

# Trauma-Informed Care for Parents with a Prenatal Diagnosis

## Provide Connection

- Acknowledge the impact of trauma and grief.
- Be available and attentive.
- Around conversations or when delivering difficult news...don't rush, avoid public spaces, consider timing carefully, and don't talk too much.
- Be prepared to listen and answer questions honestly.
- Make a plan for follow up.
- Involve others carefully.
- Acknowledge and allow time for feelings.
- Acknowledge the unique bond between the parents and their baby.

## Provide Support in Navigating the Uncharted Path

- Provide informed consent.
- Provide a road map for what is coming.
- Explain things (medical terms, diagnoses, tests, options, etc.).
- Help parents anticipate decision points.
- Offer to help.
- Check for understanding.

## Facilitate Experiences of Agency

- Educate with printed and/or online resources.
- Offer drawings.
- Write down words unfamiliar to the parents.
- Provide research assistance.
- Be comfortable with uncertainty.
- Be flexible.
- Offer options.
- Don't rush decision-making.
- Acknowledge the difficulty of the situation if appropriate.
- Let the parents know that you respect their decision to CTT (or other decisions they have made) and that you believe they are capable of making good decisions for themselves and for their baby moving forward.

## Communicate Belonging for the Baby

- Offer a welcoming response to baby.
- Use baby's name or sex and know baby's story.
- Make clear that the diagnosis doesn't define who baby is as a person.
- Commit to this birth.