

Healing Hearts

THIS HOLIDAY SEASON

Create a new tradition so you find a meaningful and lasting way to remember your baby during the holidays. New traditions can be simple things you decide to do on your own or bigger rituals you create with your family. As you think about this, remember traditions are meant to be repeated year after year, so choose something that your family can realistically keep going.

- Make a memory box and add something each year
- Light a special candle
- Make or buy an ornament
- Hang a stocking and put a note to your baby inside

Whatever you choose to do, it will help you cherish and keep the memories of your baby alive during the holidays.



TENSION OF OPPOSITES

By Lisa Price

Have you heard of the tension of opposites?

Me neither.

That is until my coach brought it to my attention in one particular session.

I was angry that my co-worker welcomed a healthy baby boy just a couple of months after my daughter had died. I was convinced that I had to choose between being happy for her OR sad for myself.

She said I didn't have to pick.

By learning to hold space for opposites, allowing ourselves to feel opposing feelings, we begin to expand, stretch, and grow our capacity.

It doesn't have to be one or the other. It can be both. Opposing ideas, feelings, and behaviors can peacefully coexist within you.

So insert this 3-letter magic word... "AND".

And we become less judgmental of ourselves, less fearful and rigid, closed off and bitter. And become more forgiving and flexible, more tolerant, and at peace. We become more loving.

Here are some examples:

I am happy for my sister who shared her news that she is expecting AND I am sad that my daughter is not here to grow up with her new cousin.

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WHEN THEIR STORY ISN'T FINISHED: LIFE AFTER CHILD LOSS

By Louise Boyd

The loss of a child, no matter how old, is the most intense grief a parent will ever go through.

Living without our flesh and blood is traumatic and painful. In the blink of an eye, our lives are forever changed.

Our world comes crashing down as we begin to search for answers.

The loss leaves us feeling disoriented, and the pain is unfathomable.

We are not supposed to outlive our children because it isn't the natural order of how things should be.

Shouldn't it be the other way around?

As time goes on, we have to face this painful journey figuring out which way to go. Our body, mind, and spirit are deeply affected by this tragic loss as we begin to experience this immeasurable pain and heartache.

Every so often, we feel this intense wave of grief wash over us.

In the early stage of grief, it's tough to hold it together. I remember grocery shopping. I wasn't fond of shopping after Elianna passed. This little outing I once enjoyed became painful and overwhelming.

I would often break down crying in the grocery store. I would not stop sobbing as the sadness would hit me like an express train.

During our grief, we find ourselves declining invitations, celebrating the milestones of other children's birthdays and graduations.

Not being able to plan our child's birthday party or graduation is soul-destroying.

We miss our children dearly; the way they used to laugh and to hear them tell us how much they love us.

Wouldn't it be wonderful if we could listen to their voices again?

We cry when we are driving, washing dishes, or even when we are listening to a song on the radio. The sudden burst of tears begin to flow, and we find ourselves reliving the heartache.

The pain a parent feels is a pain like no other.

Nothing is comparable.

And those goodbyes hurt the most when the story is not finished.

As time goes on, we begin to learn about love and that the love for

our children continues beyond the physical realm.

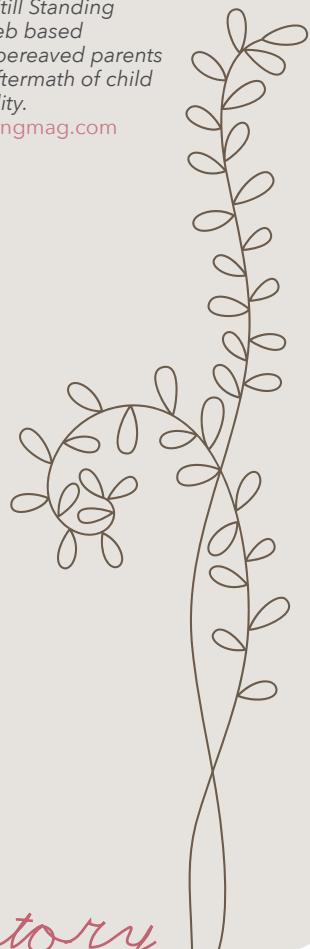
We are all connected through love.

How we deal with our loss is never-ending, but it's not without its brighter moments. We can laugh through the tears as we remember them.

As we move on, we realize our children are with us.

Wherever we go, they go as we continue to hold a place for them in our hearts. ❤

*This feature was originally published on Still Standing Magazine, a web based community of bereaved parents surviving the aftermath of child loss and infertility.
www.stillstandingmag.com*



my story

DONOR RECOGNITION AND FEATURE ARTICLE

DONORS

The Infant Death Center thanks the following individuals for their generous donations in honor of someone or in memory of a special child. These donations were received between May 1 and Aug. 31, 2020.

Mr. and Mrs. Richard P. Larsen
Mr. and Mrs. Steven C. Stamp

thank you



FOUNDATION SUPPORT

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Jay Hashek Memorial Fund for SIDS

Madeline McKeown Hoy SIDS Fund

SIDS Fund

Dakota Dale Sorenson SIDS Research and Support

Alexis Rose Mathison-Szozda SIDS Fund

TENSION OF OPPOSITES

By Lisa Price

I am devoted to my surviving child, giving him the best possible life AND I save some time and energy for myself in solitude to recharge in order to continue to show up for him.

I am aware of and respect that my spouse grieves differently AND I acknowledge that my needs are important.

I feel hurt by the words my friend just spoke to me AND I realize that she is just trying to connect with me by trying to relate.

I sincerely strive to understand AND I realize that some things defy understanding and that I need to surrender control.

When we put into practice the use of the word 'and', we can be expansive in promoting harmony within ourselves and with those with whom we are close.

When we make a habit of cultivating the 'and' way of thinking, we are more able to prevent blow-ups and breakdowns from occurring, or at least better prepared to meet it.

As we learn to hold opposing feelings together and with more grace, we come to a place where our inner peace stimulates an outer harmony with the world, and that's a place worth striving towards on this forever journey. ❤️

Lisa Price is a bereaved mother from Waukesha County and founder of Better Not Bitter Mom, LLC. Learn more about how her work is helping bereaved parents navigate their grief at: <https://www.betternotbittermom.com/>

TO MAKE A GIFT

Donations to the Infant Death Center are appreciated in any amount and used to provide support to grieving families statewide. Your gift can be sent directly to Children's Health Alliance of Wisconsin: 6737 W. Washington St. Suite 1111, West Allis, WI 53214.

You also may donate online through our website: chawisconsin.org where you

will find our affiliation with the Children's Hospital of Wisconsin Foundation.

The Infant Death Center is an option on the United Way designation form through your employer. Many companies will provide a match to your donation.

The Infant Death Center is grateful for any contribution your heart feels moved to give.

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FEATURED EVENTS, SUPPORT GROUPS AND RESOURCES

NATIONAL CHILDREN'S GRIEF AWARENESS DAY

Nov. 19

Children's Grief Awareness Day is an opportunity to ensure that grieving children receive the support they need.

www.childrensgriefawarenessday.org/cgad2/index.shtml

FIRST CANDLE ONLINE SUPPORT GROUPS

Online support groups for those coping with miscarriage, stillbirth and infant loss.

<https://firstcandle.org/>

HEALING WATERS VIRTUAL SUPPORT GROUP

Second Saturday of each month

10:00 A.M. – 11:00 A.M.

Helping parents cope with pregnancy and infant loss. Pre-registration is required by calling (414) 617-1222.

SHARE PREGNANCY AND INFANT LOSS SUPPORT

Multiple online support groups and resources for those grieving the loss of an infant.

<http://nationalshare.org/>

To learn more and find additional resources in your community for support groups and/or memorial services, view our Infant Loss Support Directory at: www.chawisconsin.org/initiatives/grief-and-bereavement/infant-death-center/.

To learn more, share an event or article, request additional copies or removal from our list, please contact:

Infant Death Center

(414) 337-4571

www.chawisconsin.org