



# Healing Hearts

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## THIS SPRING

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Purchase an inexpensive terra cotta pot. There are numerous easy online videos showing how to paint and seal a pot for use outdoors. Paint your pot in honor of your baby. Consider including:

- Your baby's name
- A symbol for your child such as a butterfly or a flower
- A symbol for yourself such as a heart or a sun

Choose a plant to go in your pot; something colorful or lush and green. You can write a message to your baby on a slip of paper and place it in the soil with the plant you've chosen. Show a friend or family member your potted plant and explain what it means to you.



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## 40 YEARS OF SERVICE

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2020 marks the 40th anniversary of the Infant Death Center (IDC). We have been offering bereaved parents resources and support for four decades, and as we begin a new decade, we want to continue to offer resources that are relevant and valuable.

It is an honor to walk beside someone as they make their way on their journey through the ultimate heartbreak. Listening to stories of life and loss is an incredible privilege. Many thanks to those parents who have attended events, shared their stories, served as peer support for other parents and allowed themselves to be vulnerable.

In this issue you will read the personal story of a Waukesha County mom who found healing and hope after the death of her beautiful baby girl, Ari. Please consider sharing your story with us as well. There is a large community of grieving families, and the professionals who work with them, that need to hear these stories. Everyone wants to know that they are not alone; all the more so for someone who is trying to navigate an unthinkable loss.

Make 2020 the year you attend an infant loss event, support group, or share your story with others who need to know they are not alone. Contact me at [jodonnell@chw.org](mailto:jodonnell@chw.org) or (414) 337-4571 to find out more about how the IDC can support you on your grief journey and how you can help others along the way. ♥

# THE POWER TO CHOOSE

By Lisa Price

Love and grief are interconnected—you can't have one without the other. Grief exists because love did first. We simply cannot heal or recover from our grief – our love for our child still exists, therefore our grief will remain a part of us. And if we are open to it, growth in grief is completely possible, but only if we choose to allow it.

Our grief journey began in 2016, when our second child was diagnosed in utero at 13 weeks with Trisomy 13, a life limiting chromosomal disorder. Immediately, the innocence and blissful naivety of pregnancy was stripped and replaced with fear and anxiety. The looming possibility that our child might not survive left us in limbo. Our faith was our rock as we focused on hope and shared life experiences filled with unconditional love with our unborn baby.

Our daughter, Ari, a courageous, brave and beautiful "lion of God", was born on April 13. She survived 9 hours and 51 minutes on this earth. To us, that was not nearly enough time. But Ari, in that short amount of time, did exactly what I believe she was called to do— impact our lives so fiercely and forever, that we had no other option but to allow her death to change us and change us for the better.

In the beginning, it was a daily battle to choose better, not bitter. To access

the feelings I wanted to feel I had to be conscious of the choices I made.

Workout or not? Workout.

Drink or not? Not.

Hold onto anger or release it? Release it.

It was not overnight and it was not easy. It still takes daily practice, but choosing better with everything is possible.

None of us chose to be in this place. What we can choose, however, is what to do with our pain. Don't waste it. Grief is a gift, a gift that exists only because of the great love we have for our child. Grief is our lesson, and our child is our teacher. Leaning into the areas where we feel the most resistance, where it is darkest and messiest, is where we will find the most growth. I believe a beautiful life after loss is out there for us all, but it won't just happen. We need to take action and be an active participant in our journey.

Sharing our story has allowed me to support and help other bereaved parents walking a similar journey. Since June 2018, I have been supporting bereaved parents. I formed Better Not Bitter Mom LLC to offer constructive and continuous support through group and 1:1 coaching, an online course— the 4:13 MOVE:ment Method— live events, speaking engagements, resource

guides, Ebooks and social media. I help bereaved parents transform their pain into finding purpose, possibility and forward movement on their grief journey.

Though it is unfair, and unbearable at times, we were never promised a specific amount of time with our child. We are not even promised the next minute here ourselves. But we are, however, aware of the infinite love that continues to grow for our child beyond the hands of time and the preciousness of each human being and the impact they make on our lives.

Use your pain, your grief, your love, to choose better today.

Choose to live. Choose to treat yourself well. Choose to love harder. Choose to do amazing things. Choose to make a difference. Choose better, not bitter.

You have the power to choose. ♥

*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/>*



*my story*

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 Oct. 1 and Dec. 31, 2019.

- Mr. and Mrs. Greg Bissen
Mr. and Mrs. Daniel N. Burnside
Ms. Angela Gryzbek
Mr. and Mrs. Richard P. Larson
Mr. and Mrs. Steven C. Stampa

IN MEMORY OF

David Mitchell Tayerle

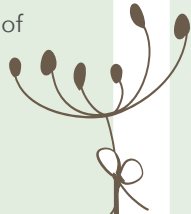
With love from your nieces and nephews, the grandchildren of Ruth Tayerle

FOUNDATION SUPPORT

Thank you to the Children's Hospital of Wisconsin Foundation and the following family funds.

- 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

thank you



HEALING CORNER

The Angel of My Tears

By author unknown

How do you love a person
Who never got to be?
Or try to envision a face
You never got to see?
How do you mourn the death of one
Who never got to live?
When there's nothing to feel good about
And nothing to forgive?
I love you, my little baby,
My companion of the night.
Wandering through my lonely hours,
Beautiful and bright.
What does it mean to die before
You ever were born?
To live the lovely night of life
And never see the dawn?
Ah! My little baby,
You lived like anyone!
Life's a burst of joy and pain
And then, like yours, it's done.
I love you, my little baby,
Just as if you'd lived for years.
No more, no less, I think of you,
The angel of my tears.♥

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.

## FEATURED EVENTS, SUPPORT GROUPS AND RESOURCES

### BO'S CHILD LOSS SUPPORT GROUP

2nd & 4th Monday each  
month  
5:30-7:00 p.m.

Higher Grounds Coffee Shop  
Beaver Dam, WI  
For parents who lost a baby or  
child. Contact Amanda at  
(262) 388-4290

[Bosheavenlyclubhouse@gmail.com](mailto:Bosheavenlyclubhouse@gmail.com)

### HEALING WATERS INFANT LOSS SUPPORT GROUP

2nd Saturday each month  
10:00-11:00 a.m.

Sojourner Family Peace Center  
619 W. Walnut St.  
Milwaukee, WI

Child care available. For more  
information, call (414) 617-1222.

### SHARE PREGNANCY AND INFANT LOSS SUPPORT GROUP

1st Thursday each month  
7:00-8:30 p.m.

St. Nicholas Hospital  
3100 Superior Ave.  
Sheboygan, WI  
For more information, call  
(920) 451-7265

### MARCH FOR BABIES

Date and location  
varies

Use the link below to enter  
a zip code for a date and  
location near you.

[www.marchofdimes.org](http://www.marchofdimes.org)

### SHARE PREGNANCY AND INFANT LOSS SUPPORT GROUP

2nd Thursday each month  
7:00-8:30 p.m.

St. Vincent Hospital  
835 S. Van Buren St.  
Green Bay, WI  
For more information, call  
(920) 433-8634.

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/  
documents/GB2Directory.pdf](http://www.chawisconsin.org/documents/GB2Directory.pdf)

### BEREAVED PARENTS OF MADISON SUPPORT GROUP

3rd Thursday each month  
7:30-9:00 p.m.

St. Mary's Hospital  
700 S. Park St.  
Conference Bay 4  
Madison, WI  
Contact Emily at (920) 643-0217

[bereavedparentsofmadison@gmail.com](mailto:bereavedparentsofmadison@gmail.com)

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](http://www.chawisconsin.org)