

THE FAMILY CONNECTION

VOLUME V ISSUE 1

SPRING 2007

Please join us in raising both money and awareness for SIDS Mid-Atlantic at Reston National Golf Club for the third annual Stratton Woods Golf Tournament, in memory of Kylie Xiu Clifford.



Date: June 15, 2007

Time: 1:00 for lunch and check-in; 2:00 shotgun start.

Place: Reston National in scenic Reston, Virginia.

Cost: \$120.00 / person

The \$120.00 fee includes lunch, greens fees, a "goody bag" with gift certificates, golf towels, etc, and all the Fresca you can drink.

Get a team together from work or your friends, have fun and help raise funds for SIDS Mid-Atlantic to support outreach and education. To sign up, call 703-933-9100 or email bconnal@aol.com



Fighting To End The Tragedy of SIDS
for Brisán - 6/01/04 - 9/28/04

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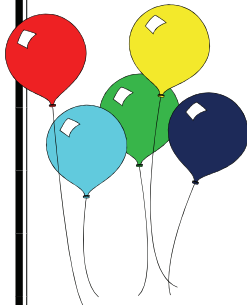
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Come to the Second Annual Brisan's Bash!
In Memory of Brisan Winner

Brisan Winner



June 24 2007 12 noon till 6 p.m.
9070 Meetze Road
Warrenton Virginia



A Fantastic Fundraiser for SIDS Mid-Atlantic and First Candle
5 dollars admission for kids, 20 dollars for adults
Admission benefits SIDS mid Atlantic, raffles benefit First candle
Raffles and Door Prizes!

One week vacation in Cabo San Lucas, Mexico
A Day Trip for Four to St. Michaels from Watermark Cruises
Gift Certificates for dinner at Outback,
facials at Salon Nordine,
Gift Baskets and more

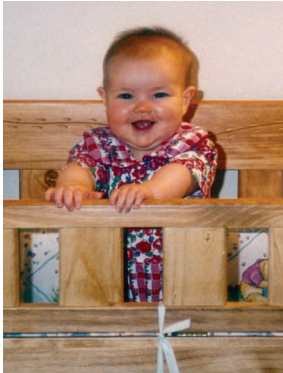


Great food from Outback
Fun and games
Face painting and tattoos
Water slide—bring your bathing suits!
For more information contact Michelle Winner
michelle@bedbugdesigns.com

SPRING ANNIVERSARIES

James Robert Bailey	February 5 to May 5 1999	Alexis Joyner	May 25 2004
Angel Darlene Brommer	March 5 2004	Carly Dean Raistrick	August 21 2005 to March 14 2006
Rebekah Nichole Botts	November 24 2005 to May 12 2006	Rianna Eloisa Sawyer	August 2 1993 to May 27 1994
Alexander Nicholas Dojack	December 3 2003 to May 28 2004	Kelsey Elizabeth Shipe	November 18 1990 to April 19 1991
Keylen Wade Everage	January 22 to April 17 1998	Hailey Short	April 29 2001
Lily Emmanuella Hotmire	December 18 to March 10 2007	Gavin Staples	March 6 to Apr 10 2003
Mary Katherine Hyland	June 25 1991 to May 13 1993	Summer Jade Thorne	March 31 to April 24 2005
James Tyler Jan	December 28 1993 to March 31 1994	Preston Scott Williams	December 23 2004 to May 2 2005

Alexandra Suzanne Buitla
July 12 19 94 to April 4 1995



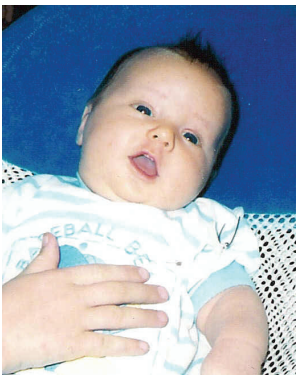
Ethan Michael Thompson
December 2 2003 to May 6 2004



Brandon Lee Leach
December 2 1996 to April 8 1997

Christian Horchler
March 8 to May 10 1991

Kaya Elizabeth Cleary
November 4 2004 to March 19 2005



Brenna Mullaley
December 9- 2003 to March 30 2004

Quinnzelle Margolies
Jan 13 to April 22 1995

Mother's Day and Father's Day

You are among the mothers, fathers, families and friends of the nearly 20,000 babies who die each year. You are not alone in feeling confused and very sad in trying to live without your baby. Difficult days may rule your life for a long time, and many unanswered questions will remain. Mother's Day and Father's Day may be especially difficult.

You may ask yourself many questions.

Why did my baby die?

What did I miss?

Why do I keep saying "If only I had..." if it is not my fault?

Why didn't I check my baby one more time during the night?

Why didn't I take my baby to the doctor for that cold?

Why did I go back to work so soon?

If no one can find a reason, isn't it my fault that my baby died?

I am angry, frightened, and exhausted - am I going crazy?

You try to piece together clues, signs, or reasons why your baby died.

Losing track of time and being unable to perform simple activities are normal after a baby dies. The daily routine changes in a lot of ways. Regular activities such as weekly grocery shopping or visits with friends or family become more difficult.

After a while, you will probably resume some of your usual activities. But you also may decide that some activities are too painful, such as visiting friends with children and seeing them at play. But these choices will be yours.

Special events like Mother's Day and Father's Day will certainly be different without your baby.

Holidays and special events are reminders that life goes on around you. You will be torn between how holidays and festive occasions are normally celebrated and how you are going to celebrate them without your baby. You may feel anxious, sad, and empty and may long to have your baby be a part of the special times that usually involve the whole family.

Some people may not understand you need to talk about and remember your baby at these times because they want you to "get on with your life." Wanting to talk about the loss of your baby does not mean that you are not recovering and coping.

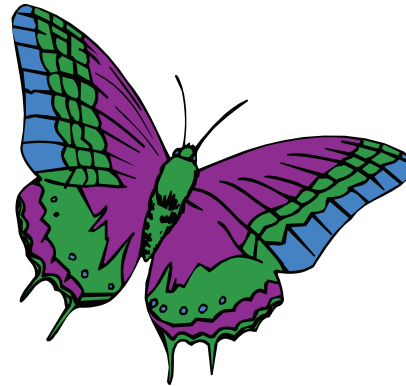
The first year after your baby's death will be the hardest, and your baby's first birthday and the anniversary of his or her death may be two very difficult times.

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. Very quickly, you can go from laughing to crying.

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. Some try to balance their participation in holiday activities and cope with the pain and sadness of missing their baby.



Remember that what you and your family decide to do for anniversaries, holidays, or for special events are your choice.

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.

Families gather for both sad and happy occasions. Happy times and sad times often bring families closer together.

Holidays, weddings, graduations, and reunions are times for celebration. Everyone is expected to be happy. Relatives and friends want you to join in as you have in the past.

Family and friends usually provide the most comfort and listen to you as you try to cope with your loss. But even the closest of relatives and friends cannot completely understand the hurt that you feel.

Friends and relatives may want to take your pain away... to offer you hope for better times... to see you "back to normal again"... to help you "forget about what happened."

But no one can take your pain away... there will be better times, but they will be different without your baby... your life does not feel like it will ever be "normal" again... you will never forget your baby.

Sometimes people have wrong ideas about sudden infant death. It is not caused by smothering, choking, infections, or allergies. People may say things that are not true. Some people might give you information that has not been proven or compare the death of your baby to another death they know about. They offer many types of information in the hope of helping you feel better.

Others may ask questions and make comments about your baby. Sometimes their remarks will make you feel like you did something wrong or that you did not take proper care of your baby. If you need information, support, or somebody to talk to, please contact SIDS Mid-Atlantic.

As you approach an anniversary, holiday or special event, do something to remember your baby and to help ease your anxiety. Thinking about how you are going to handle such an occasion is often worse than the actual event. For example, having a memorial service or going to the cemetery before the occasion might comfort you.

Realize that sadness and confusion may remain with you during these times. Feelings of anger, pain, and loss of control do not necessarily mean that you are not recovering from the loss.

Make changes in the way you celebrate holidays and special events. These changes may be temporary or permanent.

Take care to remember that other children and family members will want to continue to celebrate the occasion as usual.

Start a new tradition in memory of your baby.

Talk or write to other parents whose baby has died. Find out how they have coped with the special occasions.

While sadness will remain with you forever, the memories of your baby are some of the most important "keepsakes" you will have. You can treasure them and share them with others.

Family and friends often feel they will cause you more pain by talking about your baby. Let them know if you want to talk, and together you can build memories.

As time passes, happy memories of your baby will gradually replace the sad ones, and you will be able to laugh again.

*"What we have once enjoyed and deeply loved we can never lose, for all that we love
deeply becomes a part of us."*

Helen Keller



Whisper to Me

Whisper to me my little one
 Your scent remains
 It fooled my heart
 For an instant
 The joy of your presence was here!
 But too soon
 My mind remembered.

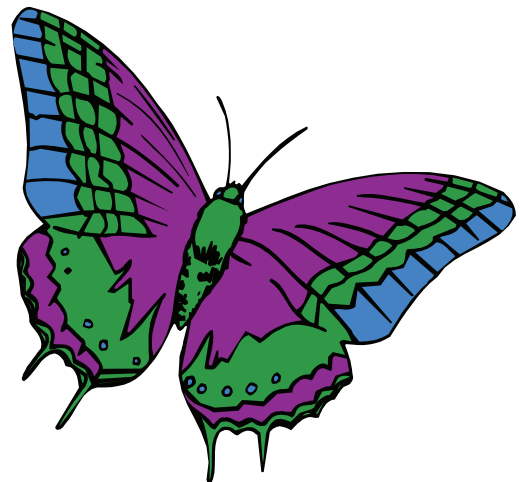
Whisper to me my little one
 If only in the wind
 That rocks in the empty swing
 'Between my two that remain
 I think of how it should have been
 I think you may still be here
 If only in spirit.

Whisper to me my little one
 Come visit me in my dreams
 Let me see you
 If only once more
 Let me see your eyes, brown or blue?
 Your hair it has curls! Or is it straight?
 What parts of me carry on?
 May I just touch you, hold you
 If only in my dreams.

Do you see your balloons every year?
 Can you smell your flowers?
 Did you see your Christmas presents
 That I never got to wrap?
 How long to braid the hair of my third little girl
 Whisper to me
 Stay with me always.

Whisper to me my little one
 Speak to my ear
 It's frozen in time
 To the place we once were

Shannah Neely



Support Groups and Grief Counselors

Annemarie Bezold, LCSW

Fairfax County Grief Program
8348 Traford Lane, Springfield, VA 22152
703-866-2119

WENDT CENTER FOR LOSS & HEALING Individual grief counseling/

Support groups for adults and children
4201 Connecticut Ave., NW, Suite 300
Washington DC, 20008
202-624-0010
www.wendtcenter.org

The Counseling Center of Fairfax

10470 Armstrong St, Fairfax, VA 22030
703-385-7575

Mark Gardner, LCSW

703-655-7694
mark@markgardnerlcsw.com
www.markgardnerlcsw.com

Lynda Mulhauser, Ph.D.

4550 Montgomery Avenue, Suite 733 North
Bethesda, MD 20814
202-423-7160

MIS: Miscarriage Infant Death and Stillbirth Support Groups

Maryland 301-460-6222
Subsequent Pregnancies, call 301-530-1094
Virginia 703-356-0353
Subsequent Pregnancies, call 703-583-1503
For Spanish, call 703-326-9262

MARCH OF DIMES

2700 S. Quincy St
Arlington, VA 22206
703-824-0111
www.marchofdimes.com

Carol Miller, LCSW

Jane Ashley Heavey, LFT
Center for Well Being
311 Park Ave Suite 1A, Falls Church, VA 22046
703-395-4980

Adrienne Griffen (No.VA Coordinator)

Postpartum Support International
703-243-2904

Terry Newman, LCSW

Virginia SIDS Alliance
757-547-9334

Compassionate Friends

For parents who have lost a child
703-525-9311
Prince William- www.tcfprincewilliam.org
Fairfax- www.tcfarlington.org
Burke/Springfield- www.tcfbsf.org
www.compassionatefriends.org

HAVEN OF NORTHERN VIRGINIA

4606 Ravensworth Road, Annandale, VA
703-941-7000

Capital Hospice

Grief and Loss Services
6565 Arlington Blvd., Suite 500
Falls Church, VA. 22042
703-538-2064

SIDS MID-ATLANTIC

SIDS Mid-Atlantic
2700 S. Quincy St. Suite 220
Arlington VA 22206

Phone: 703-933-9100



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for Brian - 6/01/04 - 9/28/04

WWW.SIDSMA.ORG

The mission of SIDS Mid-Atlantic is:

- to support family members and others who have been affected by the tragedy of SIDS or any death of an infant,
- to educate the public and professional community about SIDS and other infant deaths.
 - We provide support to bereaved families with peer contacts, monthly support groups, newsletters, website, referrals, and family events.
 - We educate first responders, police, medical and nursing personnel, medical examiners, funeral home and cemetery personnel about helping families who have suffered an infant death.
 - We educate parents, the medical community, and others about SIDS and other infant deaths and provide trainings on Smoking Cessation, Safe Sleep and Infant Health.
 - We provide cribs for needy families through the "Cribs for Kids" project.

To volunteer or to learn more about SIDS Mid-Atlantic, please call us at 703-933-9100

or email sidsma27@aol.com SIDS Mid-Atlantic is a member of

Community Health Charities, Combined Federal Campaign number 6014

and the Commonwealth of Virginia Campaign number 3392

To make a secure online donation, go to www.sidsma.org

Or mail your donation to SIDS Mid-Atlantic, 2700 S. Quincy St. , Suite 220, Arlington VA 22206