



## THE SADIE ROSE FOUNDATION

### GRIEVING IN A SEASON OF JOY

#### How to cope with child loss during the holidays

*By Regina Cyzick Harlow ~  
president and co-founder of  
The Sadie Rose Foundation.*

Hello and welcome to the first newsletter of The Sadie Rose Foundation. Starting in January of 2012, this monthly newsletter will include a calendar of events, an article or poem related to child loss and other information as space allows.

Since the holiday season is officially upon us, I wanted to share excerpts from a blog I wrote for our website last year on how to make it through.

The most important thing for each parent and each family is to figure out what works for them.

●When you receive an invitation, let the host know that you probably won't make a decision until the last minute and will base your decision on how you feel at the moment the event arrives.

●If putting up a tree or any decorations is too much, you

don't have to. There is no right or wrong way to get through the season. If there are other children in the house though, be sure to include them in the decisions. If one child wants to decorate and you or another child does not, maybe let that child put small decorations in one room.

● Find one person that will be there for you. It might help if this person has also experienced

the death of a child and has made it through the first few holiday seasons.

●Connect with a bereaved parents support network (such as The Sadie Rose Foundation) either in your community and/or online.

●If possible, make a donation or volunteer in your child's name.

●Cry when you need to, but also allow yourself to be surprised by moments of joy.

●Understand that how you are feeling and coping can

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MOMENTS OF JOY.

### CALENDAR OF EVENTS

**Nov. 25: Thanksgiving Meal**, 6 p.m. at Beaver Creek Church of the Brethren. Turkey, table service and drinks provided. Please bring your families and a dish to share.

**Dec. 11: Candlelight Remembrance Ceremony**, 6 p.m. at Otterbein United Methodist Church. This is a more formal service where we light candles as we read all the names of our children who have passed. Candles and refreshments provided.

*For more information about any of our events, please call or email us.*

change from moment to moment. Surround yourself with a few people who understand that and can support you through those changing feelings.

●Don't suppress those changing feelings. Let them come, let them happen. In doing this, you might find some relief and it will teach those around you not to deny their own feelings.

●Don't allow guilt to creep in during a time when you might feel happy and at peace.

●Don't decline every invitation. Try to do at least one or two things with a few close family and friends.

●Don't be surprised to make it to January and find that the grief and sadness is still there. Continue to reach out to those who helped you through the holiday season.

*We at The Sadie Rose Foundation are here for you throughout the holiday season and beyond. Please know that you can call and leave a message at any time and someone will return your call as soon as possible.*

*We will resume our regularly scheduled support meetings the fourth Friday of the month at 7 p.m. at Dayton Church of the Brethren in January.*

Because the path of grief after losing a child should never be walked alone

For more information, "like" us on facebook and visit our website at  
[www.sadierosefoundation.org](http://www.sadierosefoundation.org).

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