

April Support Meeting:

I Am Healing. A message of Grief.

Thursday, April 9, 2015

7:00 p.m. Logan Regional Hospital Classroom #7

Sandra Ricks will be speaking and create a group discussion on continued healing after loss. Sandra is a married with 5 beautiful children, one in heaven. Sandra works at Logan Regional Hospital in the Education Dept.

Upcoming Events:

April 9	I am healing.
May 14	Mother's Tea
June 12	Family Picnic
July	no meeting held

Heal yourself after loss of baby

Be Human: admit when you feel lonely or in pain. Ask for help. Go to a support group.

Communicate: Talk about the baby and your feelings with family and friends.

Read: Refer to books, articles and poems that provided comfort, and understanding.

Write: Record your thoughts in a diary or journal. Write letter, notes, poems to or about baby.

Faith: Seek spiritual bonds, whether by renewing ties with clergy or finding time for reflection.

Nutrition: Eat a balanced diet include milk, protein, vegetables, fruit and whole grains.

Fluid: Drink eight glasses of water each day. Avoid caffeine or alcohol.

Exercise: Do something active every day. Even a walk around the block can be useful.

Rest: Avoid increased work activity. Maintain stable rest patterns, ask a doctor for help if you are having trouble with sleep.



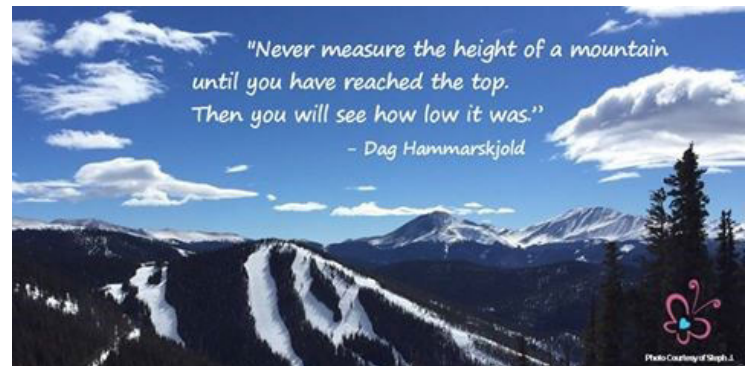
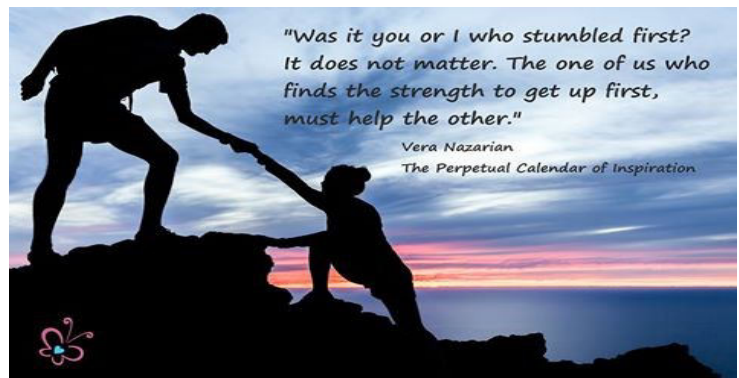
*Mark The Date
And Celebrate!*

Thursday, May 14, 2015



Plan on attending our *Mother's Tea Party!*

a night to enjoy, dress up and be in the company of those who understand why this time of year is very difficult.



The Longest Roller Coaster Ride of Your Life!

Like grief, it's a tough journey, but the end result is wondrous!

Here are a few tips to help you survive:

- Give yourself time to physically and emotionally heal before embarking on a subsequent pregnancy. If you're fertile enough to be able to plan your pregnancies, try no to get pregnancy at the same time of year as your loss.
- Advocate for you health care! Tell your doctor what you need from him. Share your fears and anxieties, and, if he won't support you, find a doctor who will! Your good relationship with your doctor goes a long way toward your peace of mind.
- Read, read, read! Learn all you can about pregnancy. Knowledge is power and it helps you to ask the right questions of your caregivers.
- Recognize and accept your fears. You can't just tell yourself not to be afraid. You have suffered the most horrendous thing in life - the loss of a child. It is normal for you to fear that loss again. IF you acknowledge your fears, they won't overcome you.
- Keep a journal!! Writing is a powerful release of emotions. Your journal is always there. Your journal won't tell you you're crazy. Your journal will allow you to sort out your feelings in a safe, non-threatening informant, and, as an added bonus, you have all those memories to look back on and pass onto your child someday
- Find support! Someone who has been there is an excellent resource.
- Bond with your baby!! We often feel that if we don't allow ourselves to bond, it won't hurt as badly if something should go wrong. It's going to hurt regardless, and creating all the good memories you can will only help you, no matter what the outcome. You've already been cheated out of a "normal" pregnancy experience, don't cheat yourself out of loving your baby from day one!
- Be good to yourself and gentle with your feelings. Allow yourself to trust the odds and trust your body. Statistics show that you will more than likely be successful.
- While it's difficult not to think of the worst, try, try, try to stay positive. Hang in there and enjoy the ride!

(Sharing Newsletter 1998)

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

For more information, contact:
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We appreciate your financial support.