

Going back to work is so very difficult after your baby has died. Dads usually have to do that sooner than they should have to and it can be really hard leaving your wife/partner at a time when you need the support from each other.

It is hard to leave your grief to one side and try to concentrate on your workload. Some parents even find that they panic at even the thought of going back, and that is very understandable.

Below is a leaflet which you might find helpful to read and even drop a few in with your Manager or for your colleagues to read.

ISANDS also have Guidelines for Professionals which offers many suggestions for Employers. This book is available online from our shop or from our main office (01 872 6996).

[Download leaflet – Returning to work following the death of your baby.](#)