

# NWA SHARE PARENT SUPPORT GROUP



MARCH/APRIL 2010

## DATES TO REMEMBER:

- *Monthly Parent Support Group meetings each 2nd Thursday of the month at 7:00 PM at Circle of life building on Jones RD. Springdale, AR..*
- *May 13, 2010 Butterfly Release*
- *October 10, 2010 Walk to Remember*
- *December 5, 2010 Christmas Remembrance*

## MY LITTLE SISTER LIVES IN HEAVEN

One day, not long ago, I asked my mommy, “Mum-mum, what is in you belly?” Mommy answered, “A baby girl, honey!” and she smiled that happy smile that mommies smile. “Her name is Janessa. She is God’s special gift to us!”

“When will she come out Mum-mum?” I asked wondering. It had been a long time since I first noticed Mommy’s belly was growing. There was less and less room for me on Mommy’s lap now, and I was sure her belly couldn’t get much bigger! “Janessa will come out when God is ready for her to come out, sweetheart. Do you love your baby sister, honey?” She asked as she lifted her shirt to expose her big round belly. I giggled and gave her belly a big kiss.

A few minutes later, it was time for my bath—my favorite time of the day. I picked my toys—a rubber duck, a boat and a silly purple octopus. Mommy filled the bath with water and bubbles, and I played and played. Before I got out, we sang our usual songs, including “My God is So Big”. That song is my favorite. Whenever we sing, “There’s nothing my God cannot do.” I wag my finger to say “nothing” and cheer. Tonight, I notice mommy had her hand on her belly as we sang, and although she smiled, it was a little sad.

When mommy was putting me to bed, she read me a book, then turned the music on really low, and cuddled me in her lap. The lights were off, but the door was cracked, and after she prayed with me, I realized mommy was crying. She had big tears in her eyes and they rolled down her cheeks as she held me tight. I looked up at her, wondering if she was okay. Mommy smiled sadly and smoothed back the hair from my forehead, and smiled sadly “it’s okay, sweetie. Go night-night. I love you!” I gave mommy a kiss and hugged her extra tight around the neck and soon drifted off to sleep.

Some time later, I found out why mommy was happy sometimes and sad other times thinking about my baby sister coming. It was Janessa’s birthday. She was born at the hospital and I got to meet her just a little while after she came out. We sang “Happy Birthday”, and prayed, thanking God for her life. I got to give her a big kiss and touch her hand and little toes. I thought she was just so cute. When they took me out of the room, I cried. I wanted to stay and play with her. Mommy and Daddy were crying too. They cried and laughed, and talked about what an amazing little girl she was, and how much fun she was going to have in Heaven with Jesus. Then, they would cry again and say how they wished she could stay with us, because we all loved her so much already.

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I don't understand all this, but I know that if Mommy and Daddy are glad Janessa is in Heaven with Jesus, then so am I. But, it makes my sad when I see Mommy and Daddy sad. They miss her, I miss her too. She's my sister, and there is nobody else like her in the whole wide world. She's special because God mad her and He loves her very much! I like looking at her pictures. Mommy made a special book and I can look at it anytime I want. I point out all the people in them, but especially my baby sister. Sometimes I even kiss the pages, remembering kissing her forehead. I have a big photo of her on the wall in my room, and, at night, when I pray, I always thank God for her. And then, I blow her kisses. Janessa had a giraffe, and now I get to sleep with it. I given it hugs and kisses, just like I used to do to her. It reminds me that she was real, and that I really am a big brother. Someday I hope mommy will have another a baby in her belly. But, nobody can take the place of Janessa. She is my little sister, and she lives in Heaven!

**Written by Amy Lyttle from the perspective of her son Evan, Age 18 months  
In memory of Janessa Hope Lyttle.**

Reprinted from National SHARE January/February 2009

## **RIGHTS OF CHILDREN WHEN A SIBLING DIES**

When the tragic death of a baby occurs during the pregnancy or in the first few months of life, the grief journey can be exhausting and devastating for parents. Hopes and dreams are destroyed with the news that their cherished and desired baby has died. Children are also deeply affected when they learn their brother or sister has died. Their feelings of sadness and distress are very real and need to be recognized. The Right of Children When a Baby Dies may give you further insight into the need of your child's loss.

- The right to be acknowledge as individuals who have feelings that need to be expressed.
- The right to be given the choice to see and hold our siblings before and after the death, within reason.
- The right to be considered in the choices parents are given—we may have opinions, such as plans for funeral, baby's name, etc.
- The right to be informed about the feelings of grief in our terms, giving us the choice of a support group or counselor.
- The right to be recognized by our society that we will always love and miss our siblings.

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**LETTER FROM THE PRESIDENT OF NWA SHARE PARENT SUPPORT GROUP**

This issue is dictated to all siblings who has loss their brothers or sisters. Many times we forget the children have many of the same feeling that adults have. They may express them in different ways, such as with their play or drawings. Children are very tough and resilient. Adults should allow them time to express their feelings and to ask questions that should be answered honestly.

While working with bereaved families it always surprises me how we as adults can learn so much from children in dealing with grief. Adults do not express their feelings honestly or openly as children do. We have put a time limit on our healing, children take as long as they need.

At our remembrance service, I watch how much love the children have for their siblings. If anyone ever doubts that these babies/children have not made an impact in this world, just look into the eyes of these brothers and sisters.

Debbie Rodgers, President

**ANGEL OF HOPE IN NORTHWEST ARKANSAS**



**Follow the Angel of Hope on our Facebook cause page.**

Donations for the Angel of Hope in Northwest Arkansas Project can be made on Facebook. Donations can also be mailed to the following address. to:

Angel of Hope Project.  
C/o Northwest Arkansas SHARE Parents Support Group  
PO Box 8512  
Fayetteville, AR 72703

Make checks payable to: Northwest Arkansas SHARE Parent Support Group. Call **479-305-8588** for information on purchasing memorial bricks.

**Mission of NWA SHARE Parent**

The mission of SHARE is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first 2 years of life.

The primary purpose is to provide support toward positive resolution of grief experienced at the time of/or following the death of a baby. This support encompasses emotional, physical, spiritual and social healing, as well as sustaining the family unit.

The secondary purpose of SHARE is to provide information, education, and resources on the needs and rights of the bereaved parents and siblings. The objective is to aid those in the community, including family, friends, employers, members of the congregation, caregivers, and others in their supportive role.



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Support Group**

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