



Healing Hearts

THIS SPRING

Create a memorial garden in honor of your baby. It can provide hours of comfort and healing. Begin with a few perennial plants and add something new each year such as:

- Memorial stone
- Wind chimes
- Bird feeder
- Solar light

Invite friends and family to join you in placing a new item in your garden.

Wondering what to plant? Visit <https://www.almanac.com/flower-meanings-language-flowers> to learn about the meanings of different flowers.



DADS HURT TOO

By author unknown

People don't always see the tears a dad cries,
His heart is broken too when his child dies.

He tries to hold it together and be strong,
Even though his world's gone wrong.

He holds his wife as her tears fall,
Comforts her through it all,

He goes through his day doing what he's supposed to do,
But a piece of his heart has been ripped away too.

So when he's alone he lets out his pain,
And his tears come like falling rain.

His world has crashed in around him,
And a world that was once bright, has gone dim.

He feels he has to be strong for others,
But Dads hurt too, not just the Mothers,

He searches for answers but none are to be found,
He hides behind a mask when he is feeling down.

He smiles through his tears,
He struggles and holds in his fears.

But what you see on the outside is not always real,
Men don't always show how they really feel.

So I'd like to ask a favor of you,
The next time you see a mother hurting over the loss of her child,
Please remember.....Dads hurt too.

CONSOLATION PRIZES – OTHER BEREAVED PARENTS

By Amy Lied

The club of bereaved parents is one that no one ever wants to join. To most parents, it is an abstract idea. Losing a child is something that happens to other people and not to them. But to us, it is a sad reality that we must live the rest of our lives with a piece of ourselves missing. We've learned the hard truth that sometimes bad things do happen to us and that we are the "other people."

However, this club of bereaved parents is filled with some of the most amazing people.

I like to think that Asher left me several "consolation prizes" after we lost him to help me cope with his absence. Those prizes are the other members of the bereaved parents club. There is something about losing a child that instantly bonds you to complete strangers. You both share that earth-shattering loss and can relate to someone so quickly because of it. Other loss parents just "get it". They understand the grief and your need to hear your child's name. They understand remembering important dates and the fear of having your child forgotten. They understand everything.

Social media connects people who share a common pain.

Social media has the power to make people feel inferior when they compare their lives to others. It has become a place where people present these fake personas that seem to show their life as being perfect. However, it also has the power to connect people who share a common pain. Bereaved parents tend to share their whole lives on social media. They don't pretend that everything is fine,

and they share their missing children and broken hearts with many.

Since losing my son, I have been connected with so many wonderful people simply by being on Instagram. I have connected with women from England, Australia, New Zealand, California, Michigan, Georgia, etc. I have a very close friend, whom I have never met in person. We literally live on opposite sides of the country. We connected because of the loss of our boys, who passed only days apart from each other. Now we text each other every day; not only talking about our boys but everything else in between.

These people on social media are the ones who remember my son. They take photos of his name at various locations throughout the world, and they put his name on their Christmas tree. They light candles in his memory, and they make images with his name. These people are the ones who understand how important it is to remember my son because they share the same need for their own child.

Local support groups and events create a safe space to share your journey.

Social media hasn't been the only way I've connected with other bereaved parents as I've met local loss parents by attending support groups. You are both attending these groups because you want to share your child and your feelings of losing them with people who "get it". These people understand and make the group a safe space to just share your journey with others. It is an instant connection. My husband and I have met another couple

through our loss group who we know will be lifelong friends.

Local loss non-profits have put on events where I have attended and met others who know my pain and that I keep in touch with on a regular basis long after the event is over. I've connected with others who are friends of friends and suffered a similar loss. I've made connections with recipients of the Comfort Cubs, we donated to our local hospital for parents who have to leave empty-handed like we did.

Nothing can ever replace or fill the void left by the child/children we have lost.

But I like to think that they offer us some "consolation prizes" to help ease our pain. The friendships and connections we make with other bereaved parents are the proof of our child's existence. I know that Asher has sent some pretty amazing people into my life who would not be there if he had never existed. While any loss parent would give up these relationships to have their child back, these relationships offer a safe place for us to share our pain.

Fellow Still Standing author, Ginny Limer, refers to these relationships as "bereaved besties". These are the people who "get it". Lean on them, share with them, and remember with them. Think of them as a gift from your child—someone who can help to take the edge off of the pain of child loss. ♥

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

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, 2020.

- Mr. and Mrs. Daniel N. Burnside
- Mrs. Kathryn Harrington
- Mr. and Mrs. Gregory Hoesly
- Mr. and Mrs. Richard P. Larsen
- Ms. Ann Playter
- 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

HEALING CORNER

THE REALITY IS THAT YOU WILL GRIEVE FOREVER. YOU WILL NOT 'GET OVER' THE LOSS OF A LOVED ONE; YOU WILL LEARN TO LIVE WITH IT. YOU WILL HEAL AND YOU WILL REBUILD YOURSELF AROUND THE LOSS YOU HAVE SUFFERED. YOU WILL BE WHOLE AGAIN BUT YOU WILL NEVER BE THE SAME. NOR SHOULD YOU BE THE SAME NOR WOULD YOU WANT TO.

By Elisabeth Kubler-Ross

GRIEF NEVER ENDS...BUT IT CHANGES. IT'S A PASSAGE, NOT A PLACE TO STAY. GRIEF IS NOT A SIGN OF WEAKNESS, NOR A LACK OF FAITH. IT IS THE PRICE OF LOVE.

By author unknown

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.

thank you



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

BEREAVED PARENTS OF MADISON SUPPORT GROUP (VIRTUAL)

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

<http://www.bereavedparentsofmadison.com/zoom-support-group>

HEALING WATERS INFANT LOSS SUPPORT GROUP (VIRTUAL)

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

Contact Lakeeta for registration:
Lakeeta.wattsabn@gmail.com

SHARE PREGNANCY AND INFANT LOSS SUPPORT GROUP (VIRTUAL)

Days and times vary

<http://www.nationalshare.org/online-support/>

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

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)

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