

# My brave journey

## Staff information

*My Brave Journey was developed by a team of health care professionals and families who have experienced loss to provide a resource, for families and especially siblings following the death of a baby. This resource was developed for parents and their children to work through together.*

### **When handing out the resource to families:**

As an introduction you can let parents/carers know the purpose of this resource is for parents to engage in conversation with their children about loss.

### **We recommend prior to providing families with the resource staff:**

- Are familiar with the resource and refer the family to the parent section of the resource.
- Consider when to provide the resource (timing) – does the family have privacy, space and time to look at the resource?
- For families where English is not their first language is an interpreter or member of their family available to assist the sibling understand the content?

Death and loss can be a confronting topic and conversation for individuals.

We recommend that experts are consulted to support families during bereavement including social workers, psychologists, bereavement counsellors or general practitioners.

