centre Little Silk Wings in 2017.

“There is a lack of understanding we seem to have – as a society – as to what to say, and what to do when someone close to us experiences the death of a baby or young child,” Ms Banson said.

“Let Me See My Baby shares practical knowledge and awareness around the best ways of supporting a woman and her family through the days, months and years following a bereavement, which is a uniquely complex and resilient form of grief.

“The aim is to bring us all one step closer to being a community who can be relied upon to be able to respond with compassion and dignity when a baby dies.”

According to the Department of Health’s healthdirect platform, up to 1 in 5 confirmed pregnancies end in miscarriage before 20 weeks, and beyond that, 1 in 120 births will be a stillbirth or a newborn death.

Let Me See My Baby is suitable for bereaved parents as well as their family and friends, along with health professionals and community workers, who will hear from an expert panel which includes a palliative care nurse, a paediatric nurse, a psychologist specialising in perinatal bereavement, and both a mother and a father with lived experience.

Over the course of the evening, the panel will discuss a range of topics including fear, processing trauma, guilt, blame, grief, protocols, responses, siblings, fathers, bonding, photographs, terminology, subsequent pregnancy, and more.

Local midwife Julie Algate will be part of the panel at the event, supported with funding by Central Queensland, Wide Bay, Sunshine Coast PHN, and said caring for families who have lost their baby needs a specialised approach.

“It is a speciality many midwives don’t feel comfortable working in because they have never been taught how,” Ms Algate said.

“Sometimes, the only memories of their baby are when they are in our care and this is where midwives can make a real difference.

“It’s important to have respect, and to make the experience as loving as we can.”

The Let Me See My Baby event in Coolum on Tuesday is part of a seven-stop tour across Australia, each featuring a panel discussion with people local to each area.

“Our first ever event was held in Yandina back in 2017, and it sold out; the response was marvellous,” Ms Banson said.

“Since then we’ve toured the country having this hardest of conversations, and while it can be confronting, we are careful to present it in a gentle and nurturing environment, always asking and thinking about what can we do better when someone’s baby dies.”

Anyone touched by miscarriage, stillbirth or neonatal death is encouraged to attend, regardless of how much time has passed.

MEDIA RELEASE

20 February 2020

EVENT DETAILS:

WHAT: 'Let Me See My Baby' 2 - 4 Park St, Coolum Beach QLD 4573

WHERE: Coolum Civic Centre

WHEN: Tuesday 25 February 2020 5.30pm – 9pm

Poster and image attached

Amy Banson is available for interview.

***** ENDS *****

**For more information contact: Jasmin Midgley, Senior Media and Communications Officer,
Central Queensland, Wide Bay, Sunshine Coast PHN on 5456 8100**