

## Sands support materials

### Booklets:

- **Saying Goodbye Before You've Said Hello:** A supportive guide for parents and their families when their baby has died in early pregnancy.
- **From Us to You When Your Baby Dies:** A supportive guide for parents and their families when their baby has died through late miscarriage, stillbirth or soon after birth.
- **Special Memories of ... :** This booklet is an aid for creating memories of your baby who has died.

**Brochures:** we have available a wide range of information sheets that focus on specific topics including fathers' grief, supporting other children in the family, and some of the decisions you might need to make. Many of these are available on the Sands Queensland website, or copies can be mailed to you.

**Sands Memberships:** you don't have to be a member of Sands to access these services but paying the small membership fee helps us continue to support bereaved families.

## How can I make contact?

### Email Support

Sometimes it can be easier to communicate by email than by phone. Sands support email address [support@sandsqld.com](mailto:support@sandsqld.com) puts you directly in touch with a trained Sands parent supporter.

### Parent Support Line

This special number is for support calls only. There is a message service available for this number, so if your call is not answered directly, please leave a message and a parent support volunteer will return your call as soon as possible.

**Call us on 1300 0 sands (1300 072 637) or (07) 3254 3422**

### Sands Queensland

505 Bowen Terrace  
PO Box 934  
New Farm Queensland 4005  
t (07) 3254 3422  
f (07) 3358 2533  
[admin@sandsqld.com](mailto:admin@sandsqld.com)  
[support@sandsqld.com](mailto:support@sandsqld.com)  
[www.sandsqld.com](http://www.sandsqld.com)

**1300 0 sands (1300 072 637)**

This brochure was funded by the Australian Government  
Department of Health and Ageing



## About Sands

## Miscarriage, Stillbirth and Newborn Death Support

Providing mutual support, information, education and advocacy for parents and families who experience the death of a baby through miscarriage, stillbirth, newborn death or other reproductive losses.

Anna, Caitlin's mother said:

**“It was easier to speak to people who truly understood the depths of my grief after the death of my baby, and had come out the other side.”**

## About Sands

Sands Queensland provides support to parents and families who have experienced miscarriage, stillbirth, newborn death or other pregnancy losses. At Sands there are people who understand because they too have been through this experience.

Sands Queensland was formed in the early 1980s by a group of bereaved parents who recognised that the emotions they experienced after the death of their baby were common to many parents and that supporting one another helped them on their grief journey.

Sands also works with health care and other professionals to ensure that parents and their families receive the support and information they need.

Nigel, Charlotte's father said:

**“Coming to a Sands support meeting with my partner helped us open up and realise that while we grieved in different ways, we could get through this together.”**

## What type of baby loss does Sands support?

Sands supports parents whose babies have died from early conception through to the newborn period.

The death of a baby is a devastating experience whenever it occurs and Sands does not distinguish between losses. Every parent's experience is unique. Yet there are many core emotions that seem to be common to parents whose baby has died.

Sands Queensland supports parents no matter how long since the death of their baby. Whether newly bereaved or whether your baby died some years ago, we are here to help you find the support and information you need.

The Sands Queensland office is in Brisbane, but we have supporters across the state and Sands groups in regional centres, including Townsville and Cairns.

Vanessa, Layla's mother said:

**“After losing Layla, I desperately wanted information ... to read other people's stories and realise I was not alone in this, and the Sands newsletter and library were a tremendous source of comfort.”**

## What is 'normal' grief?

Grief is a normal response to the death of your baby, at any stage of life. Grief can involve all sorts of emotions, thoughts, and physical reactions, some of which may be unexpected.

You may experience some or all of the following: fatigue, aching arms, headaches, tummy upsets, heavy heart, tight chest, breathlessness, insomnia, sleepiness, intense sadness, exhaustion. You may find that you can't cry, or you may feel that you cry all the time. You may find yourself thinking about your baby continually. You may also dream about your baby.

It's good to remember that 'normal' is a setting on a hair dryer, not an indicator of the feelings of grief.

## Support available

At Sands there are people who understand what it's like to grieve for a baby because they too have been through this experience. People have many different needs at this time and Sands is here to offer empathy, understanding and the opportunity to talk, listen and share experiences in a safe, non-judgmental and caring environment. Our services are available 24 hours a day, for anyone affected by the death of a baby.

We offer a wide range of support services including:

**Phone Support:** bereaved parents, family members, health professionals and members of the wider community can talk in confidence to an experienced parent support volunteer.

**Email Support:** sometimes it can be easier to communicate by email than by phone. The Sands support email address puts you directly in touch with a trained Sands parent supporter.

**Support Groups:** run by, and for, bereaved parents at a local level in many parts of Queensland. All support group meetings and contact details are listed on our website

**Information & Resources:** we have a large range of resources including books, leaflets, videos and DVDs as well as library services.

**Sands Newsletter:** provides information and support, and a link with other parents. Many find it especially helpful to read about the experiences of others.