



Between Friends

You are not alone!

In his first hand account of a grief journey, in *A Grief Observed* (Toronto: Bantam Books 1976). C.S Lewis said, "We read to know that we are not alone".

I would therefore like to welcome you, the reader, to the Mother's Day issue of our SIDS and Kids, WA *Between Friends* newsletter.

This edition honours mothers, following a pregnancy loss or death of an infant or child. Equally, it acknowledges all those who easily or bravely enter this somewhat alien world of their grief to provide support in addition to that which lies within the mother herself.

Today Mother's Day is celebrated in more than 40 countries, the common symbol being flowers.

I recall a client whose husband sent to her work a beautiful bouquet of red roses for Mother's Day. She sat them on her desk, read the words he wrote to her on the card, and breathed in the fragrance before returning to the task she was in the middle of doing when they arrived. She told me about feeling sad and empty because of the lost opportunity to care for her child as they grew, yet had gained a greater capacity to love, nurture and care for any relationship that mattered. She explained being distracted as her mind wandered to thoughts of what her baby might have looked like now, what would she have been like as a mother – mixed feelings of regret and pain alongside the warmth of reminding herself that no one can take away from her the day she became a mother even though the physical experience was so short.

Her comforting, peaceful, day dreaming state was instantly shattered when the words, "How come you got flowers, you aren't a mother?" penetrated her thoughts. Open mouthed, looking at the person standing at her desk, she burst into tears got up from her desk and raced into the nearby toilet and stayed there sobbing until she stopped shaking enough to collect her things and call her husband to come and take her home.

Ending our conversation, she had Helen Reddy's *I Am Woman* lyrics in her head, "If I have to, I can face anything..." and rather than resign was resigned to either educate that ignorance is not always bliss – it can

hurt deeply – or in wanting to retain her private life as private "let it go".

Does mothering of a baby or child end when he/she dies? Is that how it has to be, that you have to be a visible mother in order to be recognised as a mother? Is it your right, to choose how you want to remember and acknowledge the fact that you are a mother? The answers are no, no and yes.

So this Mother's Day honour yourself and your child by doing all that you would have done for your child for yourself – care, nurture, dream, be kind, be tolerant, listen, be unselfish. You may want to spend the day with other mother's in the family – your own; your mother-in-law; their grandmother or a special someone, who will understand and spend the day with you.

Whatever you decide, remember Mother's Day is every day, not just one day in May and your grief can also be an end in itself, a pure expression of love.

– *Judi Nolte on behalf of the Family Services Team*
(*Judi Nolte, Fran Hamilton and Sue Kennedy*)

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NEWS from the counsellors

Sue and Fran joined with Education and RROSIAC (Reducing the Risk Of SIDS In Aboriginal Communities) to provide a comprehensive SIDS and Kids, WA training/education in contemporary approaches to grief and bereavement; safe sleeping for health professionals, child care workers and the community; and an introduction to the RROSIAC program.

One of the benefits for staff has been the cross-education and training learning each others programs and education approaches.

The trips to date have covered Geraldton, Bunbury, Albany, Mandurah, Tom Price, Broome, Karratha, Esperance, Narrogin and Port Hedland.

The Pilbara regional visit provided an opportunity to liaise with Rio Tinto who have indicated the potential for annual support visits if the community requests ongoing education and training updates.

The Regional Peer Support Online Training Program is developing as information is gained from regional supporters, health professionals and communities. A few technical glitches aside, it should be ready for launch in May or June, 2011.

Judi submitted an application to The Winston Churchill Memorial Trust for a Churchill Fellowship 2011. The aim of the trust is to provide an opportunity for Australians to travel overseas to conduct research in their chosen field that is not readily available in Australia.

Merit of the proposed project is a key factor and a desire to share the research findings with the Australian community. Judi's project was 'To observe Dr. Joann O'Leary's Pregnancy After Loss (PAL) Group using her attachment based model'.

Unfortunately, the project was not short-listed, however, Judi wishes to acknowledge the invaluable support given by Dr. O'Leary (email communication) and Jane Warland a Board Member of SIDS and Kids, SA who was the Project Referee.

Their generosity in providing associated PAL research articles very relevant for you, the client, has been the best outcome from the submission.

Taking note of your feedback in regards to including research in Between Friends for those of you who like to research you may be interested in reading: 'The trauma of ultrasound during a pregnancy following perinatal loss', Journal of Loss and Trauma 10, p.183-204, 2005, by Dr. O'Leary.

Finally, we would like to congratulate Darrell Collett, our phone supporter in Secret Harbour, who received funding from the Rockingham City Council for a support meeting room – see Regional Peer Support Details.

Be kind to yourself this Mother's Day.
– Judi, Fran and Sue



How can I go forward when I don't know which way I'm facing – John Lennon

Your Newsletter contributions

You are invited 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 or email: franhamilton@sidsandkids.org

The Baby Place

Aboriginal people have a saying “through the mother” and touch the Earth. For them, Earth is the Mother provider of everything. This is the story of The Baby Place by Charmaine Walley.

When the dreaming took place and the dreaming beings were shaping the lands, they made special and sacred places throughout their country.

One of these special places is the baby place. This is where Aboriginal mothers throughout time have been to get their babies.

A mother instinctively knows when her baby has been born again because she will see the signs that will tell her baby has come back.

Aboriginal mothers mourning the loss of their babies is an extremely sad time because they know they can't hold, cuddle or see their baby ever again in the form they were born to them and the cultural ties that bind that baby to their people and country is severed and the soul strength of the people and the land is weakened.

Both mothers will mourn the loss of the baby, the Human mother and the Earth mother.

The signs that both are mourning will be everywhere.

From the stillness of the forests to the silence of the birds and animals.

Through the little ones country all will be quiet in respect to their leaving.

After mourning period is over, the strength of both mothers is renewed tenfold.

The spirit baby will be given back to Mother Earth who will welcome the little one back with open arms, she will replenish the lands and make foods plentiful, and then eventually she will give baby to another mother when she goes to the secret baby place.

The Human mother knows her baby is now in the loving arms of mother Earth and all is well.

The cycle of life continues.



Place of Reflection

The Friends of Kings Park and the Consortium of the Place of Reflection, which includes SIDS and Kids, Western Australia, had its Official Launch of the Place of Reflection on 15th April, 2011.

The Place of Reflection is set high on Kings Park and the Botanic Garden's iconic Mount Eliza escarpment, fringed by a canopy of trees and overlooking the beautiful Swan River. It is a place where all people who have suffered loss can seek peace, healing, hope and renewal.

“Having a place to go – is a home. Having someone to love – is a family. Having both is a blessing” – Donna Hedges.

My Brave Birthday Bears

He bought me a bear for my birthday
Same as he does each year
A small white bear and a rose bush
And he always sheds a tear.



The roses are on the terrace
He tends them with love and care
And my bears are on his dresser
They can watch his slumbers from there.

He won't stop, I know it
He'll keep buying them that's for sure
I wonder how many there will be
When we're finally together once more.

For now he'll have to make do
With the feelings of love that I send
No kisses and hugs from his baby girl
To help his broken heart mend.

Be diligent always my brave birthday bears
You must keep him in your sight
Let no harm come to him I beg you
And watch over him every night.

*In loving memory of Gabrielle
You will always be my baby girl.*



Words from parents about the loss of their child

Attachment Is The Source Of All Suffering

From Author: Gordon Livingston – Never Stop Dancing

DEATH is our greatest enemy because it mocks our illusions of control as it routinely renders us powerless. Even when expected it still frightens us. How much worse when it comes unexpectedly in birthing rooms and delivery suites, places designed for joy. Here is where our courage is really tested.

Our best hopes for the future repose in our children-to-be. They are the ones who will love us as only a child can, who will carry our genes into the next generation, who will blossom into happy adults, who will care for us when we are old. Even before we know them, they are part of us. They have already, while still unborn, changed our view of ourselves and of our place in the world. Whether or not we have other children, these new babies occupy a huge space in our lives. Already we take it as our most pleasurable task to protect them from harm. We imagine them slowly, with our help, becoming their own people.

While the dreams we have for our own lives have undergone the shrinkage and alteration imposed on us by our experience of the world, the dreams that we dream for our unborn children are limitless and pure. Untested by reality, they exist in the realm of endless possibility, where hearts are not broken, where age brings only wisdom, and where time is not our enemy.

These children will be brilliant in ways that we are not. They will do well in school. They will live under our protection. These children have the perfection of untested promise and we love them already. The day we finally get to meet them is meant to contain all the joy and fulfillment of which human beings are capable.

The nursery is ready, the colorful mobile hangs over the newly purchased crib. The change table and diapers are there. The soothing color of the walls has been chosen and the rocking chair where the baby will be nursed stands ready. There is a music box at hand ready to play a familiar lullaby. The car seat in which the baby will ride home from the hospital is installed. There is a family in the waiting room or sitting by the phone, ready to celebrate its newest member.

And then...we are baptized in the icy waters of sudden death and unimaginable pain. What is worse is the growing awareness that we will never again be the same people, that this loss that is irredeemable, that it will never go away, that the best we can hope for is a sort of numbed standoff with our fate. Whatever else we are or will become, we will henceforth be a parent bereaved. A great wave of loneliness and despair sweeps over us and we struggle to draw breath. It would be merciful, we think, if our hearts stopped now.

No one teaches us how to grieve or how to be with those that are grieving. Some people seem more able to comfort those who mourn, but then some people are better than others at all sorts of human interactions. Perhaps we can all get better by understanding the process and what we bring to it from our own life experience.

Grief and mourning are surrounded by myth. Grief and mourning are different experiences. Grief is the thoughts and feelings experienced within oneself upon the death of someone loved. It is the internal experience of bereavement. Mourning is the taking of the internal experience and expressing it outside ourselves. This is a very culture bound process. Contemporary cultures may be focused on one imperative: Get over it. In the section on bereavement in the Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association: "The diagnosis of Major Depressive Disorder is generally not given unless the symptoms are still present two months after the loss". In other words, you have two months to grieve, and after that, if you're not back to your old self, you have a mental illness. And there is no orderly progression through the experience of mourning. It does not simply start with denial and end with acceptance as Kubler-Ross wrote. In fact, bereaved people find themselves assaulted by a variety of conflicting emotions in a completely unpredictable sequence. And there are some losses that we are forced to live with but can never truly 'accept'.

A further false belief is that grief is something to avoid. You can try but alcohol creates a hangover and the grief remains. Antidepressants can make you feel less depressed but the grief remains. In fact, it is unavoidable; it cannot be overcome, only experienced. The only 'treatment' is to teach people to tolerate some extremely distressing emotions including anxiety, confusion and sometimes the wish to be dead. Commonly, those in early grief believe they are "going crazy" and sometimes family and friends who cannot comfort add to the 'craziness'.

Bereaved people and those supporting them want to know. "How long will I/they be this way? What is the goal of this awful process?"

The fact is, that the loss of a loved one changes us permanently. There is no 'closure' only 'softening'.



Words from parents about the loss of their child

When we honestly ask ourselves which people in our lives mean the most to us,
We often find that it's those who, instead of giving advice, solutions or cures,
Have chosen rather to share our pain and touch our wounds with a gentle and tender hand.

The friend that can be silent with us in a moment of despair or confusion,
Who can stay with us in an hour of grief and bereavement,
Who can tolerate not-knowing, not-curing, not-healing,
And face us with the reality of our powerlessness- that is a friend who cares

– Henri Nouwen

My Cover-Up Mask

I wake in the morning with tears in my eyes. I have to face another day without my child. I prepare to go to work and put on my 'cover-up' mask as I go out to face the world.

I get my work done and even chat and, sometimes, smile at my co-workers...and they say, "My, how well she seems to be handling her loss". If only they knew, what I am suffering under my 'cover-up' mask, and the tears come again.

I go to bed, and as the darkness of night envelopes me and sleep eludes me, the tears come again. I have gotten through another day without my child. I have learned I must take one day at a time for the rest of my life, since it will never be the same again

In time I will learn to grow into the idea of their absence. There's no easy way to this, the tears come again...

– With respect to Joan Watson, 1992.



Who Dies?

The death of a child is a fire in the mind. The mind burns with alternatives that never come to pass, with fantasies of remarkable recuperations, with dreams of adult accomplishment. If we let this fire burn compassionately within us, the grief of the mind, the fantasies, the burning of the spirit, begin slowly to melt away and the child moves more into our heart. Our anguish can be used to open more fully, to enter as completely as we can into this final sharing. And then, as Rabindranath Tagore wrote in the final lines of his poem, *The End* "Dear Auntie will come with presents and will ask, Where is our baby, Sister?" and Mother, you will tell her softly, 'He is in the pupils of my eyes. He is in my bones and in my soul.

– Stephen Levine (Who dies?)

In telling of my story, I share what is most precious to me ...

Martha Whitmore Hickman

We who have dwelt in darkness begin to see
Martha Whitmore Hickman

I believe that imagination is stronger than
knowledge-

That myth is more potent than history.

I believe that dreams are more powerful than facts-

That hope always triumphs over experience-

That laughter is the only cure for grief,

And I believe that love is stronger than death.

– Robert Fulghum

(in *Only Spring; On Mourning the Death of My Son;*
Gordon Livingston, M.D. Hachette Australia, 2006

April 19, 1995

After getting through the second anniversary, I begin a growing struggle with spiritual issues of meaning.

When people ask what am I doing, I say...

I am learning to live without Rachel

May 25, 1995

It always comes as a shock to realize I haven't written for several weeks-partly a reflection that my life is busier on earth-bound tasks-and partly the reality that I don't have much new to say. Rarely a day goes by still that I don't cry at some point, but slowly the pain seems more bearable. I am learning to live with it-two years seems such a long time in some ways and yet, in others, the twinkling of an eye. I recognize that I am not alone in my grief. I thought of all the other people I knew who were grieving lost children on Mother's Day, not just Daddy and I. We are beginning to know how deeply we are changed, how little material things matter, sometimes how bitter we are though we struggle against that feeling. You just have to acknowledge the rage and let yourself feel it in all its agony. Equally, we can laugh and our hearts feel shocked by the happiness.

(from Chapter 4, *Attempting to Re-enter the World in Journaling a Pathway Through Grief*, Wendy Dean, 2002)

How do I know if I need counselling?

Linda Lehmann, MA, LP, (Bereavement Coordinator at Children's Hospitals and Clinics of Minnesota)

As you move through your grief you may wonder whether you may need the support and help of a grief therapist to help you cope with the loss of your loved one. You might wonder, "Is what I am experiencing normal or am I in trouble?"

Certainly not everyone who experiences the death of a loved one needs counselling but there are some reasons why one might benefit from counselling. The following points may help you to answer the question, "How do I know if I need counselling?"

Your grief doesn't change

Initially you may be in constant pain and on an emotional roller coaster. But as you move through your grief, it should change. You should be able to look back on your grief journey and see that it has changed over time. This is not to say that you will no longer be in pain, but the pain has an ebb and flow to it.

There will be times in which you may feel that the pain is not all consuming. You will find that you have moments, days, and even sometimes weeks in which you feel like you are on an even keel. If, however, your grief does not change over time, it may mean that something is blocking the normal progression of grief. You may need to help of a therapist to help you discover what is impeding your grief.

Your grief is significantly interfering with your ability to keep up with your daily routine

Early on in your grief you may find that the routines of life may be difficult to accomplish as the enormity of your grief wreaks havoc with your life. But after a few weeks, most people get back into some kind of routine because life impels them to do so. If you find that you are not able to keep up with your daily routine after the first initial weeks after your loss, you might benefit from counselling to help you cope with your loss.

Your self esteem remains low

When a loved one dies it can be a devastating blow to one's self esteem. You may wonder why your loved one died and why you survived.

You may wonder whether you did everything you could to care for your loved one. You become aware that despite your devotion, your loved one died anyway. You may wonder why your love wasn't enough.

These thoughts may serve to lower your self-esteem make you feel helpless in the face of it, and feel really bad about yourself. But, as we move through our grief, most of us come to realise we did everything we could.

We come to understand that our loved one's death was not caused by anything we did or did not do.

However, if your self-esteem remains low you may benefit from counselling to help you sort through why these feelings remain.

You find yourself withdrawing from others or are emotionally isolated

All things being equal, we know that emotional support is key for healing one's grief. We all need a witness to our pain. There will be times that you will need moments of solitude as you grieve, but generally, you will need to be surrounded by others who care about you and give you much needed support. If you find yourself socially isolated or intentionally withdrawing from others, counselling may break through some of the loneliness of grief or resolve some of the negative feelings toward others that makes you may want to withdraw from them.

You are consumed with anger, fear, guilt or any other emotion

It is common to feel a range of intense emotions following the death of a loved one. Dearly on in one's grief these feelings may be overwhelming as they come in waves: deep sadness, loneliness, anger, regret. However, if any of these emotions, especially anger, fear or guilt, take hold and prevent one from fully feeling one's grief, it may be halted by the inability to work through these difficult emotions. In these instances, grief counselling may be indicated.

You cope with your feelings with addictive behaviour

The intense feelings of grief may cause one to want to anesthetise the pain with addictive behaviour to ease one's suffering. This addictive behaviour may take the form of drinking alcohol, taking drugs, overeating, overworking and overspending to name a few. If you find that you are using something to prevent yourself from feeling the pain of your grief, it will not work. The grief will be waiting for you until you are ready to feel it. If you need help to overcome this addictive behaviour, you may need the help of a professionally trained grief therapist.

You think of suicide frequently or have made attempts

It is not unusual to long for the loved one and to wish to be with them. Parents often remark, "I would never do anything to hurt myself but if I fell asleep and never awoke that would be OK with me."

However, if you think about harming yourself or have frequent thoughts about suicide, seek help immediately in order to keep yourself safe. Daily thoughts of suicide and an inability to pull yourself out of this kind of thinking means that you are in need of the care of a mental health professional as soon as possible.

"We can only appreciate the miracle of sunrise if we have waited in the darkness." – Author Unknown.



TRIBUTES AND POEMS



Happy Mother's Day

Happy Mothers day to those of you who have only dreamed of a child you could never conceive

Happy Mothers day to those of you who never got to feel your child flutter in your womb for he/she was gone too soon

Happy Mothers day to those who went through labour to hold a still, silent yet perfect angel baby in your arms

Happy Mothers day to those of you who looked day by day at your healthy baby only to find he/she silent, cold and gone one day

Happy Mothers day to those of you who found hard and whose child fought harder for a life too short

Happy Mothers day to those who knew the day was coming when you would no longer hold your child yet you gave him/her a full life

Happy Mothers day to those whose child was four or five and brought you crushed flowers last year but who has gone since then

Happy Mothers day to those of you who could no longer pick up your baby because she was too big, but in the end you rocked back and forth invaded by your grief

Happy Mothers day to those of you who raised your children well but had to bury them all too young, all too soon

Happy Mothers day to all who are mothers whether they cherish their children all on earth or they spend Mothers Day entrapped by their grief for a brief moment in time

Were we more Mothers then than now? **NO be clear and let no one take away our right of Motherhood!!**

– *By Jean Stewart, mother of Rebecca and Christopher.*

www.healingheart.Net/happy_mother's_day.hun

It is only through the cracks that we see the light...

True Friends

True friends are more precious in this world than jewels
however rare

For they bring a warmth and tenderness in showing
that they care

They are there to give a helping hand to share our joy
or sorrow

Their words of comfort give us hope to face the world
tomorrow

They know the best and worst of us, our moods of ups
and downs

They stand beside us through it all, their steadfastness
abounds

So now dear friends as I pen these lines to send them
on to you

Today I say and it's so true, I'm glad to know I've found
such friends like you

– Vera 2008



A Meditation

The melody that our loved one played upon the piano
of our lives will never be played quite that way again,
but we must not close the keyboard and allow the
instrument to gather dust. We must seek out other
artists of the spirit; new friends who gradually will help
us to find the road of life again, who will walk that road
with us.

– Rabbi Joshua Liebman





TRIBUTES AND POEMS



HUSH-a-bye my babies
Sweet dreams to our lullaby
I use to sit and dream of you
Now I just sit and cry

Mummy had so many plans for you
So many dreams and wishes too
But God he had another plan
So now mummy's dreams and wishes are through

Mummy wanted her tomorrows
All I have is yesterday
Mummy wanted to raise her sons
Now I just have your photos on display

Mummy use to have a glow inside
A joy, a warmth, a dream
But now I am numb
All I want is you my boys
My loves, my life, my sons

– Zara-Anne Sealey

*Courage doesn't always roar.
Sometimes courage is the quiet voice at
the end of the day saying,
"I will try again tomorrow"*
– Mary Anne Radmacher

How I Feel
Rising from my slumber
From dreams that seem so real
You look at me with wonder
And ask me how I feel
Thoughtfully I choose my words
My confidence is weak
I see a tear fall from your eye
As you hear the words I speak...

I'm feeling pessimistic, impatient and distressed
A little bit unruly and under great duress
Vulnerable and violent, unstable and severe
Uncertain and uneasy, upset and quite unclear
Impulsive, indecisive, indifferent and restrained
Utterly incapable of dealing with my pain
Perniciously despondent, despicably inept
Illusional and furious
Emotionally unkempt
Skeptical and paralyzed
Uncivilized and numb
Immoral, introverted, hysterical and dumb

So now you know the way I feel
And why I wear this mask
And just like every other day
You're sorry that you asked
– Tammy Hendershot



Hazeldine – Hodgskin

Warrick and Dayna are pleased to announce the safe arrival of Amy Grace, a sister to Zoe Rose and Lucy May.

Born 15.11.10 weighing 3.5 kg and 51 cm tall.

Thank you to Dr Nichols, Dr Murphy and Dr Crompton, along with all the staff at SJOG Murdoch for all your care, kindness and support.

A special thank you to Judi Nolte for helping along this journey.

Amazing Amy Grace is another ray of sunshine in our life.

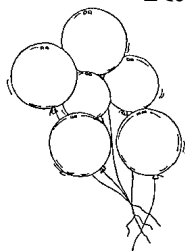


Birthdays in Memory

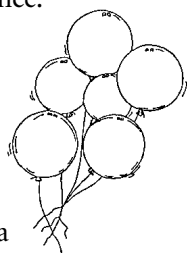


Rachel Ellen Gaitskell

27.3.1991 – 31.3.1991



Remembered with love
and missed by her
triplet siblings; Peter Joshua
and Zahra Emily, and
parents Deborah and Kevin.
We will never see you Dance.



Eva Keady-Tallent

Born February 9, 2009.

For our Baby Girl Eva

Today you would be two and I still yearn
I yearn to hold your baby hand in my big mummy one
I yearn to blow tickly raspberries on your soft tummy
To gently kiss a little kicking pink foot
And snuggle my nose into your sweet wee nooks
I buy tiny clothes to dress you in my head
And fold them away where they will lie forever unworn
A small gang of guardian teddies cuddles around the
cool box that is your home now
A feather, a shell, a leaf nestle near to show you the
wonders of this world
I tell you quietly goodbye every time I leave you
Want to turn back quickly in case I suddenly see you
there

Warm and safe and smiling
Reaching for me
Reaching for mum
And I yearn, I yearn, I yearn...
– Katie Keady

Patrick Francis PIEROTTI-KENT

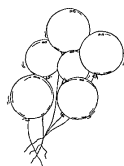
Wednesday 15th May 1996



Remembering you is easy we do that
every day our precious son
But the missing you is heartache that
will never go away.

Forever in our hearts our Angel in heaven

Happy 15th Birthday Sweetheart
Love Mum and Dad
(Viviana and Tony), Collie WA

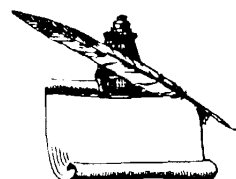


Carmen Fritz

Dedicated to Maurice and Owen Fritz
26 October 2007

We were created from one – you and me
When I look at you I see me, We were a perfect copy
Of each other you see...

As you grew stronger, I grew weaker
But without me you could not be
And so with my last breath you and I ceased to be.



Send a Card

Sometimes it can be difficult to come up with the right words for a card message. When people are hurting, it can be difficult to say anything at all. Many doubts might go through your head as you try to figure out what to write without offending the grieving person.

The examples below will give you a good idea of what to write in a card. They are simple, direct and supportive, but you can make them more personal.

1. "I miss your baby/child too"
2. "You will be in my thoughts and prayers as you get through the days..."
3. "I don't quite have the words that I wish I could write to comfort you, but I know you will understand. Please know I am sorry for your loss."
4. "I am with you as you grieve. Expect me to call in the coming days to check up on you."
5. "It's your baby/child's birthday today – thinking of you."



We Remember

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



We Remember

Keely Anne Hawke	17 February 2002	Sophia Sweet-Pea Burrows	29 January 2000	Alexandra Singeorzan	12 July 1996
Georgia Louse MacDonald	9 February 2002	Daniel & Nathan Creek	13 October 1999	Lachlan Hill	21 June 1996
Lilly Maja Opacak	31 January 2002	Scott Hanna	3 October 1999	Sarah McLoughlin	30 May 1996
Kayvn Brian Warren	31 January 2002	Chad Jolliffe	22 September 1999	Adam Di Dio	8 May 1996
Hannah Louise Parker	26 December 2001	Celeste Melissa Spadaro	1 September 1999	Lysa-Marie Ienco	29 April 1996
Danielle Mary O'Brien	26 December 2001	Haiku Carter	27 August 1999	Jeannie Denise Christie Oliver	11 March 1996
Alexander Julian Reid	26 October 2001	Connor Dylan Clifford	27 August 1999	Benjamin Merrick	9 March 1996
Tabitha Butler	15 October 2001	Liam Gasic-Hunt	14 August 1999	Jordan Lowe	24 February 1996
Jermaine Ronan	10 October 2001	Tory Wood	10 August 1999	Tiffany Jean Cook	6 February 1996
Chloe Trandos	30 August 2001	Anthony Grant	2 August 1999	Rahman Malekloo	2 February 1996
James Vanoosten	19 August 2001	Tamazin Fran Webb	20 July 1999	Benjamin Ibbotson	1 February 1996
Ricky Williams	12 August 2001	Zachary Wright-Radonich	14 July 1999	Marley De Campe	28 January 1996
Anthony Pruiti Garello	4 August 2001	Kyle Mitting	14 July 1999	Jack Stewart	27 January 1996
Daniel Creighton	23 July 2001	Cameron Sullivan	16 June 1999	Thomas Richardson	15 January 1996
Keely Walton	7 July 2001	Kiara Jasmine Shaw	16 June 1999	Bethany Richardson	15 January 1996
Johnathon Mullins	7 July 2001	Jake Kingsley	12 June 1999	Jordon Richardson	15 January 1996
Conor Mullins	7 July 2001	Brendan Warren	19 April 1999	Aston Keegan	22 December 1995
Jonah Holiday	18 June 2001	Lachlan Issac Marshall	14 April 1999	Jordan Ciavatta	15 November 1995
Ben Mitchell	16 June 2001	Braydon Foley	17 February 1999	Jaiden Speck	10 November 1995
Declan Sutton	2 June 2001	Brodey Robins	12 February 1999	Genna Leigh Chapman	5 October 1995
Kane Gorman	1 June 2001	Patrick Scott	8 January 1999	Leilani Johnson	29 September 1995
Julian Robert Ferguson	23 May 2001	Joshua Dillon	8 January 1999	Emily Verdoes	1 September 1995
Teneya Paulson	19 May 2001	Benjamin Stibbs	17 January 1999	Holly Carulli	30 August 1995
Marketa Hampton	5 May 2001	Mitchell Wooldridge	23 December 1998	Alish Jane Chapman	11 August 1995
Hayley Anderson	4 May 2001	Samson Phelps	5 December 1998	Connor Kent	25 August 1995
Lily Duncan	2 April 2001	Paul Roy Westcott	20 October 1998	Paul Cooper	15 August 1995
Hera Carptener	6 March 2001	Isabella Meredith	14 October 1998	Nathan Hanson	16 June 1995
Joshua William Radcliffe	25 February 2001	Baby Wright-Radonich	9 September 1998	William Bevis	11 June 1995
Cameron Edmonds	17 February 2001	Jeremy William Francis	18 June 1998	Cassandra Loise Delicata	23 July 1995
Ashton Curphey	24 January 2001	Carly Rochelle Marshall	12 May 1998	Alex Graham	25 May 1995
Joshua Smith	16 January 2001	Jasper Van Der Tas	15 April 1998	Lauren Ross	29 April 1995
Letiesha Frewin	7 January 2001	Philip Troy Butler	14 April 1998	Douglas Stock-Regan	24 April 1995
Dylan Woodcock	23 December 2000	Michelle Dianne Clark	6 April 1998	Oliver Maxwell	15 April 1995
Kyle Umberto Di Silvio	11 December 2000	Jamiee Mitchell	2 April 1998	Jake Gannaway	6 April 1995
Lucinda Vaz	6 December 2000	Alyssa Latham	26 January 1998	Mitchell Hudson-Pope	25 March 1995
Erin Rawstorne	30 November 2000	Kyle Beattie	30 October 1997	Garrath Turton	16 March 1995
Harland Fell	23 November 2000	Melissa Dyer	13 October 1997	Shyann Fear	15 March 1995
Kyle DiSilvio	22 November 2000	Amanda Dyer	13 October 1997	Kiersten Honda	26 February 1995
Jesse Wynd	16 November 2000	Caleb John Lowndes	4 October 1997	Rhys Coster	22 January 1995
Rachel O'Brien	11 November 2000	Jimi Lewis	7 September 1997	Cheyenne Newnham	19 January 1995
Jemaine Tye	11 October 2000	Mickiel Rawlings	5 September 1997	Danielle Leech	28 November 1994
Robert Hynes	16 October 2000	Kayleigh Lightfoot	19 August 1997	Savannah Goodrick	22 November 1994
Jordan Falach	25 September 2000	Caitlin Georgina Foulds	19 June 1997	Penelope Green	11 November 1994
Robert Poole	15 September 2000	Jeffrey Kelly	2 June 1997	Josephine Green	11 November 1994
Emily Pinder	26 August 2000	Kayli Brown	24 May 1997	Baby Fazari	1 November 1994
Keely Rose Hoefhamer	19 August 2000	Shaye Louise Bodenham	23 April 1997	Monique Larea Plug	11 October 1994
Rory Magee	16 August 2000	Justin Ciavatta	7 April 1997	Jack Liebeck	22 September 1994
Cianan Michael Warren	6 August 2000	Jayden Marie Radcliffe	18 January 1997	Ryan Parker	7 September 1994
Caitlyn Hobley	30 July 2000	Elise Holness	19 December 1996	Joshua Wright-Radonich	2 September 1994
Caleigh Alexia Servaas	29 July 2000	Rebecca Grant	18 December 1996	Natilie O'Gorman	16 August 1994
Julie-Anne Williams	16 July 2000	Anne Jones	2 October 1996	James and Angus Szann	16 August 1994
Mary McQuade	31 May 2000	Daniel Gates	24 August 1996	Shantell Ireland	27 July 1994
Bayley Wade Heath	19 May 2000	Dylan Ace	7 August 1996	Charlotte Fisher	3 March 1994
Jackson George Perry-Ellis	5 May 2000	Jake Grosse	3 August 1996	Harry Williams	19 February 1994
Baby Newman	1 May 2000	Jacob Auld	23 July 1996	Siegrid Vebbing	17 February 1994
Charlie Duncan	22 April 2000	Luke Meadowcroft	22 July 1996	Crawford De Meo	13 January 1994
Jemma Lunt	18 February 2000	Levi Hunter	22 July 1996	Aaron Cooper	12 January 1994



We Remember

Star Eastwood	10 January 1994	Brodie Laurence Troy	19 August 1991	Loris and Briony Peacock	16 May 1985
Jordan Hicks	5 January 1994	Jannele Brown	20 July 1991	Ross John Langmaid	2 April 1985
Jason Paterniti	24 December 1993	Elysia Breheny	22 June 1991	Ryan Dimov	4 February 1985
Patrick Garside	15 December 1993	Nathan Reynolds	13 May 1991	Keith Godfrey	21 December 1984
Callum Barron	6 December 1993	Amy Barry	11 May 1991	Fiona Winspear	10 October 1984
Stephaine Gorin	10 November 1993	Rachel Ellen Gaitskell	31 March 1991	Nancy Legge	20 July 1984
Daniel Podmore	23 October 1993	Shane Thompson	24 December 1990	Tiffany Haselhurst-Toby	18 May 1984
Ella Mae Dobinson	6 October 1993	Elliot McGinnity	21 December 1990	Carley Beard	6 May 1984
Shane Parker	29 September 1993	Hope Manning	6 October 1990	Tessa Larter	25 April 1984
Jordan William Chater	28 August 1993	Ryder Ross Snelling	27 August 1990	Daniel Cambell	8 February 1984
Isaac Piscitelli	29 July 1993	Daniel Robertson	3 June 1990	Curtis Wolfenden	28 January 1984
Christopher and Tom Herne	26 July 1993	Justin Anderson	27 March 1990	Shane Daniel Radcliffe	20 December 1983
Jordan Hilton	10 July 1993	Phillip Dwyer	13 January 1990	Dannielle Radcliffe	11 November 1983
Janie Thorne	7 July 1993	Phelps Twins	21 December 1989	Anthony Smith	3 September 1983
Troy Nichols	22 June 1993	Jason Shane Moylan	29 November 1989	Jason Graham Talbot	12 July 1983
Scot Joass	15 June 1993	Callum Langmaid	15 November 1989	Melainne Woods	10 July 1983
Nicholas Penter	13 May 1993	Luke Bevan Neave	14 November 1989	Trenton Rayment	26 June 1983
Jacob Sumich	1 April 1993	Scott Hastings	14 November 1989	Robert James Hillbrick	18 June 1983
Kyle Eaton	15 April 1993	Mathew Aaron Ridge	26 August 1989	Nancy Kraus	10 March 1983
Joshua Weller	28 March 1993	Jeremy Brook	25 August 1989	Hayley and Monique Gillon	13 August 1982
Makaila Donkin	24 March 1993	Phillip Winspear	2 July 1989	Jodi Wellman	8 July 1982
Joshua Coverley	21 March 1993	Thomas Knox	13 June 1989	Pruellen Rhodes	6 December 1981
Dylan Logue	9 March 1993	Sarah Jane Marsden	30 April 1989	Carly Smith	24 September 1981
Emily Vuailat	3 March 1993	Ella Rae Smith	8 April 1989	Taryn Sideris	19 May 1981
Matthew Nardelli	31 January 1993	Samuel Anthony Smith	5 March 1989	Mark Holbrook	30 April 1981
Stephaine Platts	22 January 1993	April Jones	3 March 1989	Cheryl Bouwman	4 December 1980
Jake Dixon	22 January 1993	Tristen Douglas Krispyn	12 January 1989	Rachel Hamilton	1 September 1980
Emma Seeds	22 December 1992	Sean Nicolaou	30 October 1988	Sarah Hurst	23 January 1980
Martika Cain	15 December 1992	Lloyd Malcom	14 August 1988	Meyrick John Barnsley	26 October 1979
Chris Pardini	25 December 1992	Joshua Penter	28 July 1988	Mary-Therese Bilick	18 September 1979
Caley Blackmore	2 November 1992	Nicholas McGinnity	1 March 1988	Christopher Davis	30 August 1979
Ryan Matthew Broadhurst	30 October 1992	Hawes - twin girls	19 January 1988	Angela Campbell	11 August 1979
Shaun Carbone	25 October 1992	Kyle Beattie	3 November 1987	Bradley Douglas	1 August 1979
Timothy Stewart	5 August 1992	Dwight James Reid	25 September 1987	Arron James Watson	29 July 1979
Michael Young	25 July 1992	Fred Joass	21 September 1987	Samantha Louise Denise Stanley	9 May 1978
James Farley	8 March 1992	Christopher Hawes	5 June 1987	Nigel Clive Howes	3 January 1978
Aaron Pardini	26 February 1992	Kate Turton	1 February 1987	Jordan Van Der Tas	12 December 1977
Andrew Oliver King	20 February 1992	Elissa Ranson	15 January 1987	Nadia Lancaster	17 September 1977
Jason Bastow	15 February 1992	Keil Penter	23 October 1986	Robert and Emma-Louise Van Der Tas	8 July 1976
Kira Needham	18 January 1992	Thomas Cooper-Dixon	6 August 1986	Rebecca Marie Gurry	19 April 1975
Ashlee Keegan	12 December 1991	Jemma Ritchie	1 July 1986	Jason Ward Gosztyla	1 December 1973
Jaime Law	8 December 1991	Thomas Kordics	9 May 1986	Mark Robert John Nolte	10 April 1971
Tahnee Cain	9 October 1991	Ashley Parsons	7 May 1986	Gina Louise Bruce-Smith	18 April 1969
Kaylee Miller	1 October 1991	Andrew McGinnity	15 April 1986	Terry Allen Prendergast	15 April 1968
Brian Turton	20 September 1991	Alena and Corina Wake	15 January 1986	Joanne Isherwood	1 May 1966
Emily Turner	1 September 1991	Damien Anderson	8 January 1986	Judy Isherwood	2 September 1963
Samantha Jade Smith	25 August 1991	Hayley Laura Langmaid	24 November 1985	Jane Miolin	3 June 1963
Joshua Kastner	25 August 1991	Jesse Omran	11 September 1985		



Meetings and Events

Support Groups 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.

Healing Memories ~ Scrapbooking Group

This group is facilitated by a Counsellor and dedicated to the creation of a Memorial Scrapbook in tribute to your precious child.

Sharing stories, mementos, 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.

The group will be held on 2nd Wednesday of each month, from 9-30am through to 12-30pm.

Dates for 2011 Wednesday:

8 June; 13 July, 10 Aug, 14 Sept, 12 October, 9 Nov.

Group Couples Counselling

First Monday of each month.

Couples Group will be available between 6pm and 7.30pm at SIDS and Kids, 33, Sixth Ave, Kensington. Registration is essential.

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. Minimum group no: 4 (2 couples). Counsellor Judi Nolte. To register your interest in this group please call 9474 3544 or email jnolte@sidsandkids.org

Dates: to be arranged when group numbers established.

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.

Dates for 2011 Wednesday:

29 June, 27 July, 31 Aug, 28 Sept, 26 Oct, 30 Nov.



Old Age Grief

In the 1950s and 1960s many single and married women whose babies were stillborn were never allowed to see their babies after giving birth and they have continued to grieve privately throughout their life.

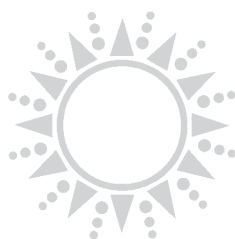
If this is you, two workshops are being held to give you an opportunity to tell your story; share your grief and how you have coped with others; learn and talk about contemporary attitudes towards baby loss with the facilitator and group members and recognise it is never too late to share memories and create a support network.

Dates: June 10am to 12pm and July 14, 10am to 12pm.

Group Facilitator: Sue Kennedy – Counsellor

Age Group: Adults only

For more information and to register please ph: 9474 3544 or email: suekennedy@sidsandkids.org





Phone Supporters

A BIG THANKYOU to those who responded to our last request and to all Telephone and Regional supporters who provide a valuable service to bereaved parents. This work is a fundamental part of our service. SIDS and Kids is fortunate to have team of dedicated people committed to providing a quality care.

Please contact Fran or Sue if you feel you can contribute by being a volunteer phone or regional supporter. There is an application process. And it needs to be at least one year since the death of your baby or child. Training is required and will be provided by SIDS and Kids WA. (9474 3544; franhamilton@sidsandkids.org



If any one is happy for a SIDS and Kids Media representative to contact you regarding the partaking in specific media articles related to grief and loss, please call Dee on 9474 3544. All Media contact will be protected under SIDS and Kids instructions. We greatly appreciate any assistance.



Regional Peer Supporter Details

ALBANY	Sam – 0428 639 461 Circle of Friends Southern Edge Arts Centre Sanford Rd. Last Weds of the month. Please phone Sam for further details – 0428 639 461	GERALDTON	Sue 0427 213 281 Bereavement Support Group St John of God Specialist Centre Training Room Tea, Coffee and light refreshments provided. For dates call Sue 0427 213 281 or 99213 281
BUNBURY	Leanne 97315707 /0418984953	SECRET HARBOUR	Darrell 0449 287 850 First Tuesday of each month 9 to 11am Secret Harbour Community Centre, Oasis Drive, Secret Harbour. Please contact Darrell 0449 287 85
ESPERANCE	Therese 9072 0705 Gabby 0409 088 584		
KALGOORLIE/ ESPERANCE	Naomi 0143 551 065		
MANDURAH	Helen 9535 3804		
PORT HEDLAND	Rhonda 0417 181 618		
TOM PRICE	Ellen – 0402 032923		

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



Our new website www.sidsandkidswa.org is now complete with a new look, simple navigation and the tools to access the most current information and updates on events, fundraising and bereavement support services.

You can now join us on Facebook too, simply search for 'SIDS and Kids WA' or go to www.facebook.com/sidsandkidswa and 'Like' us! Here you will find constant updates on events, fundraising, and online campaigns.

Please support SIDS and Kids WA and spread the word by joining us on Facebook today.



MOVIE REVIEW

(from the Health Promotion team, SIDS and Kids, NSW)

Some of the Health Promotion team went to see Rabbit Hole the movie with Nicole Kidman as a bereaved mum. We were pleasantly surprised that a movie could convey so eloquently some of the ups and downs of life after your child has died.

One of the scenes where the grandmother and the mother are discussing grief was particularly poignant. I expect that many bereaved parents would be able to identify with the struggles that they encounter.

Internet Resources for Grief and Loss

Simply search www.sidsandkids.org to obtain support if you, a family member or friend is bereaved by the death of a baby or child during pregnancy, birth, infancy or childhood.

SIDS and Kids NSW Chat site. <http://sidsandkidsnsw.proboards86.com>

This is an online support forum for bereaved parents and their families who would like to communicate with others who have had similar losses. The boards are moderated by counselling staff and provide support for Miscarriage, Stillbirth and Neonatal Death, Subsequent Pregnancy, SIDS and Termination.

Please Note: External websites are not endorsed by us but are provided as a resource you may find useful.

<http://www.centering.org> is an excellent place from which to purchase books and other materials for all ages, related to grief and bereavement support.

<http://www.opentohope.org> provides some interesting interviews (through utube clips) with those who work with bereaved people. The site may provide you with support, learning and could be used to help explain your grief needs to friends and relatives.

<http://www.bornangels.com> links to many resources for pregnancy loss, infertility and neonatal death

<http://www.fathersgrievinginfantloss.blogspot.com> a blog for fathers who have experienced a pregnancy loss or death of an infant

<http://www.earlytraumaticgrief.anu.edu.au> this collaborative network promotes development and understanding in the field of child and adolescent trauma, loss and grief.

<http://www.griefnet.org/support/sg2.html> general and specific child death related grief resources

<http://www.amba.org.au> Australian site for those who are experiencing or have experienced multiple birth or multiple losses

<http://groups.yahoo.com/group/OzMOST> email based Australia wide support group for women who have experienced the death of a baby in a multiple pregnancy

<http://www.sidelines.org> international email support provided by parent volunteers and offered to those currently experiencing pregnancy complications or who have a baby in NICU

<http://www.aheartbreakingchoice.com> a parent based support group for families who have terminated a pregnancy following the diagnosis of a fetal abnormality

<http://childhoodgrief.org.au> provides counselling to children and their families no matter how the death occurs.



Has your family had dealings with the Coroner's Court?

Share your Experience

The Law Reform Commission is currently reviewing coronial laws, practices and procedures and the operation of the Coroner's Court in Western Australia. The review will examine all aspects of the coroner's jurisdiction including death investigation, post mortem, inquests and coronial counselling.

The Commission invites people who have had dealings with the Coroner's Court to share their experiences. Comments from the public will help the Commission to make recommendations to improve coronial legislation and practice for the benefit of the community. The Commission's website features a Background Paper and survey to assist people to focus their comments.

Comments can be made by mail, email or telephone or via the online survey.

Law Reform Commission of Western Australia

Telephone: (08) 9321 4833 • Facsimile: (08) 9321 5833 • Email: lrcwa@justice.wa.gov.au



33 Sixth Avenue, Kensington 6151 WA
Phone 9474 3544 • Fax 9474 3636 • Email: perth@sidsandkidswa.org
Child Loss Support 1800 686 780 • Country 1800 199 466 • www.sidsandkids.org

Do you feel like talking with someone who has also
experienced the death of their child?

Please call the SIDS and Kids 24 hour Telephone Peer Support Line:- 1800 686 780

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.