Special Days and Events
Adapted from After Sudden Infant Death-by US Dept. of Health & Human Services, HRSA MCH

The first year after your baby’s death is very hard, and your baby’s first birthday and the anniversary of his or her death may also be very difficult. Even if you seem better, the sadness and pain may return. It will be hard to be around other children, especially babies. These are normal feelings.

It is OK to celebrate and enjoy these times. It is OK to laugh and cry at the same time. You can go from laughing to crying very quickly. Other children in your family will need help during the holidays to celebrate as they have in the past or to understand why things are different.

Some parents...
● Choose to celebrate and participate in these occasions as they always have in the past, but find it is a struggle. Sometimes they even avoid talking about the baby who died.
● Choose to do completely different things during the holidays and special events. They may not participate in any of the usual activities or traditions.
● Try to balance their participation in holiday activities and cope with the pain and sadness of missing their baby.
● These are difficult and personal choices.

Remember...
● What you and your family decide to do for anniversaries, during the holidays, or for special events is your choice.
● Your participation in these events may be very different during the first year or so. After a while, you may go back to normal activities or permanently change how you remember some holidays and special occasions.
● Celebrating holidays and special events will reflect your cultural background and traditions. It is important for you to value these traditions because they are part of your life during happy and sad times.

TIPS FOR COPING WITH SPECIAL DAYS
● Lower your expectations of yourself.
● Forget about what other people think you should do and feel. Give yourself permission to feel and do whatever you think is right.
● It’s okay to stay away from children for a while.
● Pick and choose the family events you will attend.
● Find comfort or inspiration in a holiday event or a new tradition.
● Offer kindness and support to others who are having a hard time.
● Set some goals.
● Do something special for yourself.
● Look to your religious beliefs for strength and support; if helpful.
● Plan ways to help you handle uncomfortable situations.
● Share with your family and friends what helps and what hurts.
● If you have other children, try to make it fun for them.
● Special days/events can be emotionally and physically draining. Try to get enough rest.
● Anticipation of any Holiday, birthday or anniversary is worse than the actual day itself.
● Remember-these special days are only temporary.

A note from Sara Tamburrino of SIDS Resources:
Nineteen years ago this year I was faced with “what do we do this year for the holidays”, after my son, Carl had died in May of that year. In past years, we had gone to

Continued next page...
my parents (on Christmas Eve) and my husband’s family (on Christmas). This year I just couldn’t deal with thinking of even trying to celebrate the holidays. After talking to my husband, we decided to just skip Christmas that year. Tim worked that year, and I spent part of the day with a friend whose only child had also died. If we had had other children, we probably would have felt we needed to do some celebrating for them, but I also feel we probably would have done it a bit different. I think that each family has to find what works for them.

Please don’t hesitate to call SIDS Resources (800-421-3511) or the Program Coordinator in your area if you would like to talk to someone or if you want an accepting ear to listen to you. There are support groups that are listed in this newsletter, where you can meet in person with others who have had a similar experience. We also have Peer Connections (other parents who have been through the death of a child and have reached a point where they are able to be supportive to others). If you would like contacts on the internet, we have a support group on Facebook.

Please contact me at stamburrino@sidsresources.org if you would like to be a part of any group support. Just remember that we are here and we do care about you. You don’t have to be alone in this.

**Internet Support Group for SIDS families**

*Are you a member of Facebook? If so, you can join other parents at the SIDS Resources’ Support Group on Facebook. Contact Sara Tamburrino at stamburrino@sidsresources.org and let her know you are interested in joining...she’ll add you to the group. This is a place where you can leave messages, receive and/or offer support from other parents who have also been through the experience of a baby dying either of SIDS, SUDI or other sudden unexpected causes of death. If you have questions, please contact Sara at the e-mail above or at 573-364-5900.*
To Honor You

To honor you, I get up every day and take a breath and start another day without you in it.

To honor you, I laugh and love with those who knew your smile and the way your eyes twinkled with mischief and secret knowledge....

To honor you, I take the time to appreciate everyone I love. I know now there is no guarantee of days or hours spent in their presence.

To honor you, I listen to music you would have liked and sing at the top of my lungs with the windows rolled down.

To honor you, I take chances, say what I feel, hold nothing back, risk making a fool of myself, dance every dance.

You were my light, my heart, my gift from the very highest source.

So everyday, I vow to make a difference, share a smile, live, laugh and love.

Now I live for (us) both, so all I do, I honor you."

~Marianne Connolly~

Monthly Infant Loss Groups

Listed below are regular meeting times in each region. Meeting dates and times are subject to change. Please call to confirm time and location. Family members and friends are encouraged and welcome to attend.

Eastern Region
St. Louis

3rd Monday of the month at 7pm
SIDS Resources’ office
1120 S. 6th Street
St. Louis, MO 63104
Call Teresa at 314-822-2323 or 1-800-421-3511

Western Region
Kansas City

4th Wednesday of the month at 6pm
SIDS Resources’ office
4051 Broadway
Kansas City, MO 64111
Call Donna at 816-569-6956

South Central/SWest Region – Springfield area

Call Sara at 573-364-5900

If you want to connect with others who have experienced the sudden death of a baby, please consider joining our Yahoo group. This internet support group is open only to families involved with SIDS Resources – no one else has access to this discussion board. You may share something about your child, your experience, or ask questions. Please email Sara at stamburrino@sidsresources.org and request to participate in the Yahoo group.
Workplace Giving & Fundraising

**Kansas City area**
SIDS Resources’ receives donations through United Way and Community Health Charities. Other counties in Missouri are also a part of Community Health Charities. You may choose SIDS Resources to receive your charitable contributions. Call the St. Louis office for more information.

**St. Louis area**
SIDS Resources is a proud member of the Greater St. Louis United Way; please support your workplace campaign. If your workplace does not have a campaign, call the St. Louis office to find out how to begin one.

*Virtual Thirty One* – on line party fundraiser
15% of the proceeds will benefit SIDS Resources.
If you want to participate, please send your email address to lbehrens@sidsresources.org

**Combined Federal Campaign**
If you work for the federal government, you may designate SIDS Resources as your workplace giving charity.

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**New Arrival**
Congratulations to Sean and Marci Patton on the birth of Ian Patrick Patton! Ian was born 9-13-11 and weighed in at 8 lb.s, 1 oz; he was 22 inches long. Congratulations to the Patton family, including big sisters McKinley and Emma.

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**Anything you’d like to Share? **
We’d love to hear from you...

Send us your personal story and we’ll include it in a future update. Remember to include your name, your baby’s name, birthdate, angel date, and a photo if you’d like.

We would also like to hear about any NEWS in your lives. Please let us know how we can spread your word. Contact us at 1-800-421-3511 or email Lori at lbehrens@sidsresources.org

Let us know... subsequent baby news, new job, a special event, anything you’d like to share. Thank you!
Regional Activities
for SIDS Resources’ event information, visit http://sidsresources.org/News.HTM

Eastern Region
St. Louis

Holiday Candle Lighting
Sun. Dec. 4th, 4pm-6pm
Our Annual Candle Lighting Service for bereaved families will be held Sunday, Dec. 4th in Brown Lounge at Washington University.
All families are invited to attend. Children and extended family members are welcome. For more information, or to RSVP, please contact Teresa at tbuehler@sidsresources.org

Angel of Hope Ceremony
Tues. Dec. 6th, 7pm at Blanchette Park, St. Charles, MO

Save the Date:
Party with a Purpose
Orlando Gardens, South County
visit www.partywithapurposestl.com

Western Region
Kansas City

Holiday Candle Lighting
Thurs. Dec. 8th, 7pm-8pm
Our Annual Candle Lighting Service for bereaved families will be held Thursday, Dec. 8th at Country Club United Methodist Church
400 West 57th St
KC, MO
All families are invited to attend. Children and extended family members are welcome. For more information, or to RSVP, please contact Donna at djacobson@sidsresources.org

South Central/SWest Region—Springfield

Holiday Candle Lighting
If you're interested in a Holiday Lighting Service, please contact Sara Tamburrino at 573-364-5900 or stamburrino@sidsresources.org

North Central
Jefferson City/Columbia

Holiday Candle Lighting
Tues. Dec. 6th, 7:00pm
Our Candle Lighting Service for bereaved families will be held Tues. Dec. 6th. Children and extended family members are welcome.
Lake Law Firm Conference Room,
3401 W. Truman Blvd. Jefferson City
To RSVP, please contact Lori at lbehrens@sidsresources.org

Walter Knoll Florist’s Lend a Hand program
If you order flowers from Walter Knoll, you may choose SIDS Resources as your charity of choice! $2.00 of your order will be donated to us. Details at www.wkf.com

Bi-Monthly Update November/December 2011
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We hope you benefit from receiving this update...

Please let us know your suggestions and ways we can continue to improve our services. If you would like to add a family member or friend to this mailing, please contact us. If for any reason you would like to be removed from this mailing, please call 1-800-421-3511 or email Lori at lbehrens@sidsresources.org

To access support services for bereaved families, or to schedule a SIDS training for professional and community groups, please call 1-800-421-3511 or contact your regional SIDS Resources’ office.

www.sidsresources.org

Bi-Monthly Update

Address Service Requested