

# Babies Remembered

Honoring and Remembering Loved Babies Who Have Died

Volume III Issue 2 #10 April/May/June 2011

## The Healing Arts

Upon hearing the news that there is no heart beat, that their baby has died or will die...and in the aftermath, parents wonder what to do and how to cope. The emotions are intense, the stress is high, the shock is unnerving, and the need to put one's hands to work is common for moms and often for dads, too. More and more hospitals are coming to see that during the mom's stay, words are overdone (and often not heard) and the healing that can come from the arts is a missed opportunity. Some staff have put together bead boxes for moms and their other children, river rocks for parents to paint, journals for notes and thoughts, scrapbooking, and so much more. Support group leaders, workshop leaders, counselors, and therapists are utilizing the expressive arts to support and invite inspiration and processing. These activities can help calm people in the middle of their deep crisis. More and more parents are finding some meaning, some creative outlet to help themselves and others heal.

The purpose of this e-magazine is to highlight some of those people, ideas for creative outlets, and to encourage caregivers to offer more opportunities for this healing mechanism to begin even earlier for those who chose to take it up. It also gives families ideas about what they might do to find ways to grow, give, and heal.

### An Event You'll Remember!

October 6-8, 2011 Mpls, MN

Stillbirth Summit and Virtual Video Summit:

What we know. How to help. Where do we go?

Emerging Evidence in the Prevention of Stillbirth  
Support and Networking Workshop/Webinar

Star Legacy Foundation (and it's collaborators) invite you to an Historical Event that has great potential to bring some faster answers to saving babies' lives. Visit the website for many, many more exciting details.

[www.StarLegacyFoundation.org](http://www.StarLegacyFoundation.org)

Day 1 & Day 2 Stillbirth Research Roundtable

Calling all parents and medical professionals. Be a part of the conversation-- share your input, questions, and stories.

Over 12 researchers (Int'l and US) will present to each other on their research: cord, placenta, sleep, clotting factors/thrombosis, low blood pressure...

Day 3 Let the Stars Shine: Practical Support & Networking

Kick Counting and Being Your Own Advocate, Fathers, Grandparents, Birth Planning, Subseq. Pregnancy risk reduction...Tim Nelson, Jane Warland (Australia), Sherokee Ilse, Candy McVicar, Connie Housker, Shauna Libsack,.....

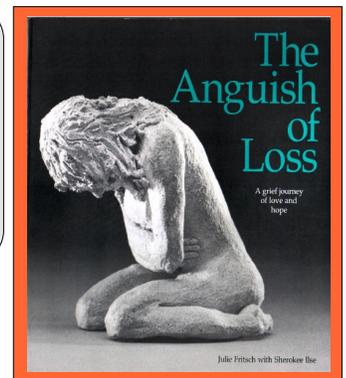
Calling all families and medical professionals. Your input, questions, and stories are needed.... JOIN US as we MAKE A DIFFERENCE and seek to SAVE LIVES!

October 6-8, 2011

Families and professional careproviders are invited to participate in all 3 days

**Crowne Plaza Hotel**  
(airport)

Bloomington, Minnesota  
5 Minutes from the  
**Mall of America**



To learn more and to register

[www.starLegacyFoundation.org](http://www.starLegacyFoundation.org)

Learn how YOU can help  
with this momentous event.

We need you.



Sherokee Ilse: The author of **Empty Arms**, 17 books/pamphlets dealing with grief and loss, and the eZine 'Babies Remembered'. "I have been helping both parents and professionals in the field of stillbirth and infant loss, as well as promoting research on probable causes for stillbirth to save babies lives for almost 30 years. I am a bereaved mother, a parent advocate, and a professional author and educator.

Feel free to contact me re:speaking engagements, my books, new CDs, the new CEU units for nurses, or other info. [www.babiesremembered.org](http://www.babiesremembered.org), [info@babiesremembered.org](mailto:info@babiesremembered.org) or by phone 952-476-1303.

## Our Story

### Sherokee Ilse

David **cut wood** for hours after Brennan died, and he supported me (no small task). It was something to do at a time when he had no real role. Remember, in days past, the fathers made the caskets and dug the graves...giving them a chance to contribute and a to physically **do** something with their hands.

I remember sitting idly in my bed in an anguished daze. What was I supposed to do? What calmed me and refocused me? I had forgotten. It took me a few weeks to figure it out, but eventually I did find my groove. I sought meaning and understanding of this terrible, life-altering event.

*"I had a dream, a vision...this book would help guide future parents to make better decisions—maximizing memories and minimizing regrets.*

What saved my sanity over the many months of darkness was **writing**. The process of writing my first book, **Empty Arms**, was the most important thing I did to heal. I had a dream, a vivid vision...this small self-help book could guide future parents to make the best decisions possible during this difficult experience. I grew personally while writing, I poured my energy into something positive, and when done I shared it with family and friends to let them know what we, and other parents in this situation, needed.

Cathartic? Yes! Healing? Yes! Satisfying? Yes! And most of all the secure knowledge that someone else in pain might be helped? Yes, the most satisfying of all!!

*Story continued on page 9*

*"When my hands are busy, it makes my heart hurt less. My mind can think and process and in the end I have created a beaded angel or a bracelet. I smile and know that our baby has inspired this. Even my children are joining in this busy, product, grieving work."*

Heather Sauerbrey after miscarrying her beloved Journey Peace

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## *The Beauty of the Healing Arts*

Sue Mosquera

Creator of *My Forever Child*

I've been interested in gemstones, jewelry design, and jewelry making since I was a child. It had been my desire to have my own jewelry line some day. For years I had dabbled in lots of different styles and techniques with varying success. When my son was stillborn in 2002, my whole world came crashing down and I felt emotionally and spiritually dead inside for a long time. One thing that helped in my healing was to take formal jewelry making classes at the local Art League. Being with upbeat women and focusing on other things besides my own grief for a few hours a week was wonderful and liberating. After the bittersweet birth of my rainbow baby, I had an epiphany that I wanted to make personalized memorial jewelry for people that had lost children. Since 2005 I've owned, operated, and made the remembrance jewelry for [www.MyForeverChild.com](http://www.MyForeverChild.com). It has been the most rewarding use of my gifts to be able to connect and work with people to memorialize their loved ones. My artwork is constantly evolving and I love being able to bring new pieces to the public. When they can relate to a piece I've created from my heart's work, it is incredibly fulfilling and affirming.

The most personal items I make are the custom engraved handprint and footprint jewelry. The majority of the pieces I create are to honor babies lost just before or after birth. Parents send me a copy of the ink prints made at the hospital of their precious babies. I put a lot of time and loving effort into editing those prints and then permanently engraving them into keepsake jewelry. Because of the special attention I give to the prints and engraving, I really connect to those babies and I send my love and prayers up to them. Every piece I work on breaks my heart, but helps to heal it as well, as I know that finished piece will be cherished by a grieving family, worn close to their heart, and brings them some comfort and joy in their time of sorrow.

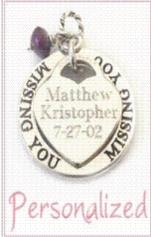


My Forever Child  
Keepsakes and Jewelry  
For Remembrance, Healing & Hope

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1-888-325-2828 Toll Free  
Monday - Friday 9am-8pm EST  
P.O. Box 541  
East Northport, NY 11731

Bereaved Mom and designer, Susan Mosquera, specializes in *Personalized Remembrance Jewelry* for babies who were miscarried, stillborn, or died in infant death, as well as for older children, and adults.

- Memorial Keepsakes
- Personalized Memorial Jewelry,
- Personalized Memorial Candles and
- Sympathy Gifts
- Fertility and Healing Gemstone Jewelry,



Using a child's Custom Handprint and Footprints, personalized charms, pendants, key chains, bracelets, and cufflinks can be created.

Link: [www.MyForeverChild.com](http://www.MyForeverChild.com)

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Remembrance, Healing & Hope**

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# Grief & Creativity

Find your way again

Creative solutions and healing as unique as you are,  
using art-making, Reiki, Coaching & meditation

You have permission to grieve...  
and love, live & create in the face of grief

Kara LC Jones  
Certified AI & Whole Systems Coach  
Certified Reiki Master-Teacher  
heARTist & author

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**Kara LC Jones** is *Grief & Creativity Coach*, sharing her heART-works, writings, and ideas, over at [www.MotherHenna.com](http://www.MotherHenna.com). She and her partner Hawk launched *KOTA: Knowing Ourselves Through Art* ([www.KotaPress.com](http://www.KotaPress.com)) after the death of their son Dakota in 1999 and have been spurred to continue that work after their son Mizuko died at birth in 2010. Read her two wonderful articles in this issue – pages 7 and 13-14.

