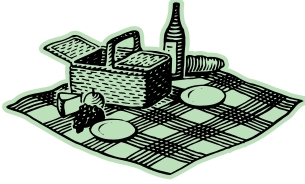




of Cache Valley,  
Preston & BoxElder



# Newsletter

You are invited to

## Share Parents Family Picnic

Thursday June 12, 2014 at 6:00 pm

Mack Park (East Pavilion) 50 North 300 East Smithfield, Utah

The whole family is invited to attend our annual Family Picnic! This is a unique opportunity for the whole family to socialize with other families who have experienced similar loss. The Share Parents will provide Sandwiches and Drink. Please bring a Salad if your last night starts with A-R; S-Z bring a Dessert!

### Upcoming Events:

July	No meeting held
August 14	Support Meeting
Sept 27	Balloon Release



*It is hard to forget someone who gave you so much to remember.*

~Carissa Fowler

***Did you ever know, my love, how much you took away with you when you left?***

~ **CS Lewis**

Pennies from Heaven

By C Mashburn



I found a penny today  
Just laying on the ground

But it's not just a penny

This coin I've found

"Found" pennies come from heaven

That's what my Grandpa told me

He said when an angel misses you

They toss a penny down

Sometimes just to cheer you up

Make a smile out of your frown

So don't pass by that penny

When you're feeling blue

It may be a penny from heaven

That an angel tossed to you!



In French, you don't really say

"I MISS YOU"

you say

"tu me manques"

which means

"YOU ARE MISSING FROM ME"

I love that...

At one of meetings in the recent past, several people said, that even though they have experienced a loss, they still don't know what to say to help others experiencing a similar thing. Here are some resources to help! [www.americanpregnancy.org](http://www.americanpregnancy.org)

#### How Can Family and Friends show support?

1. Listen, Listen, Listen! A person who has experienced a miscarriage may need to tell his/her story repeatedly. Show you care by your attentiveness, gestures, and eye contact.
2. Be prepared to talk about the baby. Hearing others say the name helps a grieving person heal. It validates the baby was real.
3. Know when to be silent...sometimes it is best to say nothing at all. A grieving person may just want someone to listen.
4. Be aware that grief has physical reactions as well as emotional reactions on the body. Physical reactions include: poor appetite, disturbed sleep patterns, restlessness, low energy, and other pains. Emotional reactions may include: panic, persistent fears, nervousness and nightmares. Encourage your friend or family member to call you or reach out when they experience these feelings.
5. Encourage the grieving person to express pain and stress. By working through feelings such as anger, guilt, sadness, doubt and frustration, the normal process of grief and healing occurs. Continue to encourage communication.
6. Understand that grief is an individual process that is bound by no exact time frame. This frame of time involves finding ways of living with memories and the pain associated with the loss.
7. Reassure the grieving person that their feelings and reactions are normal and necessary for healing.
8. Remember that specific dates or events such as the anniversary of the loss or the expected due date, may trigger an emotional response. Encourage communication during this time. Perhaps a card or small remembrance.

#### What are some suggestions for visiting someone at the hospital or at home who has experienced a miscarriage?

Just by acknowledging the family's experience and expressing your own feelings of sadness are acceptable. Sometimes when people say "I just don't know what to say," is the most helpful thing anyone can say. Other helpful suggestions include:

1. Talk about the baby by his or her name.
2. Talk about the hopes and dreams you had for the family and the baby. The parents want to know other share in their hopes and dreams, too.
3. Read literature about miscarriage and bereavement.
4. Make or buy something in memory of the baby to keep yourself or to give to the parents.
5. Offer help with housework, cooking child care, etc. Don't just offer, if you need anything call, but offer actual help.
6. Be sensitive to unpredictable emotional reactions by the grieving parent.
7. Understand that sometimes a grieving person may want to be alone.
8. Offer to keep baby memorabilia until the family is ready.
9. Offer to return maternity clothing or other baby items.

#### Support is NOT:

1. About giving advice
2. Criticizing what you heard
3. Minimizing the miscarriage e.g. "That's okay, you were only three months."
4. Using clichés e.g. "It was God's will" or "You've already had one healthy child."
5. Talking about your own story of loss. Some identification, may be helpful, but keep it to a minimum.
6. Not allowing the person to express emotions such as guilt, shame or anger.
7. Taking over completely may cause potential feelings of helplessness and powerlessness
8. Fixing it (you can not take the grief away).

If you have a poem or story you would like to share about your precious angel, please email it to [kristi@pizzaplusutah.com](mailto:kristi@pizzaplusutah.com)

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Share Parents of Cache/Box Elder

Share Parents of Cache Valley is a nonprofit organization. No dues or charges are required to attend SPCV meetings, use SPCV literary resources, or to receive SPCV newsletters. Donations provide funds for running our local Share Parents organization.

We appreciate your financial support.