

Another Perspective

SPRING 2015

Quarterly readings for Families and Friends from the SICD Resource Center.

Dear Friend,

As Spring approaches, along with the holidays that accompany it, we know this can be a difficult time. The words of other parents may speak to some of the questions you may still ask yourself. In this spring time, may you find comfort as you weather the peaks and valleys of your grief.

~The Staff of the Sudden Infant and Child Death Resource Center

Spring ...!

By Ann Kincaid

Spring is a time anticipated by many. We look forward eagerly to this season as a new beginning. Spring seems to bring a renewed sense of energy and freedom. We tend to think a lot more of play than of work and want to be out in the sunshine. It is a time for dreaming.

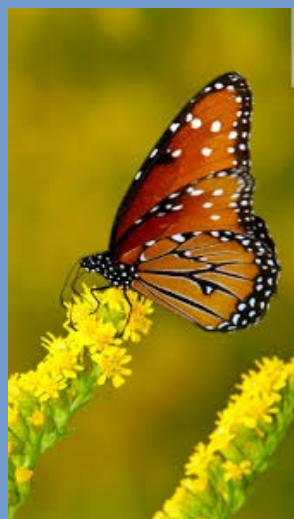
For most of us, each spring has brought these feelings of excitement. But, in the midst of grief, spring can serve instead to emphasize our sense of loss. We look around us and everyone seems so happy. We realize the world has not stopped even though our own lives have changed so much, and we feel out of place or out of step.

Missing the things we had dreamed of is part of what causes this pain. Parents who have lost a baby or young child often talk of the many things they had looked forward to doing with their child. Spring brings thoughts of getting out the stroller and going for walks, playing in the park, watching the ducks and geese at the lake. We all relive or regain a part of our childhood by seeing the world through the eyes of a child. After a child's death, all of these first experiences that we once anticipated for our child are now reminders of what we will never experience with them. The sight of other children playing happily only serves as a reminder of things that now will never happen.

Feelings of anger, jealousy, resentment may abound. Feelings of loneliness may intensify. Recognizing these feelings and sharing them with close friends and family helps us cope with our loss. There is no short cut through grief, but in time we do begin to feel better and once again look forward to new beginnings.

Be assured—there can be a spring in your life again! But you will have to work for it. It won't come if you just sit back and do nothing. Only you can be the judge of what it is you should do. Although you do have special needs at this time, it may be necessary in the beginning to force yourself to begin the work of building a new life for yourself. Eventually, you too, will feel the first small burst of spring coming back into your life.

Adapted from *Wisconsin Perspectives*.



Another Perspective is published by the Sudden Infant and Child Death Resource Center (formerly the New York State Center for Sudden Infant Death), which is sponsored by the School of Social Welfare at Stony Brook University and funded by the New York State Department of Health.

Please contact us at
1-800-336-6475
if we can be of any assistance
to you.

Mother's Day- Father's Day



For many bereaved parents, the arrival of spring brings with it an often painful anticipation of Mother's Day and Father's Day. These are traditionally days for family celebrations. They are days with special focus on parent and child relationships. Often these dates serve only to point out that a child is conspicuously absent. Parents may dread these days not only because memories of the child are rekindled, but also because it is so painful watching others enjoy the festivities.

Because Mother's Day and Father's Day cannot be avoided, some parents have offered suggestions on how they have learned to better cope with such holidays. We would like to share these ideas with you in the hopes of helping you through these days.

- ◆ Don't be afraid to think of yourself as a parent. Even though your child is not here to celebrate this day with you, you will always be a parent.
- ◆ Consider making changes in your holiday schedule. Eliminate some of the traditional activities or change the time or place. These differences can make things less painful.
- ◆ Don't overlook grandparents. They are a very important part of the family and need support also. Acknowledge that Mother's Day and Father's Day is a holiday for them too.
- ◆ Don't assume that a mother's grief is more severe than a father's on holidays such as these. Many times society finds it difficult to respond to fathers who are in sorrow. Many fathers who appear to be coping are inwardly in need of comforting.

Taken from the *Colorado SIDS program newsletter*.

Give It Time

By Rob Anderson
Geneva, Illinois

Give it time,
Give it time,
Give your lonely heart some time.

In your deepest depths of sorrow
When your soul cries out for mercy;
In the grip of fear unyielding
When the sun shines always black,
Give it time.

In the ravages of chaos
When you think that you will die,
Let your pain come screaming out,
Let the world know you hurt,
And give it time.

Give it time,
Give it time,
Give your lonely heart some time.

As joy peeks from the darkness
And your tears turn to a trickle;
When you feel a touch of comfort
And your heart begins to heal,
You gave it time.

When your memories form a smile
And your child's life is what you see;
When joy comes into focus
And laughter's in your soul,
You gave it time.

So, if you think your heart forever broken
And hope a long lost friend,
Give it time,
Give it time,
Give your lonely heart some time.

