

# UPCOMING SUPPORT GROUP MEETINGS:

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

- *July 6* •
- *August 3* •
- *September 7* •
- *October 5* •
- *November 2* •
- *December 7* •

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)

## 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)

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

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

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

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

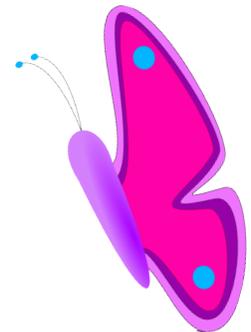
My Miscarriage Matters:  
[www.mymiscarriagematters.com](http://www.mymiscarriagematters.com)

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

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

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

GriefNet:  
[www.griefnet.org](http://www.griefnet.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*

**Trapper Clyde Holland**

February 5, 2017 to  
April 2, 2017

**Britton Carter Cox**

August 2, 2016 to  
April 13, 2017

**Landon Martinez**

May 25, 2015 to  
April 21, 2017

**Johnny Lemperle**

May 4, 2017

**Uvi Domingo Pavon**

May 5, 2017

**Blaire Joan Nelson**

May 11, 2017

**Atlas Arthur Gwatkin**

May 16, 2017

**Beckham Rex Sulser**

November 12, 2015 to  
May 16, 2017

**Boston Ann Johns**

May 25, 2017

**Sunny Ray Nightingale**

May 26, 2017

**Aldo Molina**

May 30, 2017

**Eric Eugene Urweider**

June 1, 2017

**Owen Douglas Paskett**

June 2, 2017

**Briggs Bryce Harward**

June 5, 2017

**Mailee Catherine**

**Sampson**

June 5, 2017

**Jacob William Meyers**

June 7, 2017

**Johnny Thackeray**

June 13, 2017

**Grace Anne Petro**

June 29, 2017



# Birthdays In Memory Of



On July 21st, my baby girl would be 11. Hard to imagine that life has gone on for 11 years without you here.

Thank you for teaching me so much, being the best example and showing me how to truly love someone. I love you my sweet Chloe and can't wait to hold you again.

Happy birthday baby girl!  
Chloe Faith Price  
07.21.06



Molly Thomas  
July 3 2014

Stillborn at 36 weeks

Happy Birthday, baby girl. One year farther from you, but one year closer to having you back in our arms. We love and miss you so much. Sending kisses to heaven.

Mom, Dad, and Bridger



HAPPY 9TH BIRTHDAY IN HEAVEN  
Gracie Taylor Yows!

Happy 1st birthday Kaiden. Aunt Rachael and the entire family loves and misses you lots.



Kaiden Shinzou Spicer  
7.18.16-7.21.16

We miss you and think of you everyday!  
You are never forgotten and spoke of daily!  
Your sweet spirit is always in our hearts!

Keep watching over us and  
we will see you again one day!

Happy Birthday Wyatt Cade Crook -  
August 22  
Love, Mom

Love your family  
Always, always and always...



*Utah Share would like to thank...*

Donation of sibling bears in memory of  
Peter Bailey,  
and Carolyn and Jaclyn Lloyd by:  
The Oakridge Ward  
The Slate Canyon 6th ward  
The Zions Crossing Ward  
Dawn Lloyd  
Esther Lloyd  
Marilee Blair  
Kelly Wardell

Donation of Little Brother Loveys  
in memory of Nash Taylor Brown by:  
Melissa Brown and family,  
Ardour Dance Centre and  
Natalie's Performing Arts.

## 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 throughout 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

## 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.” 6

# NEWS & EVENTS

## **Join us for the UTAH SHARE Summer Social**

**We're having a picnic for  
the entire family!**

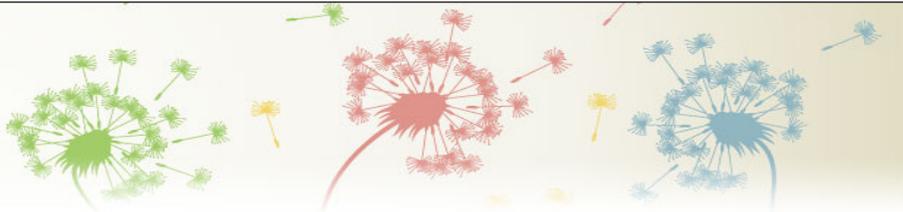
**The first part of August  
at the Hooper Park -**

**6100 West 5500 South, Hooper  
Specific Date and Time TBA**

**Come enjoy food, friends and fun!  
Also please bring a side dish to share,  
the main dish will be provided.**

**Watch for more information at  
[www.utahshare.org/events](http://www.utahshare.org/events)**





## In this issue:

- \* Support Group Meeting Schedule/Resources  
Page 1
- \* Remembering The Babies Who Have Touched Our Hearts  
Page 2
- \* Birthdays/In Memory of  
Page 3
- \* The Sibling Connection - Experiencing the Death of a  
Sibling as a Child  
Page 4 & 5
- \* Inspirational Messages  
Page 6
- \* News and Events  
Page 7

## 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/newsletter](http://www.utahshare.org/newsletter)

