



# Between Friends

## To be a Father

In modern times, the beginning of Fathers' Day is considered to be when Sonora Smart Dodd introduced the concept in 1910, in recognition of her father who, following the death of his wife, was a dedicated single parent to six children. There are also suggestions that it is linked to the pagan beliefs that the sun is the father of the universe.

What does Fathers' day mean to you? I am told by fathers of the questions that come up at this time, and the emotions around facing a day of celebration with a broken heart.

Some question themselves – my baby died, am I a father? Or I have one living child and a child who died, am I a father of one or two? Or my babies haven't managed to survive beyond 12 weeks in the womb, I am still waiting to hold a baby in my arms, am I a father yet?

Some might say that biologically any man can be a father, however, to 'father' requires a strong sense of responsibility, of being a loving presence who guides and nurtures a child into adulthood.

How does this sit when the opportunity to 'father' has been ripped away prematurely and without any choice?

YES you are a father, YES count all your children and babies, living and deceased. I would also argue that to 'father' your child is about loving intention. Intention to raise a healthy little one, intention to love, intention to guide, intention to remain in your child's life. Intention to be a positive role model, as in this quote:

"My father didn't tell me how to live; he lived, and let me watch him do it." Clarence Budington Kelland, U.S. Writer.

Sadly, many fathers have to face being a father at a different, some might say more sacred level.

This may have involved – waiting while his wife laboured painfully to birth a little one who died in the womb; finding his child cold and still in the 'safe' haven of her cot; taking part in bathing, dressing and eulogising a child gone too soon; attending to the creation of a memorial place for their child, such as a garden or a dedicated place in the home.

Fathers continue to be a parent to their child even in death, they are the guardians of the child's life, however short, they will ensure the child is not forgotten. They will say, "yes, I have a child, she died, but more importantly, she lived." Or "our son didn't get to be alive in this world, he died before he was born, and for (5) glorious months he was nurtured and loved in his mother's womb,"

Many fathers talk of the changes in themselves since experiencing the loss of their child. Freddie's father sent in a poem with some of his journey, how do you relate to this? In the early days of grief it seems 'wrong' to think of gaining or growing through the death of a child, but the reality is that parents often develop a wiser perspective on life and on what matters, what is or isn't important.

So back to the quote:

"My father didn't tell me how to live; he lived, and let me watch him do it." How does this apply when your child died?

– *continued page 2.*

### Inside this Issue

News from the Counsellors	Page 2
Fathers share their thoughts	3
I don't get it. I don't understand life	4
Sibling Loss: I want my sister back	5
Tributes and Pems	6-7
Birthdays in Memory	8
We Remember	9-11
Crying with tears, or crying with no tears	12-14
Well, what kind of choice is that?	15
A Self-care check-in for fathers	16-17
Early pregnancy loss	18
Meetings and Events	19
Internet Resources	20

# NEWS from the counsellors

## Farewell Judi

After eleven years of service, it is with regret that we said goodbye to Judi Nolte in May. Judi Nolte has been a symbol of steadiness through many times of change in the Family Service Team and the organisation.

Her dedication to clients has been warmly received and she will be missed. Judi's contribution to client services is greatly appreciated, in particular, her work with Couples Groups in the evenings, her skills as a Play Therapist and her commitment to successfully set up the 'First Response' initiative for families experiencing the sudden death of a child. Judi is taking a well-earned break and will pursue new directions in her counselling work. A warm thankyou to Judi, we all wish you happiness in your adventures and every success with your professional endeavours.

We are currently in the process of finding another Counsellor, meanwhile Sue and Fran are available to provide individual, couple, family appointments in addition to our regular groups.

## New Small Groups – Specific to Type of Loss

We recognise the comfort and support bereaved parents get when they gather together and share stories of their child and their grief. Some parents wish to meet with others who have experienced a similar death of a child and we aim to create more opportunities for families to do this. Groups will be held in the evening for three or four consecutive weeks with the aims of providing the specific Counsellor facilitation needed and creating peer support networks with the potential for friendships to develop over time.

Here are the requests so far:

- Several parents have gone through the heartbreak of the diagnosis of a genetic condition in their unborn child, which has led to an interrupted pregnancy and the loss of the child.  
We are inviting such parents to join together with the counsellor in a facilitated peer group.
- Some parents have lost one twin and wish to gather with others who are parenting a surviving twin, to discuss the specific issues in coping with this bittersweet parenting experience.
- Some parents have experienced the birth of their child following a traumatic labour, the baby has died after being on life-support for a short time.

- We have a grandmother who wants to meet other grandmothers. This group could develop into a grandparent group.

If you would like to join these parents or wish to join a group specific to your type of loss, please contact the Counsellors on 9474 3544 or email

Please see the fliers about the Walk to Remember and the inaugural Holiday School Project for bereaved siblings. Our first event will be 'We're Going to the Zoo' a KidZoo and TeenZoo workshop.

– Fran Hamilton and Sue Kennedy – FST Counsellors



## What does Father's Day mean to you?

– continued from front page

It applies. To live well after the death of a child can be hard especially in the early days, but living well can be a way of being the father you want to be, you are not telling your child how to live, how you wish you had that option, rather you are living the best you can – you are living a good life –in honour of your child - for your child . Physical parenting may no longer be possible in the way you want, tending to a child's grave maybe parenting, but it isn't what you hoped and dreamed for. Rather, being the Father with the good intention, being the man with good heart, is the way to be the father you are.

A father of a living son says:

“As he grows my sense of responsibility grows with him.”

A father of a deceased son might say:

“Even though he is no longer physically here, my responsibility is to continue my journey of growth as a father and a man.”

Be gentle and kind to yourself as you learn your own way to be a father to your child or children whether they are here or not. Nurturing yourself is nurturing your child.

We are privileged to know your stories, your courage and to be witness to the sadness, the joys and the growth as you learn to live well in grief and life. Thankyou. Namaste.

– Fran Hamilton, on behalf of the Family Services Team

## About Fathers' Day: Fathers share their thoughts

Notice how different and similar these responses are. Most parents find that having part of the day planned and part of the day free is a good balance. They often find that the days leading up to Fathers Day are filled with dread, and the day itself is somehow easier than expected. As if much of the pain is felt prior to the day.

### What do you plan to do on Father's Day?

- I plan on staying home, blocking out the world – I might watch a movie, and I will definitely spend time looking at the photos. Who would have thought I would only be holding photos of my dead baby when she was due the week before Fathers day?
- I know I have to stay on top of things for my wife. She is planning something for me, like I did for her on Mothers day. We just have to look after each other right now and maybe next year.... Who knows?
- I plan to have breakfast with my parents, I will avoid the usual big family lunch this year. I can't imagine ever wanting to do that again.
- I am not sure how my emotions will set up as I will be just over a week shy of that life changing day. I will have to get back to you as to how I fared.
- I plan on taking my daughter out to spend time just being her father. I will have my son with me as well as I wear a bracelet with his name engraved on it so I can carry him with me wherever I go.

- I plan to go to the cemetery. It is a lovely spot to just sit around, I even talk to her you know. It sounds crazy to enjoy going to the cemetery, but it's something I do once or twice a week on the way home from work. It helps, I don't know how but it just does.
- I lost my toddler son three months ago to SIDS. I'm still trying to cope and it's not easy and depression is still kicking my butt hard. I'm just filled with regrets and could haves and would haves at the moment.

### How do you want others to handle you on Father's Day?

- I want others to just be as normal as possible and to remember that I have two children, my daughter who is nearly four years old, and my son who would be 5 1/2 months this father's day.
- I want others to recognize that I am still a father to my Zac in heaven and my Daniel here on earth. My biggest fear is people forgetting about Zac and I want everyone to recognize him for as long as I live.
- I just want my family to call or even text and say they are thinking of me and my child on this day.
- I just won't be able to bear anyone saying, "happy fathers' day, yes I know I have a daughter, but how can I be happy when my son is dead?"
- I would rather not see people, it is just another day now.



## This is what I will do on Father's Day...

I will *remember* my son Luke in prayer  
I will *talk* to my living son and to my wife about Luke.  
We will *tell stories* about Luke as appropriate  
I will probably shed a few tears  
I'll keep *busy*; do something that I enjoy doing.  
I will especially *cherish* my time with my living son and...

*I will remind myself that being in the moment with those we love may be our last and therefore the moment needs to be cherished.*

It won't be a bad day but it will serve as a day for me to remember my son. I cherish the times when I can talk about Luke with those who knew and appreciated Luke.

My experience is that the immediate sting of loss has faded and that is good. But my God, the ache will always be there and sometimes that really hurts.

– Written by Luke's Dad.

(<https://www.facebook.com/notes/bereavement-servicesresolve-through-sharing/how-one-bereaved-father-spends-fathers-day/190369971012549>)

# REFLECTIONS: I don't get it: I don't understand life

*What is the meaning of life?...the great revelation...never did come. Instead there were little daily miracles, illuminations, matches struck unexpectedly in the dark. – VIRGINIA WOOLF*

What is life for? Why does death happen to someone who isn't ready for it.

Who is too young or too valuable in the world or too indispensable to those who love him or her? What is the purpose of suffering, anyway? Why do we have to go through it?

We don't get direct answers to such questions. As we ask them, we know they are impossible. There are no great revelations to be made. But there are ways in which we can realize that our lives have meaning, that we are here for a purpose, that we can do good for others – and promote growth and happiness in ourselves.

We don't need to have the answers to the big questions in order to continue meaningful lives, for there is

meaning in nearly everything if we are open enough to recognize and appreciate it. We do need to allow ourselves to become alert, to delight in the small rewards and pleasures of life that constitute those daily miracles. *"Despite my not understanding the mysteries of life and death, I can still be illuminated by matches struck in the dark. Sometimes I strike them myself; sometimes they are struck by others. Something as simple as provoking a smile in someone who hasn't smiled for a long time is a little miracle of life, a spark of pleasure. I will be open to receiving and creating those kinds of actions. I will see in each of them the answer to the meaning of life. I will understand that they are the lights that will guide me, eventually, beyond my grief".*

## What is Normal in Grief

*(Extracts from S&KWA library book:  
Grief. Is this Normal? – by Diana M. Cimador  
Rosigno. infinitypublishing.com)*

Grief is journey that is experienced, endured, processed and expressed through our emotional, feeling, thoughts, reactions and responses.

Give yourself plenty of time to experience all that accompanies your loss.

There are no timelines on this journey.

Working with your grief requires both listening and being heard.



You cannot outrun grief.

You can't even hide from it.

It will find you.

Expect the unexpected.



There is no quick fix.

There is no magic wand.

There is no way around it.

There is no way above or below it.

The only way is through it.

Resisting, denying or suppressing your grief will only send it underground temporarily and delay the grief process.



## Research: STILLBIRTH

*Power of Parents who have been Affected by Stillbirth.*

*–(The Lancet, April 14, 2011)*

The death of a baby before or soon after birth has a devastating and long-lasting impact on the families left behind. Even though stillbirth should be recognised as being no less significant than any other death, individual stories of loss and grief are too often hidden behind taboo and ignorance. The silence of stillbirth can be broken by the voices of bereaved parents telling their stories. Parent organisations are powerful change agents and have an important role in raising awareness to prevent stillbirth.

"I can talk about the day she died and not cry, sometimes. I am proud of the little girl we lost. She has changed me from the shy insecure person I was then to the openly emotional, caring, supportive, and strong man I am now... I love Danielle because she has inspired me to succeed or fail in her memory. Danielle would be 18 this year; "will be" because she is always in my thoughts. To me she lives in the work I do to help other parents bereaved as I was back then."

Steven Guy, UK, whose daughter Danielle was stillborn on May 3, 1993.

# Sibling Loss: I want my sister back!

*(adapted from an article by Diana Doyle on Hellogrief.com)*

It started in the car yesterday with Dempsey, sitting in her car seat, dripping wet from hours of swimming at Summer Camp, when she hit me with one of her question times.

“Mommy, can you tell me how old I was again when Savannah died?” she asked. I turned the radio down and adjusted the rear vision mirror so I could see her.

“You were eighteen months old, Precious...almost two,” I told her.

“I miss having my sister Mommy, can you tell me again how Savannah died?”

Here we go, I thought. Dempsey is obsessed with how her sister died, what it was like for her, and all sorts of other questions that I keep answering openly and honestly so she can have some sort of picture of what Savannah was like.

The conversation continued when we got home, on our sofa. I sat down next to her and put my arm around her as she asked questions like, “What was I doing when she died?” “Did Savannah like me?” “What were Savannah’s last words, Mommy?”

I told her what a good baby she was for me when her sister was sick, and I racked my brain to remember what Savannah’s last words were...how could I ever forget? But time clouds your memory.

I stroked her arm and told her Savannah loved her, and was so proud to be her big sister that she would crawl over to Dempsey’s bouncer and read Winnie the Pooh to her, and pop her binky back in her mouth when it dropped out. Demps sat there smiling and staring off into space in a trance. I would’ve loved to know what was going through her tiny brain as I told her the stories, the same stories I’ve told her over and over.

I asked her what she was thinking and with a shy smile she said, “Nothing Mommy!”

I know I have to be careful when I tell Dempsey stories about her sister’s time with us as I know it’s very easy to paint of picture of a sibling that is unrealistic or flawless, as we tend to do when people we love die. [a friend of mine, a doctor] sent me the words below after Savannah died:

“It is important to make sure the surviving child is not given the impression that the deceased child was such a perfect being that there never will be another sibling who could match that perfection. Two of my friends who had lost an older sibling were feeling their lives were under the shadow of that perfect sibling and were uncomfortable with their inability to compete with someone they never knew.”

His words are always in the back of my mind when I tell Dempsey about her sister. Losing a sibling creates a new identity. I know Dempsey gets lonely for her sister.

I also know I can’t change what has happened to our family, I have to accept it, keep Savannah’s memory alive for Dempsey, continue to tell her over and over that she has a sister, she just can’t be here with us.

I’ll continue to answer Dempsey’s questions about her big sister with a smile, reinforcing to Dempsey how precious she is to us!

Our conversation yesterday finished with Dempsey providing me with comfort – a hug and a sloppy kiss, as she added, “But you still have me Mommy, and I’m hungry!”



*Namastè (pronounced namastay)*

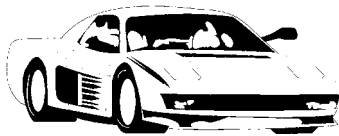
*I honour the place in you in which the entire universe dwells.*

*I honour the place in you which is of love, of truth, of light and of peace.*

*When you are in that place in you and I am in that place in me we are one.*



## TRIBUTES AND POEMS



### My son is with me

My son is with me as my increase in kindness  
 My son is with me as new understanding  
 My son is with me as reduced selfishness  
 My son is with me as a feeling inside  
 My son is with me as a love I can't hide.

My son is with me when I am alone in the night  
 My son is with me as a beautiful light  
 My son is with me when I say a kind word  
 My son is with me in the song of a bird.

My son is with me when I stare at the sea  
 I can't help but reflect that right now he would be three.  
 His death seemed to extract character flaws in me.  
 My son has left me the gift of increased empathy

*Chris Nicholls – Freddie's Daddy*



### The Waves of Time

The waves of time wash over me  
 But they cannot heal me nor set me free  
 Because what has been done  
 Simply can't be undone

And you can scream, you can cry  
 you can beg all you like  
 But we can't come home mom  
 I'm afraid you are too late

Dedicated to Maurice and Owen Fritz  
 – 26 October 2007

### To Mummy and Daddy

Mummy and Daddy  
 Please don't be so sad,  
 I miss you so much, too.  
 It's beautiful here where I am,  
 but I worry a lot about you.

I sleep with angels watching me,  
 there's only love up here.  
 I'm never lonely of afraid  
 'cause God's so very near.

I walk with angels every day,  
 they're very kind and sweet.  
 Don't worry, Mum and Dad,  
 they hold my hand when  
 we cross a golden street.

I never cry or hurt myself,  
 I see rainbows every day.  
 I play and laugh and sing a lot,  
 and I hear you both when you pray.

Please Mummy and Daddy,  
 don't be mad at God,  
 you see, he loves me, too.  
 And even though you're not with me,  
 I'm really still with you.

Author Unknown – Sent in by Christopher's Daddy  
 (*this poem was given to him by a colleague*)





## TRIBUTES AND POEMS



### Not Really Gone

by Ron Meier



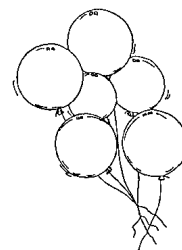
I haven't really gone you know,  
 I'm just not how I was before.  
 You held me in your arms to show,  
 now in your heart forevermore.  
 In everything you do each day,  
 I will be along side you.  
 Hearing every word you say,  
 Even when you whisper I love you.  
 With every breeze that blows your hair,  
 And every ray of sun upon your skin,  
 Forever now a love we'll share,  
 Our memories wont grow thin.  
 I haven't really gone away,  
 Just close your eyes and I am near.  
 I never really went away.  
 In your heart, I'm just right here.  
 RIP Xavier 20/03/11 - 14/04/11

### Congratulations

#### Dashlen Garron Beasley

Cherie and Craig are happy to announce the arrival of  
 Dashlen Garron Beasley  
 Born 3rd April 2011  
 little brother to angel sister, Finlay.

A special thank you to Judi Nolte for all her support  
 over the last 2 years.



### Beautiful people do not just happen...

Out of the depths of defeat, suffering,  
 struggle and loss comes  
 an appreciation, sensitivity  
 and an understanding of life filled with  
 compassion, gentleness, and  
 a deep loving concern.



### A child's name

Parents often long to hear other people talk about their child, they long to hear their child's name spoken out loud.

They have a need to know their child isn't forgotten. Sometimes family and friends believe they are being kind by not mentioning anything about the child who died, and it becomes the role of the bereaved parent to educate others about the most helpful way to be around them.

Let your family and friends know that it is important to you to speak of your child, and that it is supportive for you to hear your child's name and to know that he or she is remembered and loved by others.

If you wish to place your child's name in our We Remember pages please call or email Fran.



### 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



# Birthdays in Memory



## Celeste Melissa Spadaro

(1/9/99 - 1/9/99)

Happy 12th Birthday sweet angel.  
Love Dad, Mum, Curtis, Melissa and  
Dylan xxxxx



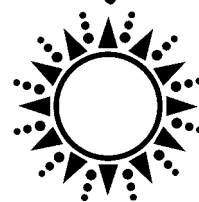
## Finlay Rose Beasley

Born 15th July 2009

A butterfly lights beside us like a sunbeam,  
and for a brief moment,  
its glory and beauty belong to our world.  
But then it flies on again,  
and though we wish it could have stayed,  
we feel lucky to have seen it at all.

Happy 2nd Birthday our darling daughter.  
We think about you everyday.

Thank you for delivering your baby brother safely to us.  
Lots of love Mummy, Daddy and Dashlen xoxoxo



## For my Son

For my son we write messages on balloons  
and let them go for his birthday,

For my son we plant Sunflower seeds on father's day,  
For my son we added his hand prints on mother's day,  
For my son we collect angels shells  
at the beach for his shelf,

For my son we are grateful for every minute we had  
with him close,  
For my son we hold him close,  
in our hearts.

Love from Mum, Dad, Danika and Hailey  
– Donnybrook, WA.

Happy Birthday Takoda Dale -  
9th May 2009 to 12th May 2009

## 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](mailto:franhamilton@sidsandkids.org)

SIDS and Kids WA is on Facebook You can now join us on Facebook too, simply search for 'SIDS and Kids WA' or go to [www.facebook.com/sidsandkidswa](http://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.



# We Remember

Bub Elvish	7 June 2011	Owen Fritz	26 October 2007	Nathan Mitchell Green	19 October 2004
Otis Sebastian Dawson	12 November 2010	Millie Rae Barnes	5 August 2007	Jet Lucas-Parr	29 September 2004
Emily Rose Quantrill	5 October 2010	Gabrielle Mary Couzens	17 June 2007	Ella Burgess-Smith	7 September 2004
Little E Elvish	9 Sept 2010	Emily Grace Smith	1 May 2007	Keah June Heron	31 July 2004
Ben Joseph Bergl	28 June 2010	Leroy Tom Wellisch	12 February 2007	Olivia Rose Powell	30 July 2004
Raymond Laurence Henry	27 June 2010	Charlotte Ella Heatley	4 January 2007	Jarrold Scott Wright	21 July 2004
Harper Thomas Vujcic	14 May 2010	Sawyer Wakefield Gibbs	15 December 2006	Fergus William Miles	6 July 2004
Isaiah Bot	9 May 2010	Deven Brimblecombe	30 October 2006	Campbell James Voll	28 June 2004
Kailan Luke Dunnet	6 May 2010	Taya Indah Wilkinson	8 October 2006	Ryan Radomiljac	23 June 2004
Illyria Annabel Arthur	27 April 2010	Tobey Jaymes Fawyer	5 August 2006	Angelique Anderson	20 May 2004
Ben Rafal Hamera	19 April 2009	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	Finnlagh Mulholland Stewart	14 March 2002



# We Remember

Shaydan Beck Wodzianski	6 March 2002	Baby Newman	1 May 2000	Jacob Auld	23 July 1996
Jenna Marie Carrello	26 February 2002	Charlie Duncan	22 April 2000	Luke Meadowcroft	22 July 1996
Jesse Sawers	22 February 2002	Jemma Lunt	18 February 2000	Levi Hunter	22 July 1996
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
Kavyn 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 Vanooosten	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 Louise 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



# We Remember

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



# Crying with tears, or crying with no tears

Tears, no tears, things people say and do, things people don't say and do. The counsellors often hear stories from bereaved parents about the effect their tears have on themselves and others. Here are selected extracts (adapted for this newsletter) from one of our new library books which addresses several issues and offers some sage advice for the bereaved and those who care and support for them.

*The Crying Handbook: For those who always cry, for those who never do, and for those who cry somewhere in between.* by Bob Baugher, Ph.D. & Darcie Sims, Ph.D.

## Crying Myths

### Myth 1: Crying is a sign of weakness.

This is truly a cultural attitude not a truth. Crying is an individual response to a physiological, emotional, or spiritual state of being and is neither a sign of weakness nor strength. Crying for some requires great strength and courage while for others, not crying requires the same things. *For some, crying or not crying comes easily.*

### Myth 2: Crying shows you care.

Tears are often used as a measure of how much a person cares. Because people don't cry, does this mean they don't care? Some people cry many tears and care little while others care deeply and remain dry-eyed. *Don't let tears or lack of them mislead you.*

### Myth 3: Once crying starts, it will never stop.

Many people fear that, once they start crying, they will never stop. As far as we know (and after having consulted the Guinness Book of World Records) no one has ever continued crying forever. *The fact is at some point, everyone stops crying.*

### Myth 4: There is only one way to have a 'good cry'.

What is the definition of a 'good cry'? Is a 'good cry' one of those tearful displays that involves leaking eyes, a twitching mouth, a runny nose and strange noises coming from the person doing the crying? Or does a 'good cry' mean one of those quiet, almost hidden releases of several tears down the cheek – 'good' meaning 'not creating a scene'.

For some, the physical relief of crying often leads to a less stressful state and in that way, crying is 'good' because one feels a bit better when the emotions are released rather than allowed to accumulate within one's body. For others, however, a 'good cry' would be considered to be showing as little emotion as possible. Messages through childhood may have been: 'good girls don't cry' or 'big boys don't cry'. So a 'good cry' would be a hidden release or no release at all. *Because many people do not cry on the 'outside' or do not find relief in crying, it is important not to judge their definition of a 'good cry'.*

### Myth 5: One has to cry in order to heal.

Any time we see the phrase 'has to' or 'must' we lean back with caution. Who wrote that rule? And what does it mean to 'heal'? does it mean: get over it? Get through it? Recover from it? Forget it? Not be bothered by it anymore? Emotions are personal and how we express and experience them is a reflection of our uniqueness.

Some physiology of crying: In 1981 William Frey and his associates found that the protein concentration of tears related to emotions (psychic tears) have 24% more protein concentration than tears produced when cutting onions. He proposed that tears were a way of flushing out hormones such as prolactin, ACTH and Leucine-enkephalin which enter the blood stream at times of stress.

*Are you supporting a family of a child who died?*

*This may help you and them.*

## Helpful Tips About Crying – for Those Supporting a Bereaved Family

...Do all you can to avoid interfering with crying. A short poem may help you to remember this

*Let 'em cry... Until they're dry*

This may be one of the most difficult things you do. An excellent piece of advice is to:

*Allow the person to be in pain.*

Some people say, "I can't stand to see another person crying, they will fall apart."

What can I do? here are some tips:

- If you truly want to be of service to other people, it is essential that you learn that you cannot take away another person's pain.
- Your job is to be there with them and to not interfere as they go through their difficult moments...
- With the pain of grief, it is vitally important to realize that you cannot 'fix' it.

**Let's get specific:**

If a person is crying in front of you and is talking through their about how much they miss their loved one, ***your job is to sit and simply be a good listener without interfering with their words, tears, or anguish.*** This may be some of the hardest work you will ever do. But, it must be done.

Well-meaning helpers often try to offer words of 'comfort' in an effort to stop or reduce tears and pain. Examples are:

*Don't cry (voted 'worst sentence' by criers)*

*Okay, now wipe away those tears.*

*You must pull yourself together.*

*You must be strong for your partner, child, family.*

*I know just how you feel.*

*If you had more faith, you wouldn't be crying.*

*Everything will be alright.*

*You can have another baby, you are young.*

*Think about your other children, they don't want to see you cry.*

*Your child wouldn't want you to feel this way.*

*You wouldn't want your child to see you cry.*

*This must be God's will, don't cry.*

*You need to be strong. At least...*

**Warning!**

If you are starting a sentence with 'at least...' *you are likely to not be helping!*

Even though your intentions are good, these two words may imply that the grieving person should remember the positives that remain in their life; but that doesn't help. In fact, when you start a sentence with 'at least...' it often makes the person feel worse because you are minimizing their pain and grief and dismissing their feelings.

(However, if the person crying says 'at least...' then it's a different story).

When you say it, you are not being helpful, even though you mean well and think you're helping.

Sometimes people ask, "what if I start crying, too?" the only rule here is: don't cry more than the other person. The person may then try to comfort you. So, stick by the rule: go ahead and cry with – but not more – than the crier.

**What should you say when you see a person begin to cry?**

Here are some suggestions:

- Say nothing – remember, your job is to do nothing to interfere with the crying process.
- Say, "it must be hard".
- Say, "it hurts, doesn't it?"

These last two sentences often lead to even more crying. It's okay to do this. The main thing to keep in mind is to not use words that will shorten or stop the crying process.

If you choose to touch the crying person, be sure it is gentle, tentative and appropriate and does not interfere with their tears. A light touch on the hand or shoulder may be okay, but a tight hug or a crushing and hearty pat on the back is more disruptive than supportive.

**What should you say to yourself when you see a person begin to cry?**

Here are some suggestions: (make sure these self-talk phrases do not escape your lips)

- Good
- This person is feeling their pain.
- I need to just be here and let them cry.
- I need to tolerate their pain because this is the best thing I can do for them at this moment.
- It's okay. This person will stop at some point.
- Just wait patiently.
- Where's my umbrella? (just kidding)

**Are you the person crying?**

Tips on what to say when someone tells you not to cry:

- "I know you care, but it is okay for you to let me be in pain."
- "I know I won't feel this lousy forever."
- "If you stop me from crying, it won't make me feel any better."
- "Please understand that telling me not to cry only makes me feel worse; and telling me that it's okay to cry actually makes me feel better."
- "There are a lot more tears where these came from."

Remember, do not apologise for your crying. You don't have to apologise for how you feel. If you must explain, a simple, "I'm having a difficult moment. Thanks for asking."

If you have reason to believe your crying will be disruptive to a situation, then find somewhere private to cry. Gracefully walk away, many people excuse themselves to the restroom, few people question that.

# Personal Crying Survey

If your tears could talk, what would they say to you?

---

Do you have the courage to listen? These questions might help you better understand your own personal crying style. It might help to start a conversation with your self (and perhaps others) about what you believe about crying.

1. What are my current triggers that bring tears?

---

2. What is the best place for me to cry?

---

3. What is the worst place to cry?

---

4. With whom should I talk regarding my crying (or theirs)?

---

5. What are my concerns about crying?

---

6. The hardest person for me to see crying is

---

7. The person who would find it hardest to see me cry is

---

8. If I am not a crier, how should I tell people that it's certainly okay not to cry?

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*(Baugher & Sims, 2007)*

*"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and of unspeakable love." ~ Washington Irving.*

*Tears can be for the world to see, or they can be silent, invisible tears known only to the one who cries.*

*I hear from fathers, "I cry in the shower"*

*"I cry as soon as I finish work and put the key in the car ignition."*

*"my wife doesn't know I cry."*

*"my wife thinks I am not grieving because I don't cry."*

*"I cry on the inside."*

# Well, what kind of choice is that?

## It is indeed a choice no parent should ever have to make.

by Fran Hamilton

For a few parents the excitement of pregnancy can be shattered in an instant, oftentimes during a 'routine' ultrasound. They may have been anticipating learning the sex of their precious baby or perhaps wondering how big he or she is.

With increased technology it is common for parents to be handed an almost photographic quality 3D picture from the scan. It is becoming traditional for parents to share this with family and friends with great pride and joy. In many ways it is the first 'introduction' of their child to the world. Suddenly these expectations are shattered when faced with the news that their little one has severe physical and/or genetic abnormalities.

Here in Western Australia, the medical support offered during this time is often by highly knowledgeable and sensitive health professionals who provide the information with a dedicated sense of poignant care and advice.

Here is an extract from parents in such a situation:

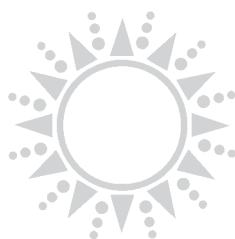
**Tom's Mother:** "I was so naive for believing that all pregnancies led to a healthy baby and that since I had the best medical care, took vitamins before and during my pregnancy, I didn't take drugs, didn't smoke, I didn't even drink alcohol except at celebrations, I thought our baby would be safe. We did all the right things, we planned for him, and we were absolutely ready to have a baby, now it physically hurts. It isn't fair, it just isn't fair! And people just don't get it, some even think we will just be relieved, it's all over. And yet here we are, our baby died, our baby died, we are beyond sad."

**Tom's Father:** "I could see the technicians face go still and I just about died inside, I knew it was bad news. He said he wanted the doctor to take a look. My wife was still unaware, thinking that was just routine. But I felt this coldness grasp my heart in fear. By the end of that day we had been told of the impossibility that this living, kicking baby could not survive outside his mother's nourishing womb. The doctor was great, there was no rush, and we were told to think about it, not to hurry, to go home, talk with family.

"But the family were devastated and didn't really know how to help us. It all seemed like a big mistake. A father is supposed to protect his child, he is supposed to give up his life for his child and here I was saying, 'yes I think we should interrupt the pregnancy.'

"How could I even be in that situation? How can a father do that to his son? But what was the choice when I couldn't face burdening him with a short life, full of pain and machines and hospital. It is all wrong."

**Grace's Daddy:** "We chose to call her Grace, and she sure has left some lessons behind. Since she was born, I am more aware of people's problems, but in a good way, I listen more and I think I am a kinder man now. Although I am really impatient when people say stupid things like, 'it is for the best' or 'you should stop dwelling on it' – sometimes it seems people don't recognise that I lost my child, that she is dead because of an illness diagnosed before birth. They just don't get that."



As science and technology improves, we are seeing more cases of interrupted pregnancy and the grief involved. We offer ongoing support for families who have had their hopes and dreams shattered in this cruel way. To address the sense of isolation of these parents, we are in the process of creating a support group for couples who have experienced an interrupted pregnancy.

Please call the office for details and to register your interest.

Phone 9474 3544. Also have a look at this website – <http://aheartbreakingchoice.com>

# A self-care check-in for fathers

Grieving fathers often spend a lot of time taking care of the 'business' of grief, and adjusting new responsibilities that follow. Taking care of other family members, household chores, financial matters, and medical claims can be extremely difficult – while busy taking care of these things, they may overlook taking care of themselves.

It is important to find a good balance between the things that really need to be taken care of and taking care of yourself! Think of it as having an emotional bank account, in which you make 'deposits' when you do things that help you relax and find comfort – listening to your favorite music, reading, exercising, being with friends, vacationing, meditating, or other healthy activities that make you feel good.

On the other hand, you will make 'withdrawals' from your emotional bank account by doing some necessary things such as the hard work of grief, taking care of business, or taking care of others. You also make a withdrawal from your emotional bank account by doing things that could be harmful to yourself physically or emotionally.

Just as in our financial lives, it is important to maintain a positive balance; make sure your withdrawals are not exceeding your deposits. To see how well you're doing with your own emotional and physical bank account, take the self care quiz provided below.

1. How well are you caring for yourself **emotionally** by doing something good for yourself or using your favourite healthy coping skills?

- Daily (5 pts.)
- 2-3 times per week (3 pts.)
- 1 time per week (0 pts.)
- Less than 1 time per week (-3 pts.)
- Almost never (-5 pts.)

2. How well are you caring for yourself **physically**?

(a) How often are you exercising?

- Daily (5 pts.)
- 2-3 times per week (3 pts.)
- 1 time per week (0 pts.)
- Less than 1 time per week (-3 pts.)
- Almost never (-5 pts.)

II. Are you eating one healthy meal a day?

- Daily (5 pts.)
- 2-3 times per week (3 pts.)
- 1 time per week (0 pts.)
- Less than 1 time per week (-3 pts.)
- Almost never (-5 pts.)

III. Are you sleeping the number of hours you consider necessary for yourself?

- every night (5 pts.)
- 2-3 times per week (3 pts.)
- 1 time per week (0 pts.)
- Less than 1 time per week (-3 pts.)
- Almost never (-5 pts.)

IV. Do you ever use prescription drugs beyond their recommended dosage? Or do you ever use non-prescription drugs?

- no
- yes (-10 points)

V. Do you drink alcoholic beverages more often than you used to, or more than the recommended daily intake?

- every night (-5 pts.)
- 2-3 times per week (-5 pts.)
- 1 time per week (-5 pts.)
- never (5.)

3. Grieving people often need to give themselves permission to take a break from their grief, permission to have fun, to laugh and to be happy. They need to feel and experience whatever their grief presents them with, but they also need to give themselves "grief breaks" and distract themselves periodically. How often are you taking a break from your grief?

- On a regular basis (5 pts.)
- Usually (3 pts.)
- Rarely (-3 pts.)
- Never (-5 pts.)

# A self-care check-in for fathers

4. Additional stress on top of grief can be extremely taxing. Give yourself 1 pt. for each of the following coping techniques that you regularly use:

- avoiding known stressors
- allowing myself to attend to grief in balance with life
- exercise
- listening or playing music
- prayer
- meditation
- yoga
- writing or journaling
- breathing exercises
- reading light books or watching light movies/ videos
- asking for help when you feel overwhelmed
- spending time with friends or family
- giving myself 'time' with my child

5. Grief work takes a lot of time and energy; grievers often need to relax their standards and self- expectations temporarily. How often do you cut yourself some slack and relax your standards because you're grieving?

- regularly (5 pts.)
- occasionally (3 pts.)
- rarely (-3 pts.)
- never (-5 pts.)

Calculating your score:

21 or more points: Good job.

You are doing a great job of taking care of yourself during the grief journey. It is harder to find the time to care for yourself while grieving than many people understand. You have found a way to maintain necessary balance and keep your emotional bank full. Continue doing so!

12-20 points: You're off to a great start!

You already make time for yourself, but could help yourself even more by adding more self-care techniques, reducing any negative or harmful coping skills, or by doing the positive self care you're already doing on a more regular basis.

Less than 12 points:

You deserve the opportunity to heal in a healthy way both physically and emotionally. If you are not taking time to relax, and enjoy yourself amidst the difficult work of grief and caring for others, you are not being fair to yourself. Incorporate at least some of the recommendations above into your life and make the necessary adjustments in places where you lost points.

It is important to remember that coping skills can be anything you enjoy doing that make you feel better and provide comfort, without hurting yourself physically or emotionally. No matter how big or how small, do something good for yourself everyday!

*(this test is adapted from a similar test on hellogrief.org)*



Our new website [www.sidsandkidswa.org](http://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](http://www.facebook.com/sidsandkidswa) and 'Like' us! Here you will find constant updates on events, fundraising, and online campaigns.

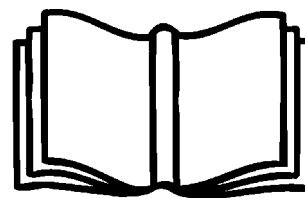
Please support SIDS and Kids WA and spread the word by joining us on Facebook today.

## Your Story

As a part of our fundraising endeavours we send, twice a year, a request letter for donations to the general public. The letter contains a parent's story about their child along with a donation slip.

We find that including a parent's story gives us the opportunity to help people gain some insight into the impact of a child's death on a family. We also find that the story provides the impetus to encourage people to support the organisation.

If you are willing to share your story and would like it to be used in one of our mail out campaigns, please call the office on 9474 3544 and ask for Dee or email Dee at [marketingwa@sidsandkids.org](mailto:marketingwa@sidsandkids.org)



## Library Books

We have just updated our parents library, please call in to borrow up to date books to assist you in your grief journey.

Gentle reminder: if you no longer need the library book you have borrowed, please post or bring it to the office for others to use.

If you need a stamped, addressed sturdy envelope, please don't hesitate to call the Counsellors who will gladly organize this for you.

We do understand how chaotic and forgetful life can be when dealing with grief.

### Extract from letter to Online Support Group about Mother's and Father's Grief: Early Pregnancy Loss

I write in hopes that you will include the loss of very young aged children, those of 'miscarriage' age in your project. Our daughter (as a mother I believe I know she is a girl) died a little over a year ago.

We buried her 5 days after. We live a true grief struggle, our child is dead. But because of her age most of the world seems intent on complicating that by not even being able to acknowledge her as very real, much less any grief about losing her (ie: there is something wrong with us if we do) – and we are forever devalued by comparisons of older age children, [and] those of late term/birth age as some form of 'proof' that our loss isn't worth much.

Yet, I go through very much of what I read about the loss of older children. Last year was a blur, we will never be that same, and I am having to work at a 'new me'. If our grief were 'allowed', perhaps we would be closer to the magical better place other's think we should be.

#### My husband: Beloved father of our child

Much confusion has been added to this journey for my husband because of what I have written above.

I do believe much has been stymied.

Her age alone was hard enough for him; trying to comprehend how he could grieve someone he didn't get to hold or 'bond' with. Profound agitation – yet flat out-extreme refusal of any acknowledgment on father's day; because he, "didn't get to DO/BE enough Dad things for her, like the other Dads".

These are a few of the things that hurt him among a myriad of others. But it is hard to find a "safe" place to grieve or even find out about Dad's grieving because of one so, so young.

A prior search to find things for men and grief of their children only added to the pain, because it minimized or totally discluded (sic) 'miscarriage' age – and I can't describe our sensitivity and the ingrained filter we have acquired in our search for help that includes the age of our child instead of dismissing it.

*Note from the Family Services Team: please be assured all losses are respected and all grief is honoured here are SIDS and Kids WA. The love for your children no matter how old, how young, how big, how little, is reflected in your grief stories we are privileged to hear.*

## 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

**2nd Wednesday of each month**

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:

Please call the office to register your attendance.

### 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: 31 Aug, 28 Sept, 26 Oct, 30 Nov.

### Group Couples Counselling

To be re-established in late September with Couples Groups formed according to types of loss. Please contact the office if you wish to form or join a group facilitated by a Counsellor. Dates: to be arranged.

### Old Age Grief

Counselling and/or Support Groups:- may be arranged according to need.

In previous times many women whose babies were stillborn were not allowed to see their babies after giving birth and they have continued to grieve privately throughout their life. If this is you and you wish to tell your story; share your grief and how you have coped with others; learn and talk about contemporary attitudes towards baby loss with a Counsellor or through a support group, please contact Sue Kennedy on 9474 3544 or email: [suekennedy@sidsandkids.org](mailto:suekennedy@sidsandkids.org)

### Upcoming events



KidsZoo - 11th October 2011

Walk to Remember - 23rd October 2011

Christmas Memorial Service – 3rd December 2011

## Regional Peer Supporter Details

ALBANY	Sam – 0428 639 461	MANDURAH	Helen 9535 3804
BUNBURY	Leanne 97315707 /0418984953	PORT HEDLAND	Rhonda 0417 181 618
ESPERANCE	Therese 9072 0705 Gabby 0409 088 584	TOM PRICE	Ellen – 0402 032923
KALGOORLIE/ ESPERANCE	Naomi 0143 551 065	GERALDTON	Sue 0427 213 281
		SECRET HARBOUR	Darrell 0449 287 850

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

## Internet Resources for Grief and Loss

Please search [www.sidsandkids.org](http://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. A blog written by a bereaved father passionate about fathers supporting fathers.

<http://grievingdads.wordpress.com> have a look and let the counsellors know if it is helpful for you.



33 Sixth Avenue, Kensington 6151 WA

Phone 9474 3544 • Fax 9474 3636 • Email: [perth@sidsandkidswa.org](mailto:perth@sidsandkidswa.org)

Child Loss Support 1800 686 780 • Country 1800 199 466 • [www.sidsandkids.org](http://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.