



Together Learning to Cope



TLC

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Our Next Memorial Service will be October 11, 2011 starting at 7:00 pm in the Hospital Chapel. Memorial services will continue to be held the second Tuesday of May and October every year. Everyone is welcome to attend.

We are working on getting a support group together for miscarriage, stillborn and newborn losses. Our goal is to start it this November. If you are interested in coming to the support group, please call the Birth Center at 715-387-7073.

We are also starting a Facebook group page for support and that should be up and running in the next couple of weeks.

Stacie

Amy Kuebelbeck, author of "Waiting with Gabriel" writes, "People often use physical terms to try to describe what it feels like to hear devastating news-that it's like being punched in the stomach, like being hit by a truck, or like the world is crashing in on them. To me it felt like falling backward, as though the tiled concrete floor, the clay underground, all the subterranean layers of rock were simply and soundlessly parting to let me through to some other dimension. I think I might have actually fallen if it wasn't for that paper-covered steel examining table holding me up at just the right height to turn my head and bury my face in Mark's warm sweater."

Elizabeth McCracken talks about how she felt after losing her stillborn son in her book, "An Exact Replica of A Figment of My Imagination". She talks about how "life went on as usual, having moved to a new place. On one hand it was comforting and even lovely, especially the long walks we took along the Norfolk coast, and on the other hand the very usualness, the loveliness, the freedom to do what we wanted, was a kind of torture...After most deaths, I imagine, the awfulness lies in how everything's changed: you no longer recognize the form of your days. There's a hole. It's person-shaped and it follows you everywhere, to bed, to the dinner table, in the car.

For us what was killing us was how nothing had changed. We'd been waiting to be transformed, and now here we were, back in our old life." Moving hadn't helped, nothing can fill this void, the person who is missing, is just that *missing*."

The Child That Never Was

By Paula Graven

For the child I've lost
 Of whom I have nothing
 Not a smile to hold on to
 Or a touch to remember
 I didn't see you
 I didn't hear you
 But I felt you
 I felt you deep in my heart
 I knew you were there
 You are the silence in my day
 The beat of my heart
 The thought in my mind
 As night becomes day
 I swear this is true
 Although I have nothing
 I'll always have you
 For you never were
 But always shall be
 The child that once lived
 And always shall live
 Inside of me.

Contact us at:
 715-387-7071 or
 715-387-7083
 Toll Free: 1-800-
 221-3733
 Ask for NICU or
 the
 Birth Center

Loss of a Twin

Twin losses can be very difficult. Sometimes it is one twin, others times it can be both. This is so difficult for parents and families. If there is loss of one twin, and the other one lives, you can be so happy for the baby that you have and so sad for your twin that died.

It is so hard to be happy and sad at the same time. We are just not made to be both at the same time. You may remember when you were first told you were having twins. The absolute shock subsides and excitement sets in and you start planning for two babies, instead of one. Then something happens where you find out that one or both will not make it. In the cases where there is one twin that lives, parents may find themselves wondering if their baby's sibling would be sitting up at the same time or getting their teeth around the same time. When you see how precious your live twin is and how much joy this baby brings to you, you are always thinking how much more wonderful it would be if you had both twins to enjoy. People may say things like "Well at least you have one." Thank goodness you do. They just don't understand though that you want them both.



Quick inspiration: Believe In Yourself!

There may be days when you get up in the morning and things aren't the way you had hoped they would be. That's when you have to tell yourself that things *will* get better. There are times when people may disappoint you and let you down. Those are the times when you must remind yourself to trust your own judgment and opinions, to keep your focus on believing in yourself. There will be challenges ahead to face and changes to make in your life and it is up to you to embrace and accept them. Stay focused on what is important to you. It may not be easy at times, but in those times of struggle, you will find the strength within yourself!

So when the days come that are filled with frustration and unexpected responsibilities, remember to believe in yourself. Because the challenges and changes you encounter will only help you to reach the goals that are meant to come true for you.