



Aching Arms

Registered charity number 1153296

Bringing comfort
after pregnancy
and baby loss



Advice for midwives and nurses

Giving the gift of an Aching Arms bear to a bereaved family:

Hundreds of families who have experienced pregnancy and baby loss have told us their Aching Arms bear has brought them great comfort. You will be aware, it is a traumatic time when parents leave hospital after the death of their baby. Whilst sensitively offering the gift of an Aching Arms Bear you can inform bereaved parents of the support that is available to them once they leave hospital.

My hospital currently offers memory bears and boxes. How is this different?

Aching Arms bears are offered as comforters and to let bereaved families know that they are not alone. Think of it as a 'Support Bear'. The tag attached to the bear and the leaflet provided signposts parents to our website and to the range of helpline and support services which other baby charities provide.

“ The Aching Arms bear doesn't just give you something to hold, it gives you the comfort that you so desperately need knowing that you are not alone and another family understands the agony and the aching. Our Grace bear became our constant companion through the pain and the sadness and will always have a place in our hearts and in our home. ”

Tracy – bereaved mum

How do I offer an Aching Arms bear?

We ask that you personally hand the bear to the mother or father as this gives you the opportunity to speak about the support agencies that can help them.

“ I was very grateful for the baby's hospital tag, his foot and hand prints but I didn't know who could help us when we got home and in the days and months to follow. ”

Contact us:

If you would like further advice or information about our free Awareness Training programme please contact:

E: info@achingarms.co.uk W: achingarms.co.uk M: 07876 504 042

Find us on Facebook: [f /AchingArmsUK](https://www.facebook.com/AchingArmsUK) - Follow us on Twitter [@AchingArms](https://twitter.com/AchingArms)

What do I say?

I would like to offer you this teddy bear, it is a gift from a charity set up by bereaved mothers. This bear was donated by another family in memory of their baby as they want you to know that you are not alone. They hope you find some comfort holding it. You can leave it here if you would prefer not to take it.

“ When I left hospital without my daughter my heart was broken and my arms were empty. Nothing could have fixed my heart at that point, but if I had had something to hold and cling to then the physical ache I felt so strongly in my arms as I clamped them tightly to my sides might have been less. ”

When should I offer the Aching Arms Bear?

We ask you to decide this. Every situation is different and you will know your patient. Ideally, we would like parents to have a bear to hold as they walk out of the hospital, but in some cases it may be better to offer the bear at a home visit or follow up appointment. If you make this judgement, please inform the relevant person who will attend the follow up, whether a community midwife or the specialist bereavement team.

If your hospital offers items such as hand and footprints, photography services and/or memory boxes, please carefully consider when might be the most appropriate time to offer each of these to avoid overwhelming parents.