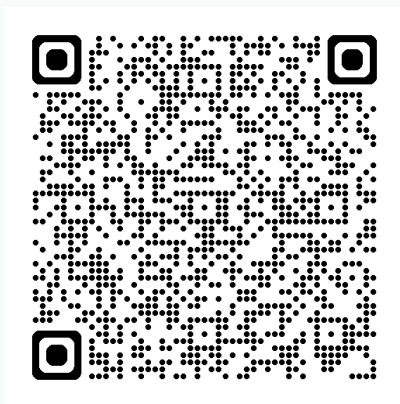


If you require advice on how to care for your breasts following the loss of your baby, please scan the QR code below and reach out to your local infant feeding team.

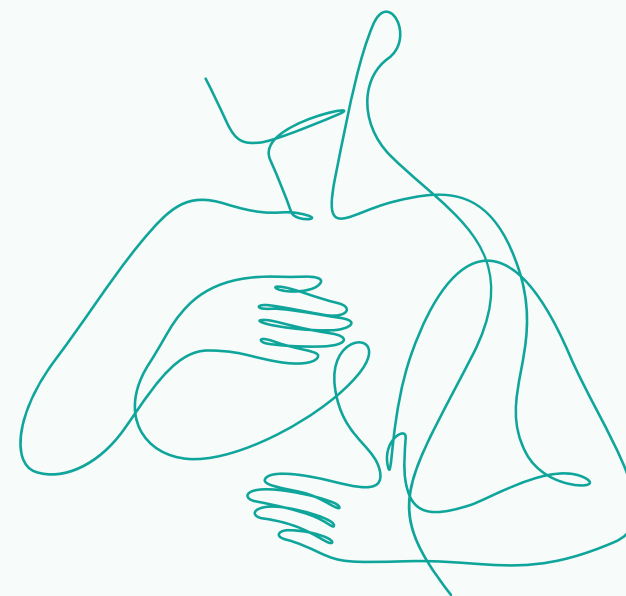


If you have a specific requirement, need an interpreter, a document on Easy Read, another language, large print, Braille or audio version, please contact your healthcare professional.

Authors: Nina Vieira, Paula Peirce, Kelly Hart
December 2024
Review: December 2027
East of England Neonatal ODN
<https://eooneonatalpccsnetwork.nhs.uk/>



Care of your breasts following the loss of your baby



Sources of support guide

The links on this leaflet lead to external websites, so we have no control over their content.

4Louis works across the country to support anyone affected by miscarriage, stillbirth, and the death of a baby or child. This organisation provides memory boxes and support to all members of the family.



At a Loss is a charity that raises awareness to the effect of bereavement, signposts to information services to bereaved people, trains and equips community support.

Bliss is a UK-based charity for infants. Bliss supports the families of babies in neonatal care and works with health professionals to provide training and improve care for babies.



Care for the Family is a national charity, which aims to promote strong family life and to help those who face family difficulties such as bereavement.

Chana is a UK organisation for the Jewish Community. Amongst other services, it provides information, practical and emotional support to bereaved Jewish families.



Child Bereavement provide support and guidance for all members of the family affected by the death of a loved one and includes some short guidance films.

Child Death Helpline provides a Freephone service to anyone affected by the death of a child of any age (parents, grandparents, siblings, family members, friends or involved professionals).



Children Of Jannah supports Muslim bereaved parents. They provide free resources, have a specialist helpline and peer support groups.

JBCS supports the Jewish Community following bereavement. This support can be provided at home, in another venue, via telephone or online counselling.



Life After Loss provides a safe space for individuals to experience their grief in the manner that comes naturally for them, without judgment or unrealistic standards.

Lullaby Trust provide support to anyone affected by the sudden and unexpected death of a baby or young child.



National Breastfeeding Helpline provides 24/7 support to anyone with breastfeeding challenges in different languages such as English, Welsh, Polish, Bengali, Sylheti and for people who have hearing or speech impairments.

Petals Charity is a counselling charity that provides support to everyone that experiences pregnancy or baby loss.



Sands offers support to anyone who has been affected by the death of a baby before, during or shortly after birth, whenever this happened and for as long as they need support. Sands also participates in research, campaigning for change, works with the government and reduces inequalities in healthcare to save babies' lives.

Saying Goodbye provides information, advice, support and much more to anyone who had suffered the loss of a baby (from pregnancy to infancy).



Together for Short Lives is the UK's leading charity for children's palliative care. The family support team and helpline support families with seriously ill children with emotional, financial and practical support and advice.

UKAMB is a registered charity that supports human milk banking in the UK.

