

## Online Group Guidelines

An online support group meeting will be held on Teams or Zoom and will be shared with the participants via a meeting link. There will be a group of up to about 10 people at each meeting and they will be hosted by Sharon and Suzie, and assisted by some of our befrienders. It is a chance to be in a safe space with other parents who understand. There is no expectation of how much or how little you must share. Everyone is different and we completely understand if you wish to just listen or if you want to talk. It is fine to cry and we do sometimes manage to have a little laugh.

Please remember -

Everything that we discuss during the meeting is confidential. Please ensure that you tell the group if anyone is off camera or in the room with you during an online group who is not visible.

This is a safe space to share your thoughts, feelings and experience if you would like to. Please be respectful of each other.

We all grieve in different ways, there is not a correct way to grieve.

We all have different personal experiences. There will be people in the online groups who have experienced different things. Some may have had IVF, some may have had a Termination For Medical Reasons, some may have other children or a surviving twin/triplet, some may not be able to have more children, some may have no living children etc.

We also will have had very different experiences during our births and therefore have different experiences of memory making. This can depend on where you live as well as the gestation of the pregnancy. Some people may have seen and held their baby or babies while others might not, and some parents will have photos and be offered hand and footprints but not everyone has the same opportunities.

We are all twin and triplet parents even though we do not have all of our children with us.