



Infant and Pregnancy Loss Support Person

Submitted Certification requirements

Readings

4 in total , including the required reading Through, Not Around: Stories of Infertility and Pregnancy Loss by Allison McDonald .(Others From approved list can be found at <https://doulatraining.ca/about/required-readings/>):

- Write a 1-2 page reflection on each reading after completing it. A reflection includes what you learned, if you feel this benefited your learning, how you will apply the knowledge to your work.

6 Assignments

- (1) Interview funeral home director about supporting infant/pregnancy loss. What they offer as support, how do they process remains? Display options etc.
 - Submit a detailed report of the interview. Include the name and contact information of the person you interviewed.
- (2) List of community / online resources. (at least 20 including in your community and online)
- (3) **Develop a resource package that you can provide families in the event of loss.** Consider, options for in-home care, rights for parents (holding baby, naming baby, dressing baby) book lists, and other related articles or resources of interest. Gather items you would like to include for a sample keepsake memento box that you would take with you to a loss. Make a list of the items and explain why you have included them. Please include pictures of the items and brochures you have included.
- (4) Cultural Perspectives on Grief, Loss and Bereavement assignment: Write a 3-5 page reflection paper on a specific cultural perspective on grief , loss and bereavement as it relates to infant loss. Look to your community, who will you be supporting and who can you reach out to to learn from. Research related



scholarly/ evidence based articles , local customs and traditions. How may these perspectives impact your support of families in your area? Reflect on any challenges you may encounter, any bias that may impact you supporting families.

- (5) Community Presentation about supporting families through infant and pregnancy loss. This presentation should be recorded and uploaded for review. It can be online or in person (including Facebook or Instagram live, zoom meeting, webinar etc) can include:
- (a) Speaking to community members about the services you offer
 - (b) Speaking to hospital/ medical care providers
 - (i) **Requirements:** at least 20 minutes in length
 - (ii) print / pdf resources provided
- (6) Policies and Practices related to pregnancy and infant loss from your local hospital. How do they support families at different gestations ? What information do they offer ? (reachout to the hospital social worker or manager of maternity care)

Additional Requirements:

Support of families - Must complete any combination of these to make for 2 methods of support

1. Support 2 families, with a letter of reference from another support person (doctor, nurse, midwife) contact person, parent of client or client themselves.
 - a. Minimum of 8 hours of support up to 3 months postpartum
2. and/or volunteer at **ONE** loss support meeting : with a reference letter from the peer group lead stating the date you attended and a 2-4 page reflection paper on your experience
3. and/or creation of a workshop itinerary for a 6 week loss support meeting (if there is not one in their community) - 5-10 page report should include weekly break down of activities, information to be shared, possible speakers, curriculum etc.



Workshop Attendance:

Mandatory online 4 hour webinar. *You must attend the online class IN PERSON **it will not be recorded** and participate in the discussion and activities for it to apply towards your certification.*

Educational Units :

You need 10 Additional Educational units for this training

Must include the following,

- Blood Borne Pathogens Training: (can be the one listed below or one of your choosing)

https://gosafety.ca/product/bloodborne-pathogens/?gclid=EAlaIQobChMlk7vM6lDWzQIVhYJpCh2nVgKUEAAYAiAAEgJ2B_D_BwE worth 2EUs

- At least 2 more EU credits learning about grief and loss support in addition to this program (consider looking to your local hospice or peer support programs)
- A labour support workshop (you can apply your Doula training here) for a 3 EUS

Every two hours of learning is equivalent to 1 EU credit. For more details visit:

<https://doulatraining.ca/about/educational-units/>

Final Reflection Paper

Online and based on the online module content, including videos and articles, to be completed once certification requirements are all uploaded . Will include what have you learned, what barriers do you see for yourself, families , how will you choose to move forward, what will your self care look like?