



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.

Utah Share Support Meetings

Utah Share would like you to know that you do not need to face the grieving process alone.

Join our online community of support by visiting our **Facebook page** "Utah Share."

Share is also available 24 hours via **telephone at 801-544-1159.**

We also have monthly **support group meetings.**

All meetings are held the first Thursday of each month from 7:30 – 9 p.m. at the Davis Hospital Classroom 1.

If you wish, please bring a memory item of your baby to share.
(Pictures, stuffed animal, poem, etc.)

For more information about support meetings or other events please visit www.utahshare.org

"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."

BABIES WHO HAVE TOUCHED OUR


Russell Forsburg
January 6, 2019

Ivan Daniel Solorio
January 9, 2019

 **Eastin Darcey**
January 11, 2019

Camilla Faye Buatte
January 22, 2019

Shane Falco Scheid
January 29, 2019

 **Deshawn Marquise Cummins**
February 10, 2019

Logan Mack
February 17, 2019 -
February 19, 2019

Bowen Kent Storey
February 19, 2019

Jayce Norman Bryner
February 22, 2019

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

Compassionate Friends: 877-969-0010 (toll-free)
www.compassionatefriends.org

National SIDS Resource Center:
www.sidscenter.org

Bereaved Parents USA:
www.bereavedparentsusa.org

Mommies Enduring Neonatal Death (M.E.N.D.):
www.mend.org

My Miscarriage Matters:
www.mymiscarriagematters.com

National Share: 800-821-6819
www.nationalshare.org

Center for Loss in Multiple Births:
www.climb-support.org

Grief Haven:
www.griefhaven.org

GriefNet:
www.griefnet.org

THE MOURNER'S CODE

Ten Self-Compassionate Principles

Though you should reach out to others as you journey through grief, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain “rights” no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief. No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.

2. You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.

3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are just a few of the many emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.

4. You have the right to be tolerant of your physical and emotional limits. Your feeling of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat well balanced meals. And don't allow others to push you into doing things you don't feel ready to do.

5. You have the right to experience “griefbursts.” Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.

6. You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.

7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

8. You have the right to search for meaning. You may find yourself asking, “Why did he or she die? Why this way? Why now?” Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, “It was Gods will” or “Think of what you still have to be thankful for” are not helpful and you do not have to accept them.

9. You have the right to treasure your memories/mementoes. Memories/mementoes are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories/mementoes, find others with whom you can share them.

10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone changes your life forever.

Inspirational Messages



DADDY, PLEASE DONT LOOK SO SAD
MAMA PLEASE DONT CRY CAUSE I AM
IN THE ARMS OF JESUS AND HE SINGS
ME LULLABIES. PLEASE TRY NOT TO
QUESTION GOD, DONT THINK HE IS
UNKIND. DONT THINK HE SEND ME
TO YOU, AND THEN HE CHANGED HIS MIND.
YOU SEE, I AM A SPECIAL CHILD, AND IM
NEEDED UP ABOVE. IM THE SPECIAL GIFT YOU
GAVE HIM, THE PRODUCT OF YOUR LOVE. ILL ALWAYS BE
THERE WITH YOU AND WATCH THE SKY AT NIGHT, FIND THE
BRIGHTEST STAR THATS GLEAMING, AND MY HALOS BRILLIANT
LIGHT. YOU'LL SEE ME IN THE MORNING FROST, THAT MISTS
YOUR WINDOW PANE. THATS ME IN THE SUMMER SHOWERS
ILL BE DANCING IN THE RAIN. WHEN YOU FEEL A LITTLE
BREEZE FROM A GENTLE WIND THAT BLOWS, THATS ME ILL BE
THERE PLANTING A KISS ON YOUR NOSE. WHEN YOU SEE A
CHILD PLAYING AND YOUR HEART FEELS A LITTLE TUG, THATS
ME ILL BE THERE GIVING YOUR HEART A HUG. SO DADDY
PLEASE DONT LOOK SO SAD, MAMA DONT YOU CRY. IM IN
ARMS OF JESUS AND HE SINGS ME LULLABIES

Please Don't Ever Tell Me

I'm going to tell you something
I hope you'll never have to know.
I'll tell you how a heart can break
And tears can constant flow.

I lost my baby girl you see,
An angel in my eyes
God chose to take her hand one day
And led her to the skies.

But please do not forget my child
She was a person too
And forever she will live
Inside of me and you.

So, please don't ever tell me
That time will heal my pain
Because not even time
Can bring her back again.

Just tell me she is happy
In that land way up above
She's snuggled in an angels wings
All wrapped in Mommy's love.

- Author Unknown

*Some
people only
dream of
Angels.
We held one
In our arms.*