



MESSAGE TO SIDS AND KIDS NT'S MUMS, FRIENDS & SUPPORTERS

Hello and welcome to the Mothers Day edition of *Reaching Out*. Mothers Day can be a difficult time especially for those of you who are facing this day for the first time without your child. To all of you who are reading this newsletter due to the death of your child, SIDS and Kids NT wish you peace and comfort as you move with your grief, and for all the Mums, a very happy Mother's Day - one that is filled with loving thoughts about your precious child.

Flowers, one of nature's small miracles are often used to symbolize mother's day and the special place of mother's in our communities. When you think about flowers and their meanings, they are a bit like grief in that they take on many forms and different significance to different people. The affect flowers can have on people can vary dramatically, as does grief. Flowers, like grief seem to take on individual characteristics. Some flowers are easier to work with...they can be placed in an arrangement and not demand much attention. They can sit beside others adding character and texture, or they can demand a bit more care and produce different moods and sentiments. Every mother grieves the loss of her child in a uniquely different way and it is our hope that you find comfort and healing in the place where you sit this Mother's Day.

Don't forget that SIDS and Kids NT operates a 24-hour support service every day of the year, so please do not hesitate to make a phone call if you would like to speak to one of our trained parent support workers. If you prefer, you can make an appointment to visit our professional counsellor.

Please give our office a call on 8948 5311 or call our 24 hour support line on 0448 849 234.

We invite you to please read on and hear about other events SIDS and Kids NT is planning and share in the contributions made from our families.

Go gently this Mother's Day, from the *team at SIDS and Kids Northern Territory*

...dedicated to saving babies lives and assisting anyone affected by the death of a child from conception onwards...



News from SIDS and Kids NT office

Emergency Support Persons workshop

SIDS and Kids NT recently conducted an Emergency Support Persons Training workshop – a two day workshop to train staff and volunteers on how to support families affected by the death of a child.

Participants were given the opportunity to explore loss and grief in a nurturing, professionally facilitated group environment. Many participants kindly and bravely shared their own experiences and insights into grief and their hopes that they can one day offer support to other bereaved parents, grandparents and friends. Our emergency support person can offer support in some of the following ways:

- *Visiting your home*
- *Having a chat over the phone;*
- *Getting you out of the house for a while;*
- *Being flexible with time;*
- *Being available months and years after the death of your child;*
- *Being a friend as you grieve for your child.*
- *When you need a shoulder to cry on, or just a friend to share your story with;*
- *By offering ideas for honouring your child;*
- *By sharing in your photos and memory items;*
- *Helping you put together stories and memory items about your child.*

If you would like to speak with one of our supporters, please call 8948 5311 or 0448 849 234.

Give the gift of life and love this Mother's day

Give the gift of life to Australian babies for your Mum this Mother's Day. SIDS and Kids is making Mother's Day easy with their online shop at www.sidsandkids.org

With beautiful designs to choose from including the cute pink hearts or daisy illustrations, the SIDS and Kids Mother's Day Donation Cards are tax deductible and available in amounts from \$10 up to \$1,000.

Funds raised from the sale of gift cards enable SIDS and Kids to save the lives of babies and children during pregnancy, birth, infancy and childhood and to support bereaved families through research, education, bereavement support and advocacy.



Parent Contributions

These poems were sent from bereaved mothers, reflecting on Mother's Day and finding comfort in these words of others

Dandelions from Heaven



Mothers Day is coming...and I wanted to send you a sign...
Something you can tell others..."Is from an angel of mine".
So I searched the Heavens high and low for that perfect thing,
And low and behold I found it....and a smile I hope it will bring.

So when you look to the Heavens...and see the yellow stars in the sky...
Just think of me...your angel... in the Heavens way up high...
And just imagine those stars...are dandelions up above...
Yes! Dandelions are also in Heaven..., which you know how much I love.

So on this Mothers Day... when you awake and feel blue...
You will notice those yellow stars...are no longer in view...
So just look to the meadows and the dandelions you see...
Are the ones I've tossed down this Mothers Day from me!

And when you find a dandelion that has turned from yellow to white...
You're supposed to make a wish...and then blow with all your might.
For you will be blowing kisses... to me in Heaven above...
And I will be catching them and blowing them back...sent with all my love.

Please know that I am with you...on this Mothers Day...
And also in the days ahead...God and I will never stray...
We will be with you in the morning...when you wake and see the sun..
We will be with you when you say your prayers...when the day is done.

For God and I will never be...very far from your side...
For I can now be everywhere...and God will be your guide...
So...remember when you see dandelions...it's your guarantee...
That I am always close to you....
For dandelions are free to roam.....now just like me.

I will always be with you Mum....
Happy Mothers Day
Love, Your Angel in Heaven.

Written by Laura Jacobson





Dear Mr. Hallmark

*Dear Mr. Hallmark, I am writing to you from heaven, and though it must appear
A rather strange idea, I see everything from here.*

*I just popped in to visit, your stores to find a card
A card of love for my mother, as this day for her is hard.*

*There must be some mistake I thought, every card you could imagine
Except I could not find a card, from a child who lives in heaven.*

*She is still a mother too, no matter where I reside
I had to leave, she understands, but oh the tears she's cried.*

*I thought that if I wrote you, that you would come to know
That though I live in heaven now, I still love my mother so.*

*She talks with me and dreams with me; we still share laughter too,
Memories our way of speaking now, would you see what you could do?*

*My mother carries me in her heart, her tears she hides from sight.
She writes poems to honor me, sometimes far into the night.*

*She plants flowers in my garden, there my living memory dwells
She writes to other grieving parents, trying to ease their pain as well.*

*So you see Mr. Hallmark, though I no longer live on earth
I must find a way, to remind her of her wondrous worth.*

*She needs to be honored, and remembered too
Just as the children of earth will do.*

*Thank you Mr. Hallmark, I know you'll do your best
I have done all I can do; to you I'll leave the rest.*

*Find a way to tell her, how much she means to me
Until I can do it for myself, when she joins me in eternity.*



Walk 2 Remember



SIDS and Kids NT will be holding a Walk 2 Remember on **Saturday 29 May 2010 at Sanctuary Lakes Cnr Lakeside Blvd & Buscall Ave Gunn, Palmerston**. This event is a first time held annual event which is one to be commemorative, relaxing and above all a fun family event - Registrations start @ 2:30pm with the walk commencing @ 3:30pm followed by a balloon release (balloons provided) fundraising BBQ, drinks and free entertainment.

Walk 2 Remember will honour the memory of all babies and children who are no longer with us and we strongly encourage you to attend in memory of your own baby or child or that of a family member or friend. You can participate as a family or gather your friends and work colleagues and walk together.

To download a registration form and obtain further information please visit our website <http://www.sidsandkids.org/offices/northern-territory> or contact our office on 8948 5311.

Pre-registration is encouraged, to save you waiting in line on the day.

Red Nose, June 2010

Red Nose month is quickly approaching. This month provides SIDS and Kids NT with the opportunity to raise funds for the Northern Territory's safe sleeping programs and bereavement support programs. Ensuring the community is aware of the breadth of services we provide, and in particular the very important role of bereavement support is one of the main messages we hope to get out there in June. If you would like to get involved in Red Nose month, please call Michael Lloyd, CEO SIDS and Kids NT on 8948 5311.

Supporting families for 25 years in the Territory

SIDS and Kids NT marks its 25th year anniversary in 2010. In 1985, our Association was established by two SIDS parents who whilst struggling with their own loss attempted to support others in a similar situation. Today, SIDS and Kids NT has grown from a small self help group to an organisation providing a unique and recognised service, helping and supporting local families and those who care for babies.

We are privileged to have many families continue to work with us as volunteers and committee members today, some who through their own history are helping us think about 'where to next' and 'how can we better deliver our services to NT families?' We also invite others to contact our office if you have a story or an idea to share as we reflect on 25 years of past, present and future.

