

# Support Group Meeting Schedule

## UPCOMING MEETINGS:

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

• **July 7** •

*Topic - Friends and Family*

• **August 4** •

*Topic - Grief and Marriage*

• **September 1** •

*Topic - Subsequent Pregnancy*

• **October 6** •

*Topic - Grief and Anger*

• **November 3** •

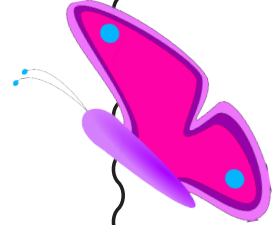
*Topic - Handling the Holidays*

• **December 1** •

*Topic - How Loss Changes You*

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*

**Nash Taylor Brown**

May 3, 2016 –

May 4, 2016

**Mason Daniel Merenda**

May 10, 2016

**Jaclyn Dawn Lloyd**

May 11, 2016

**Ashtynn Grey Norr**

May 12, 2016

**Alejandro Palmer**

May 1, 2016 –

May 15, 2016

**Lorelai Jo Wiegman**

May 17, 2016

**Landon Ellertson**

May 22, 2016

**Breklyn May Lawrence**

May 23, 2016

**Baby Witte**

May 28, 2016

**Emma Jane Taylor**

June 15, 2016

**Rowan Russel Messerly**

June 15, 2016

**Breckham Neal Argyle**

June 15, 2016

**Baby Lopez**

June 19, 2016

**Aubrey Elliot Jensen**

June 19, 2016

**Elijah Hoy**

June 22, 2016

**Riley Jade Trimble**

June 22, 2016

**Ella Echeverria**

June 23, 2016

**Baby Girl Sidwell**

June 28, 2016



JOIN US FOR  
GAMES, FOOD AND FRIENDS  
AT THE ANNUAL

# UTAH SHARE SUMMER SOCIAL

WEDNESDAY, AUGUST 3, 6 PM  
HOOPER PARK -  
6100 WEST 5500 SOUTH, HOOPER

BRING YOUR FAMILY AND  
A SIDE DISH TO SHARE,  
THE MAIN DISH WILL BE PROVIDED.

PLEASE RSVP BY JULY 26 TO SHENARA  
AT [SHENARA@UTAHSHARE.ORG](mailto:SHENARA@UTAHSHARE.ORG)  
OR 801-548-1238



# Helping Children Cope

Losing a baby will not only be difficult on you and your partner, but also for your other children. If you have children at home, you will need to prepare for how to help them through their own grieving process.

The most important thing is to be honest with your children. It's natural for you to want to protect and shield them from pain, but it's also necessary to give them correct information. If you leave too much up to the imagination by telling half-truths or using unhealthy explanations, your child will feel more confused.

Consider the ages and maturity of your children, expanding details for the older children and simplifying them for the younger ones.

If you already have created a structure in your family about how to deal with death, this is a great time to put those beliefs into action. Through religion, culture or family tradition, you can discuss what happens at death and how to mourn the loss of a loved one.

This may be the first time your children have experienced death closely. Use the experience as a teaching tool; sharing your family values, beliefs and knowledge will be a vital life lesson for your child. Through this process, you and your family will be able to create rituals to honor your baby and unite as a family as you mourn.

The grieving process does not have to be divisive; it can allow you opportunities to connect with family members in a unique way. If you have not yet created this kind of structure or are not sure how to proceed, you can start now or talk with someone who can help you. Find support through your local clergy, teachers, medical professionals, counselors, family and friends.

## Tips to Help Children:

- Give a stuffed animal or memento (sometimes provided by the hospital) to your child so she can always have something tangible to remember your baby.
- Read children's books ("We were going to have a baby but had an angel instead" is a great one) or find other books talking about death and heaven. If you can't find something that fits your situation, write/draw your own.
- Allow your child to express himself in whatever way he feels comfortable. If he isn't comfortable talking about his emotions, encourage him to journal or even draw how he is feeling.
- Let your child see you cry. It will let her know it is okay to be sad and express emotion. It will also open the door for her to talk about her own emotions anytime, anywhere.
- Validate your child's emotions. Just as you need validation through every stage of your grief, your child needs it too. Listen and work hard to understand, even if it seems too difficult because you are mourning too.
- Talk to family members, friends and teachers to explain what your child is going through. They can be extra sensitive to your child's needs and help you determine if he might need more help.
- Include your children in any memorial services, visits to the cemetery, etc. Bring them to the Walk to Remember and let them release a balloon for your baby.
- Remind your children how much you love them! Help them understand even though you are sad you lost the baby, you are so grateful to have them in your life. Sometimes, children can feel like too much emphasis is put on the deceased sibling and come to resent it. Even though you are mourning, make sure your focus is still centered on the child you have with you. Spend quality time with her and do activities to celebrate what you do have: each other.

## A Few Places to Connect/Find Support:

Grieve Out Loud -  
[www.grieveoutloud.org](http://www.grieveoutloud.org)

Glow in the Woods -  
[www.glowinthewoods.com](http://www.glowinthewoods.com)

The Compassionate Friends - [www.compassionatefriends.org/](http://www.compassionatefriends.org/)

Missing GRACE Foundation -  
[www.missinggrace.org](http://www.missinggrace.org)

Hand to Hold -  
[www.handtohold.org](http://www.handtohold.org)

NILMDTS - [www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)

## Inspirational Messages

### Angels are Forever



We were chosen to become the family of a very special child.  
Who would come to earth from Heaven and visit for a while.  
There are mothers who give birth to babies, too good for this world of men.  
They touch our lives for a moment, then travel home again.  
This was to become our destiny. And, Why? We need not know.  
For a parent's greatest gift is to nurture and love a child with a perfect soul.  
Our baby was born an Angel and stopped to pause this way,  
Blessing us with sunshine, as we thanked the Lord each day.  
Our child was like a ray of perfection and could not journey long,  
The source of power being God Himself, quietly called our Angel home.  
As we walk in Springtime meadows, with nature posing all around,  
We see the beauty of our little one in every sight and sound.  
Whenever I gaze at this beautiful world, or look at a blue sky above,  
I know that Angels are Forever  
Warming our hearts with their light and love.



Author Unknown

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## Tiny Footprints

"These are my footprints,  
so perfect and so small.  
These tiny footprints  
never touched the ground at all.

Not one tiny footprint,  
for now I have wings.  
These tiny footprints were  
meant for other things.

You will hear my tiny  
footprints,  
in the patter of the rain.  
Gentle drops like angel's tears,  
of joy and not from pain.

You will see my tiny footprints,  
in each butterfly's lazy dance.  
I'll let you know I'm with you,  
if you just give me the chance.



You will see my tiny footprints,  
in the rustle of the leaves.  
I will whisper names into the  
wind, and call each one that  
grieves.

Most of all, these tiny footprints,  
are found on Mommy and  
Daddy's hearts.  
'Cause even though I'm gone  
now, We'll never truly part." 5





## Inspirational Messages

Dearest Mommy,

When you wonder the meaning of life and love,  
know that I am with you.  
Close your eyes and feel me kissing you in the gentle breeze  
across your cheek.

When you begin to doubt that you shall ever see me again,  
quiet your mind and hear me.  
I am in the whisper of the heavens speaking of your love.  
When you lose your identity and question who you are and  
where you are going,  
Open your heart and see me.

I am the twinkle in the stars smiling down upon you,  
lighting the path for your journey.  
When you awaken each morning not remembering your  
dreams but feeling content and serene.

Know that I was with you filling your night with thoughts of me.  
When you linger in the remnant pain, wholeness seeming so  
unfamiliar,  
Think of me and know that I am with you, touching you  
through the shared tears of a gentle friend  
Easing the pain.

As the sunrise illuminates the desert sky in the breathtaking glory  
Awaken your spirit  
Think of our time, all too brief, but ever brilliant.  
When you were certain of us, together  
When you were certain of your destiny.  
Know that God created that moment in time,  
Just for us

Dearest Mommy, I am always with you.

## The Light

**A flame shines in the darkness,  
A single, flickering light;  
A candle held in memory,  
Dispelling the darkness of night.**

**A candle filled with memories,  
It speaks a sweet child's name;  
And shines a light for all to see,  
In a single, flickering flame.**

**Soon other candles join the light,  
Then thousands fill the sky;  
Illuminating the darkness,  
Proving love will never die.**

**Allison Chambers Coxsey  
c2002**



# Birthdays In Memory Of



Happy Birthday,  
my sweet Angel **Jacob!**



Ten years ago you taught me so many lessons. You taught me true empathy for others who grieve. You taught me the meaning of service, with no thought of myself. You taught me to mourn and cry with those that mourn. You taught me eternal love. You taught me hope. You taught me love for my husband and daughter. You taught me sacrifice. You gave me more reason to live to my full potential. You gave me more reason to live covenants that I have made. As much as I love you and miss you indescribably, and I would give anything to have you back, You gave me more than I could give myself. And I don't know how else I would have known what I know now.

Thank you.  
Happy Birthday!  
I think of you every day.

Love,  
Mom



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Our family would love to wish our precious angel baby **Molly Sue Thomas** a Happy Birthday on July 3. She would have been two this year. We love her and miss her so very much.

**Chloe Faith**  
July 21, 2006



Happy birthday my sweet baby.  
10 years ago you blessed our lives. I am so thankful that I was chosen to be your mom. I am grateful for the amount of things I have been able to do in memory of you. Thank you for making me see the positive in things and overall a better person. I miss you every day in every way. Can't wait to see you and hold your precious face. Sending all my hugs and kisses to you.  
Love you baby girl.  
Love, Mommy (Rachael)

*Utah Share Would  
Like to Thank...*

**Kaitlyn Love** for her donation in memory of her baby brother Brigham.

*Utah Share is a non-profit organization with 501(c)3 status, supported solely by private donations.*



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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.utahshare.org/newsletter

