

Forever Angels



Hello Everyone,

Lots to share, including a fabulous support idea from Temiskaming Multiple Births and how they proactively supported a bereaved family and their local community at the same time. Read on for more information on how you might bring your own local Chapter on board to provide bereavement support in your area.

There are a couple of surveys, if you feel able, created in an effort to improve support for bereavement multiple birth families. We greatly appreciate your sharing what ever information you can.

Please write any time you wish about anything you read in Forever Angels, to share your story, poems, memories or just to chat. We love to hear from you about anything at all. Should your EM address change, don't forget to let us know. If you can't open any of the attachments (it's been known to happen...), drop me a line at loss@multiplebirthscanada.org and I will try another format.

*Thinking of you,
Lynda*

*Memories don't fade,
They just grow deep,
For the ones we love,
But could not keep,
Then we hold our tears,
When we speak their names,
But the ache in our heart remains.
We miss you like it was yesterday.*

- from an obituary

Loss of Twins for Unrelated Reasons.....

My name is Tara, and we just lost our twins.

We have two other children, nearly 2 and nearly 1. We found out we were expecting again, and when we had our first scan, were told that it was twins.

About 10 weeks into the pregnancy, the first twin died, for reasons unknown. However, the remaining twin was doing great, and we had no reason to think that anything bad was going to happen.

At 20 weeks, I started having a pain in the right side, uterine area, that felt like I had pulled a muscle. The day before, I had had what felt like a couple of mild contractions, so we went in to be scanned. I knew something was wrong. Same as Julie, I could not put my finger on it, but deep down, I knew something was not right.

The doctor did the scan and we could see that there was no heartbeat, no trace of blood flow, and no movement at all. I was stunned into sort of a surreal type of feeling - numb, actually.

I was induced the next day, and delivered a baby girl. We saw what caused her death as soon as she was born. Her cord was wrapped around her neck twice, very tightly, and had strangled her to death.

We are devastated, but trust that God is in control and knows the reasons for this happening. Even though I desperately want to conceive again, I am fearful of future pregnancies because our first children also had cord related problems at birth. Now that one has died due to this, and I have learned through research that the risk goes up for all subsequent pregnancies, I am worried about the same thing happening again.

Tara

*Joy shared is joy doubled,
Sorrow shared is sorrow halved.*

~from a needlepoint found in an antiques shop

Loss Questionnaire from Australia.....

Several Australian Loss support individuals, Murraylands Twin Loss and Multiple Births Canada are exploring the current quality of care hospitals, staff and doctors provide after a multiple birth loss with the hopes of improving care and/or identifying support gaps. We greatly appreciate your taking the time to complete the Questionnaire and forwarding the completed form to Murraylands Twin Loss. If you are aware of a bereaved multiple birth family who may be interested in completing the survey, please feel free to pass these two documents along.

When we know better, we can do better. Thank you for agreeing to be a part of this project.

If you have questions, please be sure and let Lynne Schulz know. Her EM address is on the explanatory letter.