

# Forever Angels



Hello Everyone,

I hope the holidays went well and that 2007 will be healing for all of you. Some of us are in the throes of a cold-snap and I hope this finds you all well, warm, and being gentle with yourselves. For our newest members, I hope you find the Loss Support Network welcoming and helpful. I am so sorry to hear of what you have endured and hope you find some solace and comfort from Forever Angels. As usual, we welcome your input, stories, poems, feedback at any point and about anything.

I have been contacted frequently from surviving co-multiples sharing feedback and perspective on their own journeys of loss, pain and grief. I hope to allot some time in the future to address some of the experiences shared from them and look at how we, as bereaved parents, can help our survivors in coping with an equally devastating loss. If you have any thoughts you might like to share, don't hesitate to let me know.

Write me any time. I look forward to hearing from you.

Thinking of you,  
*Lynda*

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*Questions, Questions, Questions.....*

**Question:** Hi, I had triplets in 1998. One of our babies died when she was 5 days old. My babies are now 8 years old and ask questions about their sister. Do you know of any books for children discussing the loss of a multiple? This is a very difficult topic and few people understand the loss. I was told, well you still have two of them. Like that makes it ok. The comments can be very painful. I think there are a lot of parents out there in my situation and it is nice to know there is a resource like this [the Loss Support Network].

**Answer:** I am so sorry to hear of your loss of your precious daughter. It has to be very difficult on so many different levels. There are several good children's books on grief, but not focused on a multiple birth loss, unfortunately. "We Were Gonna Have A Baby and Had An Angel Instead" is a sensitive, gentle book which creatively sets out what happens when a baby dies for the sibling(s). It's by Pat Schwiebert and published by Grief Watch Portland, Oregon, [www.griefwatch.com](http://www.griefwatch.com), softcover, \$7.95 US, ISBN 0-9724241-1-3 If you go to the Bereavement Section of a larger book store chain, I know there are several beautifully illustrated books for children of different ages.

It's wonderful (and no doubt comforting) that you can share with your other children about their sister. Feedback I so often receive from surviving adult co-multiples is that their parents were unable - for a variety of reasons, not necessarily their fault - able to discuss their deceased co-multiple(s), or the parents have held off telling the survivor(s) until much later in life, sometimes in their late teens. It can come as quite a shock to learn such intimate details of one's origins. By providing a safe place for your children to ask questions about their sister, you are instilling a sense of security, comfort and safety. While not always easy, Good for you!

Multiple Births Canada (MBC) has a Fact Sheet entitled? *Talking to Your Children About Death*. It can be found on our Web Site at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)  
It provides many helpful hints on dealing gently with your children and providing feedback which can help you all heal.

I encourage you to speak up when someone says something that makes you feel upset or sad. While people mean well, it doesn't always mean that they do a good job of "meaning well." It's OK to say something like, "Children are not interchangeable and we miss \_\_\_\_\_ (name) very much." It doesn't have to be argumentative or rude but such a response can help them learn that their comment is hurtful and your

daughter does not deserve to be brushed aside and her short life ignored. When we speak up, we teach, so don't be afraid to let people know that their comments have hurt you.

Very best wishes.

***IF YOU HAVE A QUESTION, PLEASE LET ME KNOW. I can be reached at [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)***

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*Revised Book...*

***MOURNING HAS BROKEN-***  
***A Collection of Creative Writing about Grief and Healing***

***revised second edition now available!***

***Foreword by Alan Wolfelt, PhD***  
***Edited by Mara Koven and Liz Pearl***  
***KOPE Associates, 2007***  
***ISBN 0-9738040-0-9***

please visit

<http://at.yorku.ca/kope/mhb.htm>

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*Special Web Sites.....*

Memorial Jewelry~~~~~

www.labelledame.com

Canadian: Handmade, healing artisan sterling silver and semi-precious gems. Jewelry for miscarriage, infant loss, fertility, pregnancy, birth and baby.

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One family's story of the loss of a twin...

Our story: <http://www.geocities.com/oneangelsmom>

***I would love to be included on your site.***

***Gentle Wishes, Gina Goodman***

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***He is gone, but not forgotten***  
***And, as dawns another year***

In our lonely hours of thinking  
Thoughts of him are always near.  
Days of sadness will come over us  
Many think the wound is healed  
But they little know the sorrow  
That lies in the heart concealed.

~~~~~from an obituary

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*Pen Pals...*

Some of you have written in looking to connect with someone whose story has touched you. I wanted to let you know that unfortunately connection is not always possible due to the fact that e-mail addresses change in our very busy world or improved server offers have necessitated an address change. As such, I do not always have up-to-date information. Sharing with someone in a like situation is very helpful as so much is understood. Nevertheless, please write me if you wish to connect with someone and I will see what can be done. If you change your e-mail address, please let me know so that I can keep our records current.

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*Book Review...*

Sibling Grief: Healing After the Death of a Sister or Brother,  
P. Gill White, iUniverse Inc., 2006, softcover, 112 pages

When a child dies, people close to that child feel the loss: the parents, the grandparents, the siblings. While we tend to focus on supporting and providing resources for parents, the grandparents and siblings also have unique experiences. This book focuses on sibling loss and as bereaved parents, we need to be aware that the loss of our child(ren) also affects our living children. Depending upon the age of each child when his/her sibling dies and under what circumstances (born still, illness, accident, suicide), the situation can be very difficult for siblings as well. Not only are their parents not emotionally available to them for an amount of time (sometimes years), they have lost a comrade, partner, playmate, friend, confidant and so much more.

While *Sibling Grief* focuses on singleton sibling loss, multiple birth parents will be able to relate, benefit from and act on the supports offered.

White, who lost a sister when she was 15, has broken her book down into the different ages at which loss might occur and provided guidance and insight for parents at each stage. She breaks down the healing practices into 5 steps: learning about sibling loss and the grief process; allowing yourself to grieve; connection with other bereaved siblings; telling your story; and finding meaning in the loss.

There are a plethora of resources listed in her helpful and supportive book, also broken down into detailed categories so that bereaved siblings can make other connections as they might need. This book would not only be a terrific resource for professionals whose clients are looking for grief support around the death of a sibling but also for parents having lost a child(ren) and supporting/helping their surviving child(ren) deal with their own emotions around the loss.