

# Forever Angels



Hello Everyone,

*I hope this finds you well and being gentle with yourselves. Keeping it short today although my mind races with thoughts and ideas of support to discuss. If you find that your mind too, is running with ideas of support which you would have found helpful, please do drop me a line so that we can work at filling those gaps. It is when we share, that the true depth of caring comes to light and changes are made. So if there was something that you feel would have helped you in your grieving process, let's explore it and bring about change. It's never to late to talk about it.*

*Thinking of you,  
Lynda*

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Letters to the Editor.....

RE: Issue #08-03, Vanishing Twin & Multifetal Pregnancy Reduction

Dear Lynda,

I read this newsletter with great interest. I've worked with older adults who finally admit that they feel something has always been missing, only to discover that they were one of twins, and their twin died early in the pregnancy. Finding out the truth usually brings them relief in that they no longer feel they are going crazy. Thanks for addressing this issue.

Dr. P. Gill White, PhD  
Sibling Grief: Healing After the Death of a Sister or Brother

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Good Evening,

Wow. I am sad to say that this article has an unfortunate ring of familiarity to it. Although I did not experience VT or MFPR, I definitely did experience comments such as 'at least you still have one' when one of my identical twins, Juliette, was found to be stillborn at 35 weeks. Not only is this a hurtful comment for my family and I, it denies the importance of our deceased twin and the great and irreplaceable void she has left in our lives. Although I do agree that our healthy twin, Chloé, has helped us to surmount this horrible loss, Juliette was her own person, with a distinct personality and her own personal space in our hearts.

I was wondering, are there support bereavement groups available that cater specifically to situations such as mine (loss of a twin)? I did attend a support group here in Hull (Naissance Renaissance) but I did not find that I could really relate. I am really looking to find guidance and support to deal with the loss of Juliette and to learn how best to ensure that Chloé keeps Juliette in her heart and understands her importance, all the while not making her crazy by being pushy about it (not sure I am fully communicating what I want to say...).

Keep up the good work. - Suzie, Yves and Chloé (twin sister to Juliette, stillborn at 35 weeks)

Lynda's Note: There isn't too much available but check out Twinless Twins at [www.twinless.org](http://www.twinless.org) (they have a loss Conference coming up this July in Toronto - see below) and if you would like to have a Pen Pal, it can certainly be arranged through MBC's Loss Support Network.

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## **Twinless Twins Bereavement Conference in Toronto, Ontario, Canada, July, 2008**

To learn more, click on  
<http://twinlesstwins.org/GETINVOLVED/2008NationalConference/tabid/251/Default.aspx>

What the heart has known, it never shall forget. *Author Unknown*

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*Providing Support to a Surviving Child(ren).....*

MBC Fact Sheet: *Talking to Your Children about Death*

Feedback:

We lost our second child at 35 weeks gestation. Our older child responded well to very direct and simple explanations "he died" "he didn't have a heartbeat". We also got the book *Waterbugs and Dragonflies*, and another *We Were Expecting a Baby but Got an Angel Instead*. These are great for preschool aged children.

Lynda's Note: *Waterbugs and Dragonflies* was listed in *Forever Angels*, #05-11, and *We Were Expecting a Baby but Got an Angel Instead* was listed in *Forever Angels*, #05-01.

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***Because of Eric***

*Because of Eric...*

I will always be a Mommy

*Because of Eric...*

I know the love that only exists between Mother and child

*Because of Eric...*

I know the joy of living for another

*Because of Eric...*

My husband became a Daddy

*Because of Eric...*

I saw my father's face again in another

*Because of Eric...*

I know a Mother can only control how much she loves her child and nothing else

*Because of Eric...*

I learned that though the body may be fragile the spirit is strong

*Because of Eric...*

I saw how much one so tiny can touch the lives of so many

*Because Eric died...*

I know pain I had only imagined

*Because Eric died.....*

My arms are empty

*But Because of Eric...*

I will have a light in my eyes and a smile in my heart forever

Cindy Pinzenscham, Mom of Eric's twin brother Brandon who died in utero, and Eric, born 30 Dec. 2006 weighing just a little over a pound. Eric did well but then died on 14 April, 2007.

(first printed in Our Newsletter of CLIMB and reprinted with permission)

**28th May is designated National Multiple Births Awareness Day across Canada.....**

**You and your Chapter can be a part of celebrating Canadian Multiple Births in your community. Not sure how to get started? Check out the Awareness section of the MBC website:**

**<http://www.multiplebirthscanada.org/english/awareness.php>**

**Multiple-birth families come in a variety of situations and Multiple Births Canada acknowledges and honours all of them. It's simple, it's education, it's fun, it's a chance to share your thoughts.**

**In case you hadn't realized it, 28th May is the Birthday of the Dionne Quintuplets, and Cecile and Annette, the surviving quintuplets, have agreed to sharing their birthday with all Canadian multiple-birth families.**

*NOW ON LINE.....*

Back issues of *Forever Angels*. If you would like to read some back issues of *Forever Angels*, please check them out at the Loss Support Network section of MBC's website at <http://www.multiplebirthscanada.org/english/ForeverAngels.php>.