

The FIVE C's for Caregivers

to remember in helping those grieving a pregnancy loss:

CONFRONT: your own feelings as both a person and a professional caregiver. Do your own work on your issues before you try to help parents with theirs, but be willing to be human and show emotion.

CONSOLE: the family by trying to understand the impact the pregnancy loss may have because of previous losses or other concerns. Listen more than talk. You don't have to have answers. Avoid euphemisms.

CREATE: an established protocol for making certain that families are handled in a consistent, helpful manner so they can begin a healthy grief response. Keep your bereavement team updated and active.

CARE: about the family's past and future relationship with you. Always have bereavement materials on hand. Stay current. Go to conferences.

CALL: the family to find out how all of them are doing. It's amazing how meaningful and powerful such a simple gesture can be.

By Perry-Lynn Moffitt