

# Support Group Meeting Schedule

## UPCOMING MEETINGS:

All Meetings 7:30 – 9 p.m.  
Davis Hospital Classroom 1

• **January 7** •

*Topic - Dealing With a New Year*

• **February 4** •

*Topic - How Loss Changes You*

• **March 3** •

*Topic - Friends and Family*

• **April 7** •

*Topic - Grief and Marriage*

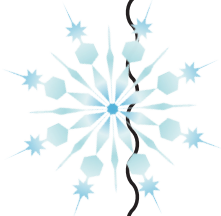
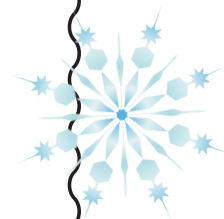
• **May 5** •

*Topic - Subsequent Pregnancy*

• **June 2** •

*Topic – Grief and Anger*

If you wish, please bring a memory item of your  
baby to share. (Pictures, stuffed animal, poem, etc.)  
For more information about support meetings,  
please visit [www.utahshare.org](http://www.utahshare.org)



*Due to limited resources, Utah Share only mails out a hard-copy newsletter to parents who experienced a recent loss. For the next edition of the bi-monthly newsletter, visit [www.utahshare.org/newsletter](http://www.utahshare.org/newsletter) to view the online version or download and print off a copy.*

# BABIES WHO HAVE TOUCHED OUR *Hearts*

**Amina Lynn Bantigue**  
October 26, 2015

**Lacey Apple Bell**  
October 30, 2015

**Walter Ignatius Budzban**  
November 3, 2015

**Kylee Renee Hover**  
November 3, 2015 –  
November 5, 2015

**Leo James Pruitt-Hall**  
November 9, 2015

**Addie Kate Barker**  
November 12, 2015

**Isley Davis**  
November 12, 2015

**Iverson Davis**  
November 12, 2015

**Sam Elliot McQuirk**  
November 21, 2015

**Jack Brian Hansen**  
May 5, 2015 –  
November 21, 2015

**Jaden Alexander Sunderland**  
November 23, 2015 –  
November 24, 2015

**Sophia Quin Brogan**  
November 27, 2015

**Edmund Allstair Macdonald**  
May 27, 2015 –  
November 27, 2015

**Kambree Varney**  
November 15, 2015 –  
November 27, 2015

**Wyatt Grant Joseph Turley**  
November 27, 2015 –  
November 28, 2015

**Tuilagi David Jennings**  
November 30, 2015

**Tukumoeatu Estyn Jennings**  
November 30, 2015

**Baby Clarke**  
December 5, 2015

**Greene Sterling Forte III**  
December 11, 2015

**Ruckus Yiskah Todachinnie**  
December 12, 2015

**Oliver Scadden**  
December 16, 2015

**Remington Dustin Rallison**  
December 22, 2015

**Raylee Rallison**  
December 23, 2015

**Isaiah Fullmer Bate**  
December 30, 2015

## Utah Share would like to thank...

**Brandi, Laurie** and the **Hammon** family, donation in memory of Afton Hammon

**Carolyn Meyers** and the orchard 6th ward Relief Society

**Jessica McGugin** donation in memory of Kabrie McGugin

**Cassie Hicks** donation in memory of Ella Mae Hicks

**Jenny Nys** for the movie fundraiser she did in memory of her son Hayden Hoxsie Nys

Donation in memory of Andrew Benson

## NEWS & EVENTS

### New Volunteers Meeting

If you are interested in becoming a Utah Share volunteer come to the new volunteer meeting January 7, at 6:30 p.m. at Davis Hospital Classroom 1.

We will be discussing volunteer roles, requirements and the application process. Contact Rachael Price at [rachael@utahshare.org](mailto:rachael@utahshare.org) if you have any questions.

\*Volunteers must be at least 18 months out from their loss.



### Resources

Utah Share would like you to know that you do not need to face the grieving process alone. Below is a list of several organizations that offer support and resources to grieving parents.

Utah Share -  
801-544-1159  
[www.utahshare.org](http://www.utahshare.org)

National Share -  
800-821-6819  
[www.nationalshare.org](http://www.nationalshare.org)

Compassionate Friends -  
877-969-0010 (toll-free)  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

Bereaved Parents USA -  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

Baby Steps -  
[www.babysteps.com](http://www.babysteps.com)

HAND.org - Helping After  
Neonatal Death  
[www.handonline.org](http://www.handonline.org)

IRIS -  
[www.irisremembers.com](http://www.irisremembers.com)

MissingGRACE.org -  
[www.missinggrace.org](http://www.missinggrace.org)

Mommies Enduring Neonatal  
Death (M.E.N.D.) -  
[www.mend.org](http://www.mend.org)

Grief Haven -  
[www.griefhaven.org](http://www.griefhaven.org)  
GriefNet -  
[www.griefnet.org](http://www.griefnet.org)

My Miscarriage Matters -  
[www.mymiscarriage.com](http://www.mymiscarriage.com)

National SIDS  
Resource Center -  
[www.sidscenter.org](http://www.sidscenter.org)

Center for Loss in  
Multiple Births -  
[www.climb-support.org](http://www.climb-support.org)

## The Sibling Connection

### Experiencing the Death of a Sibling as a Child

The death of a brother or sister at any age profoundly changes the lives of surviving siblings. Research shows that it adversely affects surviving children's health, behavior, schoolwork, self-esteem, and development.

Surviving siblings may be troubled through-

out life by a vulnerability to loss and painful upsurges of grief around the date when the sibling died. They may develop distorted beliefs about hospitals, doctors, and illness. Many bereaved siblings describe feeling sad, lonely, and different from their peers.

The impact of loss will be felt most by the brother or sister who shared the most "lifespace" with the one who died. Siblings who shared a room, who played together, and spent their spare time together are likely to be those most profoundly affected.

Many are troubled by guilt due to the ambivalent nature of the sibling relationship. Upon the death of the brother or sister, they remember forcibly all the fights and name-calling, seeing themselves in memory

as the bad child and the dead sibling as the good one. This split in self-concept results in the feeling that they are not good enough.

A child's experience of losing a



sibling depends partly on their understanding of death, which is associated with age and developmental level. These age ranges are approximate, and you (as a child) or your child (if you are a parent reading this) may have a broader understanding than those described here.

**Infants** suffer both from the absence of their loved sibling and from the grief of their caregivers. The grief stricken family members are not as attuned to the baby as they were prior to the loss. The household becomes less structured and their routines may change, routines that give young babies a feeling of safety and security.

**Toddlers** think of death as temporary and reversible. They say things like "Well if Susie is in heaven, we can send her letters, can't we?" They think in concrete terms (what they can see or touch) and may not comprehend why their beloved sibling is lying in a box, or why he or she isn't at home waiting for them when they come back from the funeral.

Toddlers grieving the loss of a sibling may regress to an earlier stage of development, for example, wetting the bed after they had already become toilet trained.

## Experiencing the Death of a Sibling as a Child (continued from page 4)

### **Ages 6-8**

Know more about death--they have seen dead birds and bugs, seen people die on television, and heard it talked about. They think of death as a scary thing that they can hide from, by hiding under the bed, for example. They say things like "When your hair gets white, you die, right?"



In this age group, children associate death with ghosts and skeletons. They know what it is, but not that it is going to affect them personally. They may ask questions about the death over and over. It is as if they have to learn the lesson of death many times for it to sink in.

At these young ages, children engage in what is called "magical" thinking. They may believe, for example, that their anger can kill, and that they cause the events surrounding them. They are still the center of their own universe and may take the blame for the death. Adults bereaved in childhood have often suffered for years, believing that they were responsible for their sibling's death.

### **Ages 9-11**

Children change at sometime around nine years to a more realistic understanding of death. They know that it cannot be reversed, that it is permanent, and that ev-

eryone dies. Parents may mistakenly assume that their child understands more at this age than they actually do.

It is crucial for adults to learn HOW children grieve. Research shows that bereaved children at this age "act out" their feelings by misbehaving and trying to get attention. Parents and others might get mad at the child because they are behaving this way, but in reality, this IS the child's way of mourning! Many adults look back on the way they behaved when a loved one was dying, and suffer more from guilt about their misbehavior than they do from the loss itself.

### **Ages 11-13**

Like the younger group, these children do not always behave like adults when they lose a loved one--instead they may act out, or simply act as if nothing happened at all. They may fall asleep or want to go outside and play when everyone else is mourning. Again, they are mourning in their own way, a way that is associated with their age more than their level of caring for the deceased. Think about how difficult it is for you to accept, even with your adult resources. When a child first experiences a loss, they are just beginning to learn on a day-to-day basis, what exactly that loss feels like and what it means.





## *Inspirational Messages*

# Don't Mourn For Me



Mother, please don't mourn for me;  
I'm still here, though you don't see.  
I'm right by your side, each night and day  
and within your heart I long to stay.  
My body is gone but I'm always near.  
I'm everything you feel, see or hear.

My spirit is free, but I'll never depart  
as long as you keep me alive in your heart.  
I'll never wander out of your sight --  
I'm the brightest star on a summer night.  
I'll never be beyond your reach--  
I'm the warm moist sand when you're at  
the beach.

I'm the colorful leaves when fall comes around,  
And the pure white snow that blankets the ground.  
I'm the beautiful flowers of which you're so fond--  
The clear cool water in a quiet pond.

I'm the first bright blossom you'll see in the spring;  
the first warm raindrop that April will bring.  
I'm the first ray of light when the sun starts to shine,  
and you'll see that the face in the moon is mine.

When you start thinking there's no one to love you,  
you can talk to me through the Lord above you.  
I'll whisper my answer through the leaves on the trees,  
and you'll feel my presence in the soft summer breeze.

I'm the hot salty tears that flow when you weep  
and the beautiful dreams that come while you sleep.

I'm the smile you see on baby's face.  
Just look for me, Mommy, I'm everywhere!

## MY ANGEL IN THE SKY

My angel in the sky,  
who comes to me in dreams at night.  
You left me without a single word,  
but when I close my eyes,  
your voice is heard.  
Telling me you'll be alright,  
that you're not scared,  
you're in the light.  
And now whenever I need you near,  
I close my eyes and you appear.  
He's my angel in the sky,  
who comes to me in dreams at night.  
To let me know that he's alright,  
he's with God,  
he's in the light.  
(Tanya Kendall)



*Death leaves a  
heartache no one can  
heal.*

*Love leaves a  
memory that no one  
can steal.*

# Birthdays In Memory Of



We would like to wish our angel, Melrose,  
a very Happy 2nd Birthday in Heaven!



Rieder Jacob  
Happy 1st Birthday Rieder!

We love you and think of you everyday.  
Missing you always,

Momma, Papa,  
big sisters: Annabel and Zoé,  
and little brother: Xander.

We love you and miss you every day!!

Love, Mommy, Daddy,  
Kayli, Jason, Cameron and Jackson

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Happy 11th birthday Kelsie Carolyn!

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Happy 11th Birthday Kelsie!  
Feb 15, 2005 - March 13, 2005

We love you and miss you everyday!  
Wish you were here!

“Each new life...  
No Matter how fragile or brief...  
Forever changes the world.”



Love Mom, Mike,  
Shealyn, and Kaila

Forever in our hearts!  
Love Nana

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To my little man,  
Mommy and Daddy love you and miss you  
more than words can say.

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We want to wish our sweet son,  
Trey, a very Happy Birthday!

I do wish we could celebrate your 10th  
birthday together.  
Much love from earth to heaven.

Three years have passed since we last held  
you in our arms. We hope you are  
celebrating this special day in heaven as we  
will be celebrating it here for you.

Charles Bert Fransen 2-14-06

We miss you so much. Keep looking over  
your three sisters.  
They talk about you all the time.

Love you always and forever,  
Mom, Dad,  
Naquelle, Nevaeh and MaKayla



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THE BEST AND MOST  
BEAUTIFUL THINGS IN THE  
WORLD CANNOT BE SEEN,  
NOT TOUCHED,  
BUT ARE FELT IN THE HEART.



~HELEN KELLER

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## Our Mission

*The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life.*

*The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual, and social healing, as well as sustaining the family unit.*

*The secondary purpose of Share is to provide information, education, and resources on the needs and rights of bereaved parents and siblings. The objective is to aid those in the community, including family, friends, employers, members of the congregation, caregivers, and others in their supportive role.*

Find us on Facebook under "Utah Share"



www.utahshare.org and www.utsupport.org/newsletter

