“Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren’t so crushing.” Sound familiar? All of us have known hurts before, but none of our previous “ouches” can compare with the hurt we now feel. Nothing can touch the pain of burying a child.

Yet, most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have. So…we are stuck with this pain, this grief, and what do we do with it? Surely we can't live like THIS forever!

There are no magic formulas for surviving grief. There are a few commonly recognized patterns for grief, but even those are only guide-lines. What we do know is that the emptiness will never go away. It will become tolerable and livable…some day.

TIME…the longest word in our grief. We used to measure TIME by the steps of our child…the first word, first tooth, first date, first car...now we don't have that measure anymore. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves TIME…to hurt, to grieve, and to cry. TIME to choke, to scream. TIME to be "crazy" and TIME to remember.

Be nice to yourself! Don’t measure your progress against anyone else's. Be your own timekeeper.

Don’t push. Eventually you will find the hours and days of grief have turned to minutes and their moments…but don’t expect them to go away. We will always hurt. You don’t get over grief…it only becomes tolerable and livable.

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Change your focus a bit. Instead of dwelling on how much you lost – try thinking the good memories come over you as easily as the awful ones do. We didn’t lose our child…HE/SHE DIED. We didn’t lose the love that flowed between us…it still flows, but differently now.

Does it help to know that if we didn’t love so very much it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I’m very, very glad I loved.

Don’t let death cast ugly shadows, but rather warm memories of loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

-Darcie D. Sims, Ph.D.
Wenatchee, WA

Dress DOWN to fight SIDS!

Does your company have a “dress down for charity” program? If so, SIDS Resources would love to be included on their list of recipients. We will be happy to supply informational material to all who participate.

Please contact Lori at 800-421-3511 or lbehrens@sidsresources.org for more information.
Does your employer have a matching donation program?

Many employers sponsor matching donation programs to charitable organizations. Most programs match contributions dollar-for-dollar, doubling your gift-giving opportunity. Some employers also provide matching dollars for event participation. If you have ever donated or considered donating to SIDS Resources, please check with the HR department of your employer to find out if these matches are available. Thanks in advance for your support!
River of Sorrow
"Drinking from the waters of sorrow sustains a different kind of life. This river is hidden from the rest of the world. Tears drip off my chin and fall into an endless flow of liquid love. This river sparkles with beauty."

Todd Nigro
Ellie's Way

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 Dawn at 314-241-7437 or 1-800-421-3511

Western Region
Kansas City
4th Wednesday of the month at 6pm
Call Pete at 314-241-7437 for group location

North Central
Jefferson City/Columbia
Group meets as needed
Call Lori at 314-241-7437

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 Facebook 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 Facebook group.
Regional Activities

for SIDS Resources’ detailed event information, visit www.sidsresources.org and click on “get involved”, then “upcoming events”

**Eastern Region**
St. Louis

**Sat. July 11th**
*Trivia in Paradise*
A night that begins with Trivia and ends with a concert, featuring Jimmy Buffet songs by the talented Gary Sluhan
Doors open at 6 pm
Trivia starts at 7 pm
Entertainment starts at 8 pm
Trinity Lutheran Church,
14088 Clayton Rd., St. Louis, MO

**Fri. September 19th**
*Strike out SIDS at the K*
Kauffman Stadium, Kansas City, MO
Royals vs. Indians
Buck Night – Game night amenities include hot dogs and peanuts for just $1 each!
Pregame Tailgate 5:00–6:30 pm in Lot N, Space A: 2-3
Tailgate games, kids activities, raffle and more! Memorial balloon release at 6:00 pm.
For more info. or to register: http://www.sidsresources.org/?page_id=1527

**South Central/SWest Region – Springfield**

**Sat. August 15th**
*Strides for SIDS*
5K Run/One mile walk
7:00 – Registration
8:00 – Memorial Dove Release* (Showmedoves.com)
8:30 – Race/Walk
9:30 – Awards
9:30 – 11:00 – Fun activities for Kids and Families
Creve Coeur Park, Tremayne Shelter
St. Louis, MO

**North Central**
Jefferson City/Columbia

If you are interested in hosting an event, please call 1-800-421-3511

If you are interested in hosting an event, please call 1-800-421-3511

Quarterly Update  Summer 2015
This publication is published quarterly. We won’t be mailing the updates, however all updates are available on our website, or we can email it to you, which helps us realize significant cost savings.

If you don’t have internet access or email, please contact your Program Coordinator and we’ll work to make other arrangements. We appreciate your understanding.

If for any reason your would like to be removed from this mailing, please call 1-800-421-3511 or email Lori at lbehrens@sidsresources.org.