



# Between Friends

## Fathers' Day

Dear Parents,

We hope this newsletter will help you decide how you want to spend the day of the year that is dedicated to Fathers. In the midst of the loss and grief there is hope you will find some comfort, there is hope you find a sense of the presence of your child, there is hope you find a way to soothe yourself, there is hope you remember the feelings of love for and from your child, and there is hope you will feel understood and supported by those around you.

Bereaved fathers sometimes talk about how people tell them they are strong, and they are admired for this strength and the stoic support of their families following the death of their child. Fathers also tell me how others often don't see the depth of their grief and pain. There is an extract from a father's journal in this newsletter which portrays the difficulty for a Dad who needs to keep the family together in a practical and financial capacity, and also manage his grief. Jacob's Dad struggled and tried some ways of coping that hid his true feelings from the world and his loved ones. Jacob's Dad describes elegantly his journey with his early grief. You may recognise glimpses of similar experiences. Notice whether reading the words of another father helps, if you wish you can write in to share your response or to share your story and this can be placed in the next newsletter.

In time (an undefined time) many parents report a changing view of themselves and their world where the strength they have is internal and it contributes to their personal growth. Growth of their abilities to prioritise, to become clearer about decision making, to appreciate the simple pleasures of life. To have learnt what is worth worrying about and what doesn't matter, this can create a sense of strength and occasionally a sense of separation from others who continue to worry about things that now seem trivial.

Please be kind to yourself this Fathers' Day, work out some quiet space and some activities. You may find comfort in tradition such as joining family for a meal, you may need to create a new tradition. You may need to be present to your other children as they show you love and honour you this day. Say what you need from others, and honour what you need to do for you.

– Fran Hamilton, Counsellor. On behalf of the Family Services Team.

### NEWS

#### Walk to Remember

Please make a note in your diary for 10.30am on Sunday 17th October 2010 – we will hold a 'Walk to Remember' in honour of your children. It will be a community/family activity followed by a sausage sizzle. More information will be posted closer to the event.

### Inside this Issue

Are you supporting a bereaved father?	Page 2
When a man faces grief	3
Intimacy and subsequent pregnancy	4
Birthdays in Memory	5
Tributes and Poems	6
What my child has taught me	5
Tributes and Poems	6-7
Growth and Grief	8
Honouring your child, creating a Tribute	9
Tia's Garden	9
Written in Memory	10
We Remember	11-13
General Notices	14-15
For Fathers – Help with grieving	16
Regional Peer Supporters Details	16

## Are you interested in becoming a Regional Peer Supporter

Thanks to funding from Lottery West we are developing a new online training and refresher course program for our Peer Supporters. Initially we will be visiting several major regional areas, talking to existing supporters and meeting and interviewing prospective supporters.

Please contact Fran asap if you are interested in taking part in this innovative program [franhamilton@yahoo.com.au](mailto:franhamilton@yahoo.com.au) or call 9474 3544.

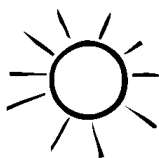
## Are You Supporting a Bereaved Father?

If you are supporting a bereaved father, don't assume everything is calm beneath the "strong" appearance. Maybe it is, maybe it isn't. Make time and space for him to say how it is if he wants to.

Mention the name of his child, share your memories, or say how you wish he or she was here. Don't be afraid of his tears, don't worry if he doesn't cry. But ALWAYS SHOW YOUR SUPPORT.

Sometimes just doing something alongside the bereaved father – men usually talk shoulder to shoulder, not face to face. Maybe go for a walk, ride or do some gardening or other household chores. Men often report that being with a friend in quietness while doing an activity feels highly supportive to them.

Is it ok to ask the grieving father what he prefers? Is it ok to say "I want to help you in this but I am not sure how?" or "what do you need for me to support you?"



Do you relate to the writing of other bereaved parents? how are you different and what resonates with you deeply? Sharing your journey with others who have had a similar experience can help you recognise your individual journey of grief, and a sense of support when others express something that is also happening for you. SIDS and Kids WA offer support groups for bereaved parents and couples, please see the list of dates at the end of this newsletter for details.



## Finding Ways to Honour Your Child

– by Leanne Derry

Leanne Derry hopes donating sales from her children's book *Little Angel* to a national charity will encourage it to expand its infant bereavement support into the Kimberley.

Ms Derry wrote the book after losing a daughter at just seven-and-a-half weeks in June 2008. It contains illustrations from Kimberley School of the Air students and is now ready for sale.

Four sponsors paid for the design and printing of 2000 books, allowing Ms Derry to donate all money raised to go to SIDS and Kids.

"At \$10 each, that equates \$30,000 if we can sell all the books," Ms Derry said.

"It will go directly to SIDS and Kids to further their research and support their services. I hope our donation will push SIDS and Kids to have more presence in remote areas."

Ms Derry said the book was a beautiful way for her to honour her daughter who died at Broome Hospital. While there are no specialised infant loss and bereavement services, Ms Derry said she did not know how she would have coped without support from SIDS and Kids.

Ms Derry has invited the community to the book's launch at the Broome Fishing Club on June 25 to raise further funds for the organisation.

Leanne's book is available through the office or from Leanne at [leannederry@hotmail.com](mailto:leannederry@hotmail.com)

– Article from *Broome Newspaper*



~ Book Extract ~

# When A Man Faces Grief

## 12 Practical Ideas to Help You Heal From Loss

by Thomas Golden and James Miller

### Determine Your Strength

A time of serious loss can be a very trying experience. What used to give you joy or satisfaction now leaves you with sadness or emptiness. What used to provide significance to your life may now threaten to rob it of meaning.

You're learning the difficult truth that grief is hard work. It depletes your energy and saps your spirit. It reduces your ability to concentrate. It gets in the way of your capacity to make decisions. Grief often lasts much longer than you expect. It sometimes demands of you more than you think you have to give.

#### **With all these reasons to dislike grief, what is the best way to deal with it?**

This way: by letting it into your life. Why? Because grief has an important purpose. It helps you heal. It allows you, in time, to feel better. It shows you how you can grow from your loss rather than just be diminished by it. The fact is, it's only by grieving that you can heal. If in one way or another you do not grieve, you will not move forward.

So go ahead: experience it. Allow your grief to do its work, bit by bit, pang by pang, perhaps even tear by tear. Each time you step toward your grief, you step closer to your healing.

#### **What is the best way for you as a man to make your way there?**

Usually, by way of your strength. You are normally more sure of yourself when you're doing what you know you do well. Common sense advises you to turn to your strongest ally when you're in trouble. In grief you can use your strength as this ally to connect with your pain so it can diminish a little at a time.

Figure out what your natural strengths are. Be aware of the skills you've acquired. Know where your power resides. To do that, ask yourself questions like these:

- What am I good at?
- What do I look forward to doing?
- What has become second nature to me, so I do it without even thinking?
- What give me a deep sense of pride?
- What has brought me success in the past?
- What are the positives others see in me?

Your strength may turn out to be your thinking ability – the way you sort things out logically and analyze them objectively. Or it may be your tendency to stay more with your emotions in your day-to-day living, making you more demonstrative in your approach to life and other people.

You may be inclined to concentrate on what's tangible – what can be seen and heard, touched and handled. Or you may prefer to rely more on the intangible, things like your imagination, your intuition, and your artistic sense.

You may be an extrovert by nature, ready to be around and to converse with other people. Or you may be an introvert, preferring your solitude and the inner world of your own thoughts and impressions.

You may be the type who wants things well planned and carefully ordered. Or you may be one who's likely to be flexible and spontaneous, prepared to follow your whims, even at a time like this.

Whatever you are like, and whatever you like to do, know where your strengths lie. The better you understand them and the more you appreciate them, the more easily you can be ready to have them at your disposal.

*(This book is available for loan from SIDS and Kids WA).*

*If you say my child's name, I may cry,  
If you don't say my child's name, It will break my heart.*

### Newsletter contributions

Parents say it is often helpful to read what other local parents have written, you are invited to share your writing, poems, letters or stories with the SIDS and Kids community through this newsletter. You are also encouraged to send in articles that have touched you. Parents may send in the names of their precious children for inclusion in the 'We Remember' and 'Birthdays in Memory' sections. Many parents also like to place announcements of new arrivals in the newsletter. Contributions should be emailed or posted to The Editor, SIDS and Kids, 33 Sixth Ave Kensington 6151 WA (franhamilton@sidsandkids.org).

# Intimacy and Subsequent Pregnancy

(written by Tim Nelson, Bereaved Father and Therapist)

Whenever I bring this topic up while speaking to a group, there are always a few red faces and eyes darting to the floor. Frankly, that's what makes it such an important point to discuss. Many of us find it hard to express our needs, desires, fears, and insecurities under the best of circumstances. When you add grief to the mix, it can get really dicey and be a topic we simply want to avoid.

If you are lucky enough to be comfortable talking about this stuff to your partner, you are lucky, and probably will not see what the big deal is. But, if you find this difficult, it can be a real source of problems that can result in adding to feelings of loneliness and isolation.

So, when is the right time to resume sexual relations? When is the right time to start trying to have another baby? What if one of you wants to try again but the other just isn't sure they want to? Unfortunately, there are no black and white answers to any of these questions. Like everything, it depends on your situation – physical condition, emotional state of mind, relationship, and numerous other factors. Often times people will hear that you should wait a minimum of six months to a year before trying again. Depending on the circumstances and timing of your loss, that makes total sense, and any decision about the physical and emotional risks of another pregnancy should first be discussed with your doctor.

Sometimes the tougher question can be when to resume being intimate? Again, physical considerations are part of that decision, but most of the time this decision 'simply' requires communication between you and your partner about your feelings.... Come to think of it, maybe THAT'S why I recall avoiding this topic with my wife.

eriously, while we definitely felt close emotionally in our need to be held and comforted – especially when trying to sleep through the night – neither of us mentioned how we were feeling about sex. When it got to the point that I was feeling like I wanted to, I wondered how I would deal with the guilt of having a moment of pleasure?

Those feelings were compounded because I then wondered if it would affect my performance, and that REALLY made me insecure! But, once we were able to talk about it and I realized that we each had our own set of emotions surrounding that moment, we were able to relax and things just happened naturally.

As for another pregnancy, after discussing our situation with our doctor, he felt comfortable supporting us in trying again. Because it had taken us over two years to get pregnant the first time, we decided that we should go for it sooner than later since we were in agreement about wanting more children, if possible. Surprisingly, Monica got pregnant right away, and three months after Kathleen's death, we were expecting another baby. We were very happy, of course, but we had not stopped to think what our timing in starting to try could potentially mean. Our next child was actually due on Kathleen's birthday, and the feelings of *deja vu* were tremendously stressful for me. I found myself working hard to not get excited because the bliss of pregnancy was gone and it simply became a time to survive. Even all these years later, I have some regrets about what I missed out on during that time in terms of being able to feel the anticipation and excitement of expecting a child.

Keep in mind this is only MY experience. I can definitely tell you that Monica did not feel the same way and her version of this story would be very different from what I just shared. I guess that really is the point. Don't think that any story you hear suddenly means you know how you're going to feel. These decisions are unique to you and very important to your relationship. No desire or fear is wrong and there is no reason to judge harshly either yourself or your partner. While you may not have previously ever had the need to discuss your sex life with your mate because you were on the same page, know that may not be the case right now. It certainly doesn't mean your marriage is in trouble, but you both should realize the importance of being open and understanding of one another.

## Articles in this Newsletter

Notice whether you relate to the articles written or sent in by fellow bereaved parents, acknowledge how you may be different and what resonates with you deeply. Sharing your journey with others who have had a similar experience can help you recognise the individual journey of grief and the deep sense of support when others express something that is also happening for you. SIDS and Kids WA offer support groups for bereaved parents and couples, please see the list of dates at the end of this newsletter for details.



# Birthdays in Memory



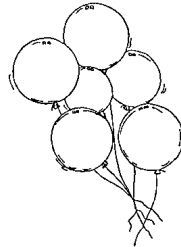
SPADARO (Celeste Melissa)  
 1/9/99 – 1/9/99  
 Happy 11th Birthday sweet angel.  
 Love and kisses  
 Dad, Mum, Curtis, Melissa and Dylan  
 Xxxxx



Lucas Christopher Parker  
 2nd July 2008  
 Happy 2nd birthday our beautiful angel.  
 It feels like yesterday that you left us.  
 You are the strength in our family.  
 We love and miss you so much.  
 Your memory will forever live on in your little sister.  
 Thankyou for watching over her.  
 Love mummy, daddy and Laila

Patrick Francis PIEROTTI-KENT  
 Wednesday 15th May 1996  
 Our love for you grows more each passing year  
 and we think of you every day our precious son.  
 We know you are still with us we carry you in  
 our hearts.  
 Be happy our Angel in heaven.

Happy 14th Birthday Sweetheart  
 Love Mum and Dad xxxx  
 (Viviana and Tony – Collie, WA)



## Born Sleeping

10 August 2009

To our darling Princess, Jacinta Marie  
 Wishing you a very happy 1st birthday  
 Twin sister to Miranda Kate  
 Love from Mummy, Daddy, Kiara,  
 Christian, Alexander and Miranda  
 So very loved, so deeply missed.  
 xxxxxxxxxxxxxxxxxxxx



## We Remember

We remember your little angel face, so sweet,  
 so pretty and so like your big sister Emma.  
 Sadly, we only had you for a short time,  
 but your impact changed our lives forever.  
 Sleep in peace, little Sophie.  
 One day we will all see you again.

Love Mummy, Papa, Emma and Ollie xx  
 (Remembering Sophie Elizabeth Les  
 11 July 2006 - 26 July 2006)



*The search for meaning in life can seem elusive. There may be brief moments that seem to have no meaning, which leave us with no tangible reason for continuing. It is essential to ride through these times, as what is awaiting at the other end is a step closer to understanding.*  
 – (Walter Mikac survived the deaths of his wife and two daughters at the Port Arthur massacre)



## TRIBUTES AND POEMS



From Jane Olsen and Bret Sedgwick,  
Chad's Mummy and Daddy

### The Mask of Survival

In idle conversation  
you ask me about my children  
You are an acquaintance,  
I do not know you well  
And so I don a Mask  
I speak happily of joys,  
light-heartedly of mischief  
But I do not speak of death

I do not want to see the shadow  
of uncertainty pass across your face,  
And feel the awkward silence  
that falls like a curtain between us

I do not want to say  
"Its ok, that was along time ago"  
It will never be quite "Ok"

And sometimes it seems as if it happened yesterday.

And so I take my mask along with me through life,  
Like a perpetual Halloween night,  
To hide just a bit from people and  
to preserve my strength,  
for mourning is tiring.  
And each time I recount that day of death  
I am a little wearied.  
I would rather speak of the joys of his life  
than the sorrows of his death,  
to strangers who absently ask of children

Yet tragedy is more universal  
than I have ever known before it touched my life.

And so, many times I wonder  
who else looks out from behind a Mask?

– (written by Karen Nelson)



(this poem was sent in by Lucas's Family  
and Jacinta's Family)

### An Angel's Birthday

God planned a special day for me  
He told me with a wink  
He'd ordered me a special cake  
It's angel food I think...  
I'm getting lots of hugs from God  
He's really good at that  
And every time I walk by  
He gives my head a pat.

Balloons will fill the streets for me  
They float up through the clouds  
And we have lots of clowns up here  
That makes us laugh out loud!

There is a birthday carousel  
Jewelled horses ride the wind  
With music playing oh so sweet...  
The magic never ends.

I've made so many friends, you see  
We laugh and play and sing  
We ride our bikes and play jump rope  
And sleep in Angel's wings.

We'll have our cake and ice-cream  
And open gifts, surprise!!  
But we don't blow out our candles here  
Instead, they light the skies.

With love from Jacinta Xxxxxx

### For Lucas's Daddy

Dear Daddy,

Please don't cry for me, your tears hurt my heart,  
though you cannot see me, I haven't gone very far.  
I'm in everything you see, and everything you do,  
I'm in your heart daddy, and your dreams too.  
Just close your eyes and feel my breath,  
as I gently kiss your cheek, I promise I'll be ever near,  
so there's no need to weep.

With love from Lucas in Heaven



## TRIBUTES AND POEMS



### Suffer in Silence

Heart in a bottle, high on a shelf,  
fragile but just out of reach  
'Cause you build a fortress with the distance you keep  
But when your heart aches, doesn't it cut deep?

Chorus:

Well, you don't have to suffer, suffer in silence  
You don't have to suffer, suffer in silence  
Don't you know that your heart can feel like an  
anchor

When you keep it all inside  
No don't, don't suffer in silence

Withered with sadness, hurting inside  
But feeling afraid to impose  
So you're an island, but you don't have to be  
'Cause if you're inclined you can talk to me

But, you don't have to suffer, suffer in silence  
You don't have to suffer, suffer in silence  
Oh, I know that the pain can seem like an ocean but  
I'm just a word away  
No don't, don't suffer in silence

I'll be your shelter, I'll be your retreat  
I'll be your shield against the wind  
So, if you need a shoulder for the tears that you keep  
Let it come down, let it rain on me

'Cause, you don't have to suffer, suffer in silence  
You should never have to suffer, suffer in silence  
Oh, I will hear when you're calling like a voice above  
the storm  
No don't, don't suffer in silence

*(lyrics by Sprague and Kirkpatrick, from the Album,  
This Child – Susan Aglukark)*



*(This poem beautifully expresses the tension between  
new hope and the experience of loss in pregnancy.)*

### A Hard Call

– by Paul McCann

Day after day the same thought constantly keeps  
Running through my head,  
Is this child that we are having still alive or is  
this Child dead.

Destiny of the unknown is a reality still to come.  
It's a hard call to answer as the hope of life starts  
To go numb.

I am like a ship tossed at sea but calm  
In the eye of a storm.

As miscarriage came God did reclaim life of our  
child unborn.

Grief for the life in a womb and a tomb,  
Brief the time it was there.

The gift in our hearts will never depart,  
that's a blessing we share.  
(bonnie babes website)



### What went wrong?

There has been a death in the family  
No eulogy, no coffin  
No funeral, no black  
And yet, there has been a death in the family  
No undertaker, no hearse  
No cemetery, no grave  
And yet, there has been a death in the family  
No belly, no fullness  
No lifeline, no baby  
There has been a death in the family  
by Helen Warner Smith  
(Miscarriage and stillborn foundation website)

# Growth and Grief

My Thoughts About Grief – Written by Jacob's Daddy  
who wishes to share his thoughts with other Fathers.

Grief was never something I fully understood until I lost my boy Jacob. I had always considered grief like a sickness as something that got better each day until eventually you were over it.

I kept myself in a state of denial of what had happened and existed on the scenario that if you don't acknowledge it then you don't have to deal with it. When a friend asked a confronting question, I started to wonder what was wrong with me? It wasn't me that had to give birth to a dying child,

I just had to deal with watching him being born and dying in front of me. Looking back this is something huge to deal with but at the time it was something that was going to happen no matter what, so I had programmed myself to deal with it, get on top of everything and get back to life and move on. What a male attitude to grief!!

This worked for me for about 2 months where I managed to keep my emotions hidden from the world. Sure I was an angry person, pig headed and massively unreasonable...but I hid my grief as to me this was a weakness that upset others and I wouldn't allow this happen. My days were about survival, wake up, paint on the tough face, kiss my wife, hug my 2 year old daughter head off to work, get in the car for work and cry for 30 minutes solid during my drive to work, get to work and paint on the face again and take control of the office like nothing was wrong. I had too much riding on my job to fall in a heap.

Then, finish work, drive 30 minutes home and cry the whole way home again, pull up in the driveway and get myself together and walk in the house like nothing was wrong. I survived each day by hiding my true feelings. I became increasingly controlling with an almost obsession to be right and I would argue my point even if I knew I was wrong, I started initially at others and then became very argumentative with my wife.

I needed control, it was the only thing that allowed me to stay on top of my emotions.

I started to drink more during the week as it helped me relax initially, but by later that night would spill my grief over. By the time this had happened it was just me sitting listening to music thinking of my boy dying...the vision is still burned in my mind.

These times were my connection times with my boy but I still didn't acknowledge that this was my grief, as I was still of the belief that it got better by the day and I was feeling worse than ever. I considered myself weak.

Arguments with my wife became a very regular occurrence and these arguments were started by me and over the most ridiculous things. Looking back it was about control, losing Jacob had made me realise that life is not something we can control and I was clinging to any control I could get to stay on top of life. Then I snapped, a simple appointment being missed tipped me over, I started a nasty argument with my wife that ended with me punching a wall, the front door and speeding off in the car, at that point I can honestly say and it destroys me to write this that I would not go back, I was out and not returning. Life had got way too hard and I was quitting. A message left on my phone 5 minutes later made me realise that something was really wrong with the way I was dealing with life.



The message was from my wife and it still makes my cry to this day, "I need you to come home – I can't breathe, I'm not doing so well." My wife was having a panic attack, my own problems with dealing with my grief had impacted so badly on my wife that she was a shattered person. I had done thi. Not only was she dealing with my issues she was dealing with her own grief. I went home and confessed my honest feelings that I had kept hidden for 3 months, apologised, apologised, apologised and spent the rest of the night crying, firstly because I had just unloaded 3 months of grief on someone and secondly because I felt weak that I had now put this additional grief onto my wife that I had sworn I would keep to myself to protect her from pain.

I have since attended counselling together and individually to work on my grief and find ways to express grief without holding it in and venting in aggressive ways. I spend the odd night alone after my wife and daughter have gone to bed with my music headphones on. I find this a time to connect with Jacob and my grief that I still carry in bucket loads.

– continued page 8.

## Growth and Grief

– continued from page 7.

These times are Jacob's and my time, and I play music for him and us and acknowledge my grief that way, this allows me to keep a handle on life while expressing my grief outwardly but privately, which is what works for me. I look forward to the day where I can speak about Jacob to other people and keep myself controlled so they can see how special he is to us even though he is not here. I still struggle with the fact that he is not acknowledged by many others because he only lived for a tiny time on this earth, but does this make him any less of a person than someone who lived for 100 years? Over time I will discuss this with people but at the moment I am working on small steps and I am progressing with myself first.



At our commemorative service for Jacob we played the song Perhaps Love by John Denver, and I really use the words from this song as a promise to Jacob that I will be the Husband, Father and friend that I need to be and more importantly want to be to the people I love.

Now I realise that grief is something that doesn't get better as each day passes it is something that needs to be acknowledged daily and today may be worse than yesterday and tomorrow better than today, there is no rule book that tells you how you will feel at this point in time, all I can say to others is find strength in your family and friends. I live by the line from John Denver's Song Perhaps Love – "even if you lose yourself and don't know what to do, the memory of love will see you through".

After all, it has only been 7 months 24 days 7 hours and 8 minutes since.

– Jacob's Daddy

## Honouring your Child, Creating a Tribute



Creating a memorial tribute for your child can help to provide some purpose and meaning for some parents and families. It may be a book, slideshow, a photo display, some parents plant a tree, create a school scholarship, others take part in activities to raise funds for charity in memory of their child. Does this suit your way of grieving? what would you like to do? Have you found something soothing or helpful? Please write in and share your ideas with others.

Pierre is Tia's Father, he came to a place in his grief where he needed to "do something" especially for Tia, it had to be beautiful, and colourful and he wanted it to be in a place where everyone would know that Tia died but she also LIVED and she would always live in the heart of her Daddy, Mummy and sister. Thankyou to Pierre for sharing your story.



### Tia's Garden

One day it all came so clear to me what I had to do, and that was to devote a garden I could care for the way I cared for my little Tia. It took a while to know what it needed but what ended out truly defined her.

In Tia's garden grows a row of fine strappy grass that reminds me of her wispy fine hair.

In Tia's garden there is a very neatly trimmed hedge that reminds me of how neat and perfect she was when she wore her clothes.

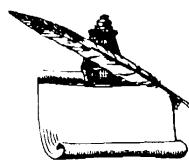
In Tia's garden are two climbing vines that grow a little each day and remind me of how tall she might be today.

In Tia's garden there is a waterfall lined by vines, the sound of the water as it trickles down the fall reminds me of the sound of her babbling that you would hear in the background of each day.

In Tia's garden at the bottom of the waterfall is a winding river bed of polished stones. The twist and bends remind me of how carefree and innocent she was.

This wonderful living growing garden that brings me so much joy is located by the front door of our house and reminds everyone who visits that Tia now lives here, In Tia's Garden.

– Pierre De Longis ~ Tia's Daddy



## Written in Memory

### Deep in My Heart

I can no longer be the woman I once was  
because of the pain that burns deep in my heart  
stripped bare of my innocence that I long to reclaim  
Is there no way to silence this pain?

I walk with so many but few understand  
about this pain that burns deep in my heart  
The years have slipped by but there seems no end  
to this ongoing struggle from deep within  
they have crossed over and can't return  
and have left behind a pain that burns.

Dedicated to  
Maurice and Owen Fritz  
26 October 2007



### Father and Son

I dreamed of my son on his Granddad's shoulders,  
stood at the top of Millmoor Lane. They looked down  
upon me, smiled and waved and said to me, "don't be  
sad, the day will come when we will all play together  
again."

I hold my father and my son in my heart, to walk with  
me throughout my life until we meet again.

– Written by Freddie's Dad, Chris.



Darren and Linda are delighted to announce  
the arrival of Laila Melissa Parker,  
Born 22nd October 2009 at  
King Edward Memorial Hospital  
Little sister to Lucas.

### You and Me Together Forever

Lighting a candle, releasing a balloon,  
Planting a tree and picking a star  
Just a few ways to keep hanging on  
Not letting you drift from my mind too far.

In some ways it's harder to talk about you now  
"He should move on" I know they say  
But I will never give you up  
I'm here to stay.

I'm your father forever, you're my little girl  
I'm stuck on Earth while you're high above  
My angel, my princess, my little sweet pea  
I can't give you a present but you have my love.

Written by Amelia's Daddy, Chris Parry

### Maxy

*The Manly Daily's sports editor, Jason Avedissian's account of the stillbirth of his Maxy was published this month in the Manly Daily. Jason wrote the article, part in tribute to his little son, but also to highlight an issue that many parents must deal with, but which often receives little attention in the broader community.*

"Family and friends soon arrived, all glassy eyed, struggling for words as we cradled our little man. Like a treasured discovery from another world, our delicate first-born was passed around with grandpa the first to proudly hold him aloft.

We spent the night with little Maxy by our side, a surreal experience, unimaginable just three nights earlier when he was kicking up a few laps in mummy's tummy. Two days later we were discharged, Cheryl physically spent, mentally torn.

Our dream gone, with constant reminders pushed along on every passing street. A week later, on a dry and chilly day at Northern Suburbs Crematorium, we bade farewell to baby Maxy, snug in a tiny 2-ft, white coffin. The following days and weeks have been met with a mixture of guilt, anger, utter anguish, complete hopelessness and a desperate need for answers".

– Jason Avedissian, *Father of Maxy, stillborn at 34 weeks gestation.*



# We Remember

Ben Joseph Bergl	28 June 2010	Mathew Maude	19 July 2006	Elizabeth Luise Collett	19 February 2004
Raymond Laurence Henry	27 June 2010	Joshua Stuart Blackwood	18 June 2006	Emily Anderson-King	29 January 2004
Isaiah Bot	5 May 2010	Rachel Mary Pelc	31 May 2006	Bailey Ethan Djano	20 January 2004
Killara Michelle Kearing	12 March 2010	Elizabeth (Libby) Broad	21 May 2006	Cody Lee Belfield	12 January 2004
Caleb Pavlov	7 February 2010	Lucy Alice Hayes	14 May 2006	Bryce Douglas Sutton	8 January 2004
Ella Millard	12 January 2010	Jayden and James Draper	28 April 2006	Ariel Hassett Hall	29 November 2003
Sophie-lea Cunliffe	29 October 2009	Cameron Kuuse	15 March 2006	Leah Newman	22 November 2003
Lachlan Douglas Eves	9 October 2009	Aidan Kuuse	14 March 2006	Jacob William Innes	22 November 2003
Zac Pearson	24 September 2009	Ella Rose Dunnet	12 March 2006	Niamh Michelle Decosta	10 November 2003
Jacinta Dowdeswell	10 August 2009	Mitchell George Vreeken	8 March 2006	Sebastian Clauws	20 October 2003
Jack Rivers Ward	2 August 2009	Hamish Thomas Mitchell	15 January 2006	Lucas Hartman	8 October 2003
Finlay Rose Beasley	15 July 2009	Ash Rakich Hague	10 January 2006	Jay William Riches	21 September 2003
Sophie Ariyaratnam	6 July 2009	Tia Kaye Frazer	7 January 2006	Zack Gilbert	1 September 2003
Lochlan Ariyaratnam	6 July 2009	Alicia Kate Cherry	4 December 2005	James Hansen	27 August 2003
Takoda Dale Atkinson	9 May 2009	Julian Ryan Bobby Dixon	27 November 2005	Paul Nolle	13 August 2003
Liam Nicholson	7 May 2009	Charlotte Dorothy Wright	24th November, 2005	Christopher Alan Hamilton	6 August 2003
Callum Nicholson	7 May 2009	Hannah Centina Kathleen Nixon	30 October 2005	Agnes, Alex, Angus Johnson	28 July 2003
Harrison Samuel Brown	11 April 2009	Bronte Jane Bielawski	29 October 2005	Gregory Matthew Daniels	26 July 2003
Allira Jahneita Rodd(Ronan)	30 March 2009	Dean Philip Tarca	27 October 2005	Brodie Mai Ellis	12 July 2003
Jacob Maher	14 March 2009	Kye Adams	12 October 2005	George James	27 May 2003
Tia De Longis	13 March 2009	Jesse Samuel & Jacob Isaac Cahill	1 October 2005	Luke Matthew Anderson	11 April 2003
Sophie Louise Wright	20 February 2009	Grace Russo	7 October 2005	Jade Carole Wardleworth	25 February 2003
David Matthews	19 February 2009	Izakk Victor Muco	7 September 2005	Taine John Atherton	24 January 2003
Holly Grace Burge	18 February 2009	Joseph Gurry	3 September 2005	Liam John Brown	22 January 2003
Lucy May Hazeldine	16 February 2009	Ruby Rose Stevens	26 August 2005	Jessamy Kate Ferris	31 December 2002
Polly Jess Holderhead	11 February 2009	Riley Poole	27 July 2005	Thomas Walter Hutcherson	29 December 2002
Ella Grace Cleaver	29 January 2009	Quinn Oscar Green	22 July 2005	Claire Louise Mannion	23 December 2002
Jay Jammal	23 January 2009	Katherine Nicole Farmer	4 July 2005	Erin Rawstorne	30 November 2002
Harry Robert Wilshaw	23 December 2008	Adam Stuart Bell	28 June 2005	Piah Helen McCann	7 October 2002
Max Kajma	21 December 2008	Sharhne Rose Butler	15 June 2005	Michelle Mary Dianne Cakir	23 September 2002
Cameron Anthony Conner	12 December 2008	Tyler Michael Brennan	10 June 2005	Imogen Cate Irving	12th August 2002
Chad Allan Sedgwick	9 November 2008	Eliza Helen King	27 May 2005	Grace Skoda	14 July 2002
Toby Amon Dawson	2 October 2008	Dylan Tout	22 May 2005	Zofie Wing	2 July 2002
Nicholas Jacob Edwards	18 August 2008	Chappelle Faith Niese	13 May 2005	Alyssa Alvaro	30 June 2002
Jordan Magistro	29 July 2008	Kaleb Pilot	9 May 2005	Hannah Louise Dandie	26 June 2002
Lucia Ana Carmichael	21 July 2008	Shannon William Bowers	22 April 2005	Chloe Jean Nielsen	12 June 2002
Jordan Murphy	3 July 2008	Brodie Alexsia Green	8 April 2005	Leah Sophie Muni	11 June 2002
Lucas Christopher Parker	2 July 2008	Jack Tomas Connor Lilley	1 April 2005	Ricardo Eric Hernan Vasquez	25 May 2002
Josiah Spurling Martin	21 June 2008	Amelia Rose Edwards	31 March 2005	Courtney Joy Dean	11 May 2002
Scarlett Jane Derry	15 June 2008	Xavier Joel McGuigan	27 March 2005	Jesse Hotter	30 April 2002
Dominic Budiono Ong	23 May 2008	Lachlan John Ficko	15 March 2005	Brody Lee Geralis	May 2002
Aleysha Shae O'Hara	8 May 2008	Alex Spencer Warren	17 February 2005	Austin Golding	3 April 2002
Ella Kate Christie	25 April 2008	Baby Muni	25 January 2005	Jacob Grundy	31 March 2002
Bianca Kristy Ferrari	25 December 2007	Devan Shah	2 January 2005	Finnlugh Mulholland Stewart	14 March 2002
Lana May Johnstone	29 November 2007	Nathan Mitchell Green	19 October 2004	Shaydan Beck Wodzianski	6 March 2002
Samual Stuart Colam	31 October 2007	Jet Lucas-Parr	29 September 2004	Jenna Marie Carrello	26 February 2002
Maurice Fritz	26 October 2007	Ella Burgess-Smith	7 September 2004	Jesse Sawers	22 February 2002
Owen Fritz	26 October 2007	Keah June Heron	31 July 2004	Keely Anne Hawke	17 February 2002
Millie Rae Barnes	5 August 2007	Olivia Rose Powell	30 July 2004	Georgia Louse MacDonald	9 February 2002
Emily Grace Smith	1 May 2007	Jarrold Scott Wright	21 July 2004	Lilly Maja Opacak	31 January 2002
Leroy Tom Wellisch	12 February 2007	Fergus William Miles	6 July 2004	Kavyn Brian Warren	31 January 2002
Sawyer Wakefield Gibbs	15 December 2006	Campbell James Voll	28 June 2004	Hannah Louise Parker	26 December 2001
Deven Brimblecombe	30 October 2006	Ryan Radomiljac	23 June 2004	Danielle Mary O'Brien	26 December 2001
Taya Indah Wilkinson	8 October 2006	Angelique Anderson	20 May 2004	Alexander Julian Reid	26 October 2001
Tobey Jaymes Fawyer	5 August 2006	Alexander Hugh Roy Blackhall	24 April 2004	Tabitha Butler	15 October 2001
Muriel Cino Hall	28 July 2006	Katelyn Anne Burge	28 March 2004	Jermaine Ronan	10 October 2001
Sophie Elizabeth Les	26 July 2006	Gus Keeling Phillips	18 March 2004	Chloe Trandos	30 August 2001



# We Remember

James Vanoosten	19 August 2001	Zachary Wright-Radonich	14 July 1999	Jack Stewart	27 January 1996
Ricky Williams	12 August 2001	Kyle Mitting	14 July 1999	Thomas Richardson	15 January 1996
Anthony Pruiti Garello	4 August 2001	Cameron Sullivan	16 June 1999	Bethany Richardson	15 January 1996
Daniel Creighton	23 July 2001	Kiara Jasmine Shaw	16 June 1999	Jordon Richardson	15 January 1996
Keely Walton	7 July 2001	Jake Kingsley	12 June 1999	Aston Keegan	22 December 1995
Johnathon Mullins	7 July 2001	Brendan Warren	19 April 1999	Jordan Ciavatta	15 November 1995
Conor Mullins	7 July 2001	Lachlan Issac Marshall	14 April 1999	Jaiden Speck	10 November 1995
Jonah Holiday	18 June 2001	Braydon Foley	17 February 1999	Genna Leigh Chapman	5 October 1995
Ben Mitchell	16 June 2001	Brodey Robins	12 February 1999	Leilani Johnson	29 September 1995
Declan Sutton	2 June 2001	Patrick Scott	8 January 1999	Emily Verdoes	1 September 1995
Kane Gorman	1 June 2001	Joshua Dillon	8 January 1999	Holly Carulli	30 August 1995
Julian Robert Ferguson	23 May 2001	Benjamin Stibbs	17 January 1999	Alish Jane Chapman	11 August 1995
Teneya Paulson	19 May 2001	Mitchell Wooldridge	23 December 1998	Connor Kent	25 August 1995
Marketa Hampton	5 May 2001	Samson Phelps	5 December 1998	Paul Cooper	15 August 1995
Hayley Anderson	4 May 2001	Paul Roy Westcott	20 October 1998	Nathan Hanson	16 June 1995
Lily Duncan	2 April 2001	Baby Wright-Radonich	9 September 1998	William Bevis	11 June 1995
Hera Carptener	6 March 2001	Jeremy William Francis	18 June 1998	Cassandra Loise Delicata	23 July 1995
Joshua William Radcliffe	25 February 2001	Carly Rochelle Marshall	12 May 1998	Alex Graham	25 May 1995
Cameron Edmonds	17 February 2001	Jasper Van Der Tas	15 April 1998	Lauren Ross	29 April 1995
Ashton Curphey	24 January 2001	Philip Troy Butler	14 April 1998	Douglas Stock-Regan	24 April 1995
Joshua Smith	16 January 2001	Michelle Dianne Clark	6 April 1998	Oliver Maxwell	15 April 1995
Letiesha Frewin	7 January 2001	Jamiee Mitchell	2 April 1998	Jake Gannaway	6 April 1995
Dylan Woodcock	23 December 2000	Alyssa Latham	26 January 1998	Mitchell Hudson-Pope	25 March 1995
Kyle Umberto Di Silvio	11 December 2000	Kyle Beattie	30 October 1997	Garrath Turton	16 March 1995
Lucinda Vaz	6 December 2000	Melissa Dyer	13 October 1997	Shyann Fear	15 March 1995
Erin Rawstorne	30 November 2000	Amanda Dyer	13 October 1997	Kiersten Honda	26 February 1995
Harland Fell	23 November 2000	Caleb John Lowndes	4 October 1997	Rhys Coster	22 January 1995
Kyle DiSilvio	22 November 2000	Jimi Lewis	7 September 1997	Cheyenne Newnham	19 January 1995
Rachel O'Brien	11 November 2000	Mickiel Rawlings	5 September 1997	Danielle Leech	28 November 1994
Jemaine Tye	11 October 2000	Kayleigh Lightfoot	19 August 1997	Savannah Goodrick	22 November 1994
Robert Hynes	16 October 2000	Caitlin Georgina Foulds	19 June 1997	Penelope Green	11 November 1994
Jordan Falach	25 September 2000	Jeffrey Kelly	2 June 1997	Josephine Green	11 November 1994
Robert Poole	15 September 2000	Kayli Brown	24 May 1997	Baby Fazari	1 November 1994
Emily Pinder	26 August 2000	Shaye Louise Bodenham	23 April 1997	Monique Larea Plug	11 October 1994
Keely Rose Hoefhamer	19 August 2000	Justin Ciavatta	7 April 1997	Jack Liebeck	22 September 1994
Rory Magee	16 August 2000	Jayden Marie Radcliffe	18 January 1997	Ryan Parker	7 September 1994
Cianan Michael Warren	6 August 2000	Elise Holness	19 December 1996	Joshua Wright-Radonich	2 September 1994
Caitlyn Hobley	30 July 2000	Rebecca Grant	18 December 1996	Natilie O'Gorman	16 August 1994
Caleigh Alexia Servaas	29 July 2000	Anne Jones	2 October 1996	James and Angus Szann	16 August 1994
Julie-Anne Williams	16 July 2000	Daniel Gates	24 August 1996	Shantell Ireland	27 July 1994
Mary McQuade	31 May 2000	Dylan Ace	7 August 1996	Charlotte Fisher	3 March 1994
Bayley Wade Heath	19 May 2000	Jake Grosse	3 August 1996	Harry Williams	19 February 1994
Jackson George Perry-Ellis	5 May 2000	Jacob Auld	23 July 1996	Siegrid Vebbing	17 February 1994
Baby Newman	1 May 2000	Luke Meadowcroft	22 July 1996	Crawford De Meo	13 January 1994
Charlie Duncan	22 April 2000	Levi Hunter	22 July 1996	Aaron Cooper	12 January 1994
Jemma Lunt	18 February 2000	Alexandra Singeorzan	12 July 1996	Star Eastwood	10 January 1994
Sophia Sweet-Pea Burrows	29 January 2000	Lachlan Hill	21 June 1996	Jordan Hicks	5 January 1994
Daniel & Nathan Creek	13 October 1999	Sarah McLoughlin	30 May 1996	Jason Paterniti	24 December 1993
Scott Hanna	3 October 1999	Adam Di Dio	8 May 1996	Patrick Garside	15 December 1993
Chad Jolliffe	22 September 1999	Lysa-Marie Ienco	29 April 1996	Callum Barron	6 December 1993
Celeste Melissa Spadaro	1 September 1999	Jeannie Denise Christie Oliver	11 March 1996	Stephaine Gorin	10 November 1993
Haiku Carter	27 August 1999	Benjamin Merrick	9 March 1996	Daniel Podmore	23 October 1993
Connor Dylan Clifford	27 August 1999	Jordan Lowe	24 February 1996	Ella Mae Dobinson	6 October 1993
Liam Gasic-Hunt	14 August 1999	Tiffany Jean Cook	6 February 1996	Shane Parker	29 September 1993
Tory Wood	10 August 1999	Rahman Malekloo	2 February 1996	Jordan William Chater	28 August 1993
Anthony Grant	2 August 1999	Benjamin Ibbotson	1 February 1996	Isaac Piscitelli	29 July 1993
Tamazin Fran Webb	20 July 1999	Marley De Campe	28 January 1996	Christopher and Tom Herne	26 July 1993



# We Remember

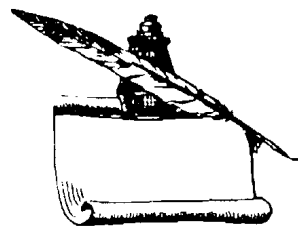
Jordan Hilton	10 July 1993	Ryder Ross Snelling	27 August 1990	Nancy Legge	20 July 1984
Janie Thorne	7 July 1993	Daniel Robertson	3 June 1990	Tiffany Haselhurst-Toby	18 May 1984
Troy Nichols	22 June 1993	Justin Anderson	27 March 1990	Carley Beard	6 May 1984
Scot Joass	15 June 1993	Phillip Dwyer	13 January 1990	Tessa Larter	25 April 1984
Nicholas Penter	13 May 1993	Phelps Twins	21 December 1989	Daniel Cambell	8 February 1984
Jacob Sumich	1 April 1993	Jason Shane Moylan	29 November 1989	Curtis Wolfenden	28 January 1984
Kyle Eaton	15 April 1993	Callum Langmaid	15 November 1989	Shane Daniel Radcliffe	20 December 1983
Joshua Weller	28 March 1993	Luke Bevan Neave	14 November 1989	Dannielle Radcliffe	11 November 1983
Makaila Donkin	24 March 1993	Scott Hastings	14 November 1989	Anthony Smith	3 September 1983
Joshua Coverley	21 March 1993	Mathew Aaron Ridge	26 August 1989	Jason Graham Talbot	12 July 1983
Dylan Logue	9 March 1993	Jeremy Brook	25 August 1989	Melainne Woods	10 July 1983
Emily Vuailat	3 March 1993	Phillip Winspear	2 July 1989	Trenton Rayment	26 June 1983
Matthew Nardelli	31 January 1993	Thomas Knox	13 June 1989	Robert James Hillbrick	18 June 1983
Stephaine Platts	22 January 1993	Sarah Jane Marsden	30 April 1989	Nancy Kraus	10 March 1983
Jake Dixon	22 January 1993	Ella Rae Smith	8 April 1989	Hayley and Monique Gillon	13 August 1982
Emma Seeds	22 December 1992	Samuel Anthony Smith	5 March 1989	Jodi Wellman	8 July 1982
Martika Cain	15 December 1992	April Jones	3 March 1989	Pruellen Rhodes	6 December 1981
Chris Pardini	25 December 1992	Tristen Douglas Krispyn	12 January 1989	Carly Smith	24 September 1981
Caley Blackmore	2 November 1992	Sean Nicolaou	30 October 1988	Taryn Sideris	19 May 1981
Ryan Matthew Broadhurst	30 October 1992	Lloyd Malcom	14 August 1988	Mark Holbrook	30 April 1981
Shaun Carbone	25 October 1992	Joshua Penter	28 July 1988	Cheryl Bouwman	4 December 1980
Timothy Stewart	5 August 1992	Nicholas McGinnity	1 March 1988	Rachel Hamilton	1 September 1980
Michael Young	25 July 1992	Hawes - twin girls	19 January 1988	Sarah Hurst	23 January 1980
James Farley	8 March 1992	Kyle Beattie	3 November 1987	Meyrick John Barnsley	26 October 1979
Aaron Pardini	26 February 1992	Dwight James Reid	25 September 1987	Mary-Therese Bilick	18 September 1979
Andrew Oliver King	20 February 1992	Fred Joass	21 September 1987	Christopher Davis	30 August 1979
Jason Bastow	15 February 1992	Christopher Hawes	5 June 1987	Angela Campbell	11 August 1979
Kira Needham	18 January 1992	Kate Turton	1 February 1987	Bradley Douglas	1 August 1979
Ashlee Keegan	12 December 1991	Elissa Ranson	15 January 1987	Arron James Watson	29 July 1979
Jaime Law	8 December 1991	Keil Penter	23 October 1986	Samantha Louise Denise Stanley	9 May 1978
Tahnee Cain	9 October 1991	Thomas Cooper-Dixon	6 August 1986	Nigel Clive Howes	3 January 1978
Kaylee Miller	1 October 1991	Jemma Ritchie	1 July 1986	Jordan Van Der Tas	12 December 1977
Brian Turton	20 September 1991	Thomas Kordics	9 May 1986	Nadia Lancaster	17 September 1977
Emily Turner	1 September 1991	Ashley Parsons	7 May 1986	Robert and Emma-Louise Van Der Tas	8 July 1976
Samantha Jade Smith	25 August 1991	Andrew McGinnity	15 April 1986	Rebecca Marie Gurry	19 April 1975
Joshua Kastner	25 August 1991	Alena & Corina Wake	15 January 1986	Jason Ward Gosztyla	1 December 1973
Brodie Laurence Troy	19 August 1991	Damien Anderson	8 January 1986	Mark Robert John Nolte	10 April 1971
Jannele Brown	20 July 1991	Hayley Laura Langmaid	24 November 1985	Gina Louise Bruce-Smith	18 April 1969
Elysia Breheny	22 June 1991	Jesse Omran	11 September 1985	Terry Allen Prendergast	15 April 1968
Nathan Reynolds	13 May 1991	Loris and Briony Peacock	16 May 1985	Joanne Isherwood	1 May 1966
Amy Barry	11 May 1991	Ross John Langmaid	2 April 1985	Judy Isherwood	2 September
Shane Thompson	24 December 1990	Ryan Dimov	4 February 1985	Jane Miolin	3 June 1963
Elliot McGinnity	21 December 1990	Keith Godfrey	21 December 1984		
Hope Manning	6 October 1990	Fiona Winspear	10 October 1984		



*Don't apologise for anything that is soothing in your grief.  
If it doesn't hurt you or anyone else, it is ok.*

## Meetings and Events

Meetings are held to provide care and support to bereaved families affected by the sudden and unexpected loss of a child - from conception through childhood. For further information please call the office and speak to one of our counsellors. Our services are financed through generous donations and Red Nose Day fundraising. There is no cost to clients who attend sessions or groups.



## Journalling Group

This group will meet on the last Monday of each month.

Journalling is a creative and healing activity that can bring some comfort and healing while processing the pain of loss and grief. Journalling can be created with writing and/or drawing. The Journal Group will be informal, people may share their ideas, words or drawings and learn from others what helps them. The journal is a record of your journey with your precious child and your journey with grief, some prefer to have separate books for different parts of their written expression.

All are encouraged to attend, the journals remain private, sharing is voluntary. Grammar and spelling etc is not important at all.

Dates: MONDAY evening. To be arranged when group numbers established

Bring your own Journal books. Light refreshments provided.

RSVP Fran 9474 3544

Bring your own Journal books. Light refreshments provided.

## Group Couples Counselling

First Monday of each month 6pm – 7pm. Starting fortnightly from Monday February 1st 2010. group Couple's Counselling appointments will be available between 6pm and 7pm at SIDS and Kids, 33, Sixth Ave, Kensington. Minimum group no: 4 (2 couples).  
Counsellor Judi Nolte

Couples are invited to share and explore with each other the processes applied to the couple's relationship after the death of a child. This may include issues raised by the group that relate to individual, relationship and family processes.

Parents, grandparents, other relatives and supporting friends are welcome as couples.

To register your interest in this group please call or email 9474 3544; jnolte@sidsandkids.org

Dates: to be arranged when group numbers established

## Internet Resources for Grief and Loss

External websites are not endorsed by us but are provided as a resource you may find useful. If you have found a site helpful please let us know.

SIDS and Kids WA [www.sidsandkids.org/wa](http://www.sidsandkids.org/wa)

SIDS and Kids NSW Chat site.

<http://sidsandkidsnsw.proboards86.com> A SIDS and Kids bereavement support forum for bereaved parents to speak to one another. Moderated by counselling staff.

<http://www.thecompassionatefriends.org.au> An organisation offering friendship and understanding to all bereaved parents, siblings and grandparents.

### Bereaved Fathers

<http://fathersgrievinginfantloss.blogspot.com>

<http://www.fathers-forever.org> Bereaved fathers supporting bereaved fathers

[www.opentohopefoundation.org](http://www.opentohopefoundation.org) lots of information and grief education. Videos, podcasts and written articles by grief specialists.

## Regional Support Groups

### ALBANY

Circle of Friends –Southern Edge Arts Centre  
Sanford Rd.

Last Weds of the month

Phone Sam for further details – 0428 639 461

### GERALDTON

Bereavement Support Group – ST JOHN OF GOD  
SPECIALIST CENTRE TRAINING ROOM – Tea,

Coffee and light refreshments provided.

Contact Sue, Regional Supporter 0427 213 281  
or 99213 281

## Healing Memories ~ Scrapbooking Group

This is a Peer Support group (facilitated by a Counsellor or trained Peer Supporter) dedicated to the creation of a Memorial Scrapbook in tribute to your precious child. Sharing stories, smiles and tears as your unique book evolves from gathering and selecting just the right materials to honour your little one. Please bring all own materials. Morning tea provided.

Initially group will be held on 2nd Wednesday of each month, from 9-30am through to 12-30pm, there is potential to run an evening group on a Monday if there are enough people interested.

Weds: Sept 8, Oct 13, Nov 10, Dec 8



## Circle of Friends

**last Wednesday of each month 10am to 12pm**

This group is a place where parents who have gone on to have subsequent pregnancies after a loss, get together and share time, stories and their journey in a supportive and understanding environment. Parents, babies and toddlers are welcome.

(The meetings may include some minor craft activity for the Memorial Service)

Dates for 2010 Wednesday: Sept 29, Oct 27, Nov 24.



## Memorial Service

Saturday December 4th 2010 at 7 pm Claremont  
Old Town Hall 327 Stirling Highway CLAREMONT  
(next to Hungry Jacks).

This service is for you to take part or contribute your words or ideas in honour of your child.

Please contact the Family Service Team.

*Don't let anyone take your grief away from you. You deserve it, and you must have it. If you had a broken leg, no one would criticise you for using crutches until it was healed. Grief is a major wound, it does not heal overnight.*

*You have to give it time until it heals. – (Doug Manning, Don't Take My Grief Away)*

## GENERAL SUPPORT MEETINGS



**3rd Wednesday of every month 10am to 12pm**

Monthly meetings to provide an opportunity for people to share stories and just be in the presence of other bereaved parents supported by a facilitator (Counsellor). We welcome parents and grandparents. (Morning tea provided)



### 2010 DATES

Wednesday 29 September 10am - 12pm

Wednesday 20 October 10am - 12pm

Wednesday 17 November 10am - 12pm

No appointment needed – just turn up at 10am on the day.

# For Fathers – Help with grieving

Keep these ideas in mind when you consider your own grieving process...

- You will grieve in your own way, influenced by who you are, how you're made, what you've experienced, and how you've been raised.
- You're likely to seek a map to understand grief's terrain.
- You may use fewer words than those around you.
- You may be inclined to use your strength to connect with and heal your pain.
- You may choose to tap into your grief by taking action more than through interaction.
- You may place value on independence, quiet, and solitude as you grieve.
- You're likely to find meaning in caring for those around you as one aspect of your grieving process.
- You may wish to honour your loss through action that impacts the future more than talking about the past.
- You can use your courage to stand in the tension of grief.
- You can build on this experience and use it for your own growth.

– (Miller & Golden, 1998)

For those who know a man who is grieving, please keep the following ideas in mind...

- Our culture discourages men from openly grieving
- At the same time men have been judged for not expressing their grief and therefore find themselves in a double-bind.
- A man has physical differences which can impact on his way of healing.
- A man's way of healing may be less visible and more subtle.
- A man's grief is often connected more with the future than with the past.
- Just because a man is more silent does not mean he isn't grieving.
- Every man is unique in the way he approaches his own healing.
- A man's healing can be influenced by his tendency toward independence.
- Men may prefer time alone in order to heal.
- Men may respond to their loss more cognitively.
- A man is likely to find ways to connect with the pain he feels with action he can take.

Remember there is a masculine style of grieving that deserves to be validated. – (Miller & Golden, 1998)

## Regional Peer Supporter Details

ALBANY	Sam – 0428 639 461 *Monthly Support Group*	KALGOORLIE	Naomi 0143 551 065
	Tanya – on leave until further notice	MANDURAH	Helen 9535 3804
BUNBURY	Anne 9725 4313 Leanne 97315707 /0418984953	PORT HEDLAND	Rhonda 0417 181 618
BUSSELTON	Sarah – on leave until further notice	SECRET HARBOUR	Darrell 0449 287 850 Support Group First Thursday of the month 9.30-12.00
ESPERANCE	Therese 9072 0705 Gabby 0409 088 584	TOM PRICE	Kathryn – on leave until further notice (support line 1800 686 780)
GERALDTON	Sue 9921 3281 / 0427 213 281 Monthly Group		Ellen – 0402 032923

**Regional bereaved parents are welcome to call the  
24 hour Peer Support Line on 1800 68 67 80**

The intention of this publication is to provide information and support to bereaved parents, their relatives and friends, and others in the community. However, any views expressed in articles and contributions published in this newsletter do not necessarily reflect the views of SIDS and Kids Western Australia.