Practical Advice: Helping Yourself Heal When Your Child Dies
by Alan D. Wolfelt, Ph.D.

Allow Yourself to Mourn
Your child has died. You are now faced with the difficult, but important, need to mourn. Mourning is the open expression of your thoughts and feelings regarding the death of your child. It is an essential part of healing.

With the death of your child, your hopes, dreams and plans for the future are turned upside down. You are beginning a journey that is often frightening, painful, and overwhelming. The death of a child results in the most profound bereavement. In fact, sometimes your feelings of grief may be so intense that you do not understand what is happening. This article provides practical suggestions to help you move toward healing in your personal grief experience.

Realize Your Grief is Unique
Your grief is unique. No one will grieve in exactly the same way. Your experience will be influenced by a variety of factors: the relationship you had with the person who died; the circumstances surrounding the death; your emotional support system; and your cultural and religious background.

As a result of these factors, you will grieve in your own special way. Don't try to compare your experience with that of other people or to adopt assumptions about just how long your grief should last. Consider taking a "one-day-at-a-time" approach that allows you to grieve at your own pace.

Allow Yourself to Feel Numb

Feeling dazed or numb when your child dies may well be a part of your early grief experience. You may feel as if the world has suddenly come to a halt. This numbness serves a valuable purpose: it gives your emotions time to catch up with what your mind has told you. You may feel you are in a dream-like state and that you will wake up and none of this will be true. These feelings of numbness and disbelief help insulate you from the reality of the death until you are more able to tolerate what you don't want to believe.

This Death is "Out of Order"
Because the more natural order is for parents to precede their children in death, you must readapt to a new and seemingly illogical reality. This shocking reality says that even though you are older and have been the protector and provider, you have survived while your child has not. This can be so difficult to comprehend.

Not only has the death of your child violated nature's way, where the young grow up and replace the old, but your personal identity was tied to your child. You may feel impotent and wonder why you couldn't have protected your child from death.

Expect to Feel a Multitude of Emotions
The death of your child can result in a variety of emotions. Confusion, disorganization, fear, guilt, anger and relief are just a few of the emotions you may feel. Sometimes these emotions will follow each other within a short period of time. Or they may occur simultaneously. As strange as some of these emotions may seem, they are normal and healthy. Allow yourself to learn from these feelings. And don't be surprised if out of nowhere you suddenly experience surges of grief, even at the most unexpected times. These grief attacks can be strengthening and leave you feeling overwhelmed. They are, however, a natural response to the death of your child. Find someone who understands your feelings and will allow you to talk about them.

Be Tolerant of Your Physical and Emotional Limits

Your feelings of loss and sadness will probably leave you fatigued. Your ability to think clearly and make decisions may be impaired. And your low-energy level may naturally slow you down.

Respect what your body and mind are telling you. Nurture yourself. Get daily rest. Eat balanced meals. Lighten your schedule as much as possible. Caring for yourself doesn't mean feeling sorry for yourself it means you are using survival skills.

Talk About Your Grief
Express your grief openly. When you share your grief outside yourself, healing occurs. Ignoring your grief won't make it go away; talking about it often makes you feel better. Allow yourself to speak from your heart, not just your head. Doing so doesn't mean you are losing control or going "crazy." It is a normal part of your grief journey.

Watch Out for Clichés
Clichés—trite comments some people make in attempts to diminish your loss—can be extremely painful for you to hear. Comments like, "You are holding up so well," "Time heals all wounds," "Think of what you have to be thankful for" or "You have to be strong for others" are not constructive. While these comments may be well-intended, you do not have to accept them. You have every right to express your grief. No one has the right to take it away.

Develop a Support System
Reaching out to others and accepting support is often difficult, particularly when you hurt so much. But the most compassionate self-action you can do at this difficult time is to find a support
Gather Important Keepsakes

You may want to collect some important keepsakes that help you treasure your memories. You may want to create a memory book, which is a collection of photos that represent your child’s life. Some people create memory boxes to keep special keepsakes in. Then, whenever you want, you can open your memory box and embrace those special memories. The reality that your child has died does not diminish your need to have these objects. They are a tangible, lasting part of the special relationship you had with your child.

Embrace Your Spirituality

If faith is part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you are angry at God because of the death of your child, realize this feeling as a normal part of your grief work. Find someone to talk with who won't be critical of whatever thoughts and feelings you need to explore. You may hear someone say, "With faith, you don’t need to grieve." Don't believe it. Having your personal faith does not insulate you from needing to talk out and explore your thoughts and feelings. To deny your grief is to invite problems to build up inside you. Express your faith but express your grief as well.

Move toward Your Grief and Heal

To restore your capacity to love you must grieve when your child dies. You can't heal unless you openly express your grief. Denying your grief will only make it become more confusing and overwhelming. Embrace your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself. Never forget that the death of your child changes your life forever. It's not that you won't be happy again, it's simply that you will never be exactly the same as you were before the child died.

The experience of grief is powerful. So, too, is your ability to help yourself heal. In doing the work of grieving, you are moving toward a renewed sense of meaning and purpose in your life.

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Step Up for KIDS Steps Up for Biggest Amount Ever

A day as wet and cruddy as most Saturdays this spring didn’t diminish the turnout or the generosity for Step Up for KIDS, which is annually our biggest fund-raiser.

The April 21 event at Old Cowtown Museum in Wichita drew 466 participants and generated $32,633.71 in profit to support the work of the KIDS Network.

The race and memorial walk supports our mission of providing grief services and training, raising community awareness, and supporting medical research. It featured lunch and a balloon release as well, and this year – on a cool, wet day – the hot chocolate and children’s games were “awesome,” said board member and SIDS parent, Ashley Pepper.

The Network board and staff would like to recognize and thank Kelci and Kevin Burkey and family for their energy and dedication to the role of Step Up for KIDS 2018 Ambassador Family.

KIDS Network Executive Director Christy Schunn, veteran of all kinds of weather over the Step Up years, said that the “rain didn’t set us back as far as the snow did in 2013, but that next year we’re due for sun.”
Network News

KIDS Network 20th Anniversary Celebration Shaping Up

Plans are falling into place to mark two decades of the KIDS Network and the commitment and service to working to ensure that babies do not perish and that parents and families do not grieve alone.

KIDS has set aside the evening of Aug. 9 to mark its 20th anniversary and celebrate the work of board members, parents and others who have made our valuable and essential work possible. Stayed tuned for more information.

Fund-Raising Task Force Ponders Ways to Build Reserves

With the uncertainty involving grants and other sources that supports the work of the KIDS Network each year, the Board of Directors has been discussing ways to build financial reserves so that the mission of the organization won’t falter if funding does.

One effort of the fund-raising task force is to increase awareness of the availability of matching funds from employers when an employee donates or volunteers for the KIDS Network. Another is to emphasize and promote legacy donations, through wills and other mechanisms.

The overall goal is to increase the reserve fund from the current $52,000 to $125,000. The intention is to have six months of operating expenses on hand, and as the KIDS Network and its programs have grown, the $52,000 just doesn’t stretch that far any longer. It’s a good problem to have, because it shows our endeavors have grown to meet obvious needs.

Many options have been discussed to raise the funds, such as finding ways to better tell our story in the community or adding another fundraiser. If you have suggestions or might like to help, please contact Christy Schunn at the office or edirector@kidsks.org or reach out to one of our board members.

HALEY’S SIDS SCRAMBLE, AUG. 20

Scribble Aug. 20 on your calendar for Haley’s SIDS Scramble!

The KIDS Network is taking a swing at a new location this year for the 18th Annual Haley’s SIDS Scramble Golf Tournament on Aug. 20: Terradyne Country Club.

The annual fundraiser, a memorial to all babies who have died in Kansas, is co-sponsored by KU Wichita Pediatrics. Last summer, it raised over $19,000 to support KIDS’ mission and, recognizing our commitment to research, part of that went to CRIBS, the Center for Research on Infant Birth and Survival based at KU School of Medicine-Wichita.

Organizers are working on obtaining sponsors – all levels are needed – and seeking volunteers to help staff the Monday event. Registration and sponsorship forms and other details are available at www.kidsks.org/haleys-sids-scramble.html. Volunteers can sign up for the Scramble, or other events, at www.surveymonkey.com/r/5TVKNGW.
**Board of Directors Appointments**

Two new members have been elected to the KIDS Network Board of Directors. One of them, Nancy Jensen, returns to the board, while Dr. Stephanie Kuhlmann, a Wichita pediatrician active in safe sleep, is joining for the first time.

Lori Farley has been reappointed as treasurer, while Jill Nelson will again serve as secretary. Board members reappointed for another term are Cindy Henderson, Melody McCray-Miller, Dr. Rhea Rogers, Jenni Harshbarger and Shondella Umeh.

All board members volunteer their time and include representatives drawn from medicine, government, social services, business and bereaved parents.

Several members have stepped off the board, because of other commitments or because of term limits: Krista Reed, Emalyn Rogers, Patty Calderon-Cordoba, and Dr. Maurice Duggins. We thank them for their years of service and dedication.

**Schunn, Schmidt and Kuhlmann present at international conference**

Indicating the strong work done regarding safe sleep in Wichita and across Kansas, Executive Director Christy Schunn and two others affiliated with the KIDS Network will travel to Scotland in June to share the results of their research at an international conference.

At the International Conference on Stillbirth, SIDS, and Baby Survival in Glasgow from June 7 to 9, they will present papers and posters to participants at the biannual event. The conference is intended to break down barriers and unite participants who are working toward reducing stillbirth, SIDS and other unexpected baby deaths. It is intended to share knowledge, forge new partnerships and strengthen existing relationships. The conference helps researchers and practitioners focus on improving the support provided to families.

- Schunn will present “Leveraging the Safe Sleep Instructor Infrastructure to Expand Community Baby Showers State-wide.”
- Cari Schmidt, director of the Center for Research for Infant Birth and Survival, will discuss two studies. One topic is “Qualitative Evaluation of Embedding Safe Sleep in Prenatal Education,” while the other is “It’s Just a Box: Pregnant Women’s Perceptions of Boxes for Infant Sleep.” The latter subject, baby boxes and their use and safety, will be a focus at the conference.
- Dr. Stephanie Kuhlmann, a new KIDS Network board member, will share research on “Impact of training on a safe sleep toolkit on quality of provider and caregiver discussion.”

**Upcoming Community Baby Showers**

- **Sedgwick County/ Derby Area**
  - Saturday, June 2, 2018
  - Derby Recreation/Oaklawn Activity Center
  - 4904 S. Clifton Wichita, KS 67216
  - Facebook Event Link -- Click Here

- **Saline County**
  - Tuesday, June 5, 2018
  - Saline County 4-H Building
  - 900 Greeley St. Salina, KS
  - Facebook Event Link -- Click Here

- **Rice County**
  - Saturday, June 2, 2018
  - Rice County Health Department
  - 1432 W. Commercial Ave. Lyons, KS 67554

- **Phillips County**
  - Sunday, June 3, 2018
  - Community Church of God
  - 135 10th St. Phillipsburg, KS 67661

- **Crawford County**
  - Friday, June 8, 2018
  - Pittsburg Presbyterian Church
  - 520 N. Pine St. Pittsburg, KS 66762
Birthday babies — March, April, and May

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<th>Name</th>
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<th>Days of Age</th>
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<td>3-22-16</td>
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<tr>
<td>Kyleigh Rosalie Aguilar</td>
<td>3-8-10 to 11-14-10</td>
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<td>Infant Alfaro</td>
<td>5-9-17</td>
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<td>Finn Lawrence Anderson</td>
<td>3-3-16</td>
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<td>Joshua Nicholas Antle</td>
<td>5-31-80 to 9-25-80</td>
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<td>Wade Thomas Barrett</td>
<td>3-24-10 to 6-24-10</td>
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<td>Paul Bazil</td>
<td>3-15-01 to 5-24-01</td>
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<td>Matthias Rose Beasley-Cox</td>
<td>5-3-15</td>
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<tr>
<td>Jeremiah James Bessent</td>
<td>5-19-10 to 7-6-10</td>
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<td>Colton Black</td>
<td>4-27-95 to 7-18-95</td>
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<td>Jack Blanton</td>
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<td>Brett Bogan</td>
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<td>Lucian Bohm</td>
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<td>Rex Joshua Ensey</td>
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<td>Kaylee Shae Frye</td>
<td>5-23-97 to 8-19-97</td>
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## Birthday babies — March, April, and May

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<th>Name</th>
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<td>Nigo Gallardo</td>
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<td>Abigail Phillips</td>
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<td>Antoine L. Phillips, Jr.</td>
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Birthday babies — March, April, and May

SKYLER NOAH PICKETT
3-7-02 to 5-27-02

ELLY ANN PIPPITT
5-26-04 to 9-9-04

NATALIE ANN RADER
5-24-17

PADRAIG CLAYTON RANDOLPH
4-8-08 to 5-21-08

ANGEL RASCON
5-15-04 to 4-9-05

JOSHUA RATZLAFF
5-24-06 to 8-14-06

VANESSA REIMAN
3-5-09 to 5-12-09

JOSHUA CHRISTIAN RICHMON
4-17-94 to 2-6-95

LANDON ROBERTS
4-1-08 to 5-29-08

JASON RODRIGUEZ
4-1-98 to 6-1-98

REGAN-MAY DIANE ROSS
4-18-16 to 5-10-16

SHAWN ALAN ROY
5-16-97 to 11-9-97

THOMAS DANIEL RUBALCABA
3-10-88 to 7-2-88

JOE C. SALAZAR
3-8-02 to 4-13-02

WAYLON DEAN SCHAEFER
3-3-13

MAYA ELIZABETH SCHREIBVOGEL
3-11-00 to 4-14-01

AARON SCHWARZ
3-5-16

GAVIN R. SCOTT
3-7-08 to 3-29-08

LANE (Little Newt) HARWOOD SHADLEY
4-28-99 to 2-4-00

CAITLYN JO SHAW
5-20-02 to 8-14-02

ENOCH SNOWBARGER
4-21-07 to 8-16-07

CHRISTOPHER SPRAGUE
4-3-96 to 6-19-96

HAELIE ALISON WELL SPRINGER
5-18-00 to 8-3-00

LUKE NATHAN STEINLE
4-28-16 to 8-31-16

GABRIEL RICHARD STORRIE
4-3-94 to 7-16-94

DRAGON ADDAIN GENE TAFOYA
5-16-08 to 5-27-08

ANTHONY WAYNE TATE
5-7-12

JAYDEN TAYLOR
5-6-09 to 6-19-09

KALA JADE TEGETHOFF
5-18-04 to 10-24-04

LEONTE’ DARNELL TERRELL
3-3-12

OLIVIA REEGAN THIEME
5-5-11 to 9-20-11

TRISTEN ROBERT THOMAS
5-28-10

ALYSSA NICHOLE THORNTON
5-6-08 to 6-29-08

CARTER JOHN TIMMERMEYER
5-4-17 to 7-15-17

IAIN MICHAEL TINSLEY
5-28-02 to 10-19-02

CLAYTON GLENN VATH
5-12-06 to 6-12-06

JOHN WESLEY VRANA, III
5-12-93 to 5-27-93

CHESLIE ANN WEBB
4-22-99 to 11-12-99

JOSH DAVID WHATLEY
3-5-99 to 4-29-99

MALEA LYNEA WHITFIELD
4-11-03 to 6-16-03

AYDEN LEVI WILDER
5-10-08 to 9-1-08

MALIKI WILSON
4-8-08 to 6-21-08

DANIEL WILSON
3-1-98 to 8-11-98

LOGAN WINSTEAD
3-21-05 to 7-9-05

BODE JAMES WOLFE
5-11-10 to 8-26-10

DANTE RAY STEVEN WOOD
5-23-02 to 8-11-02

KINLEY JOLIE YELTON
5-10-11 to 8-11-11
In memory of our babies — December, January, & February

Michael Abourizk, Jr.
12-18-94
Grandson of Don & Lynn Stephan

Brandon Adolph
12-24-00 to 1-20-01
Son of Darren & Julie Adolph

Yamilath Aguirre
8-20-10 to 12-15-10
Daughter of Yarely Aguirre-Ortiz

Xavier Diagon Allee
1-17-16 to 1-28-16
Son of Shayla & Nocholas Allee

Priya Allen
9-29-03 to 2-16-04
Daughter of Diana & Kevin Hunsinger

Ava Hadlee Amara
12-13-08
Daughter of Stephanie Reed

Blade Bryson Wade Anderson
8-30-02 to 1-4-03
Son of Patricia Anderson

Kevin Donnell Anderson
11-16-93 to 12-9-93
Son of Kevin & Debra Anderson

Lorenzo Atkinson
2-11-14
Son of Lorenzo & LaQuanda Atkinson

Kayla Balsters
10-2-92 to 1-26-93

Isaiah Barnett
1-26-11
Son of Kimberly Barnett

Noah Flynn Beasley
12-25-12
Son of John & Kelly Beasley

Tate Beier
9-13-05 to 2-8-06
Son of Meagan Angel

Brayden Andrew Bell
12-27-12 to 1-6-13
Son of Ryan & Angela Bell

Kyrie Jaylen-Dean Bell
2-5-16
Son of Samara Salibury

Gabriel A. Bittner
7-26-06 to 1-8-07
Son of Ashley Bittner

David A. Blanton
9-22-06 to 12-23-06
Son of Jason Blanton & Amber Anderson

Mason Lee Michael Blitch
12-1-99 to 1-14-00
Son of Jay & Amber Blitch

Ashanti Star Bolden
12-11-15
Daughter of Shasta & William Bolden

Jovan Bonner
7-22-05 to 1-22-06
Son of Kyronna Roanhorse

Rebecca Jo Bonnesen
10-1-74 to 12-24-74
Daughter of Steve Bonnesen

Zane D. Bowell
11-30-09 to 1-25-10
Son of Erik & Melissa Bowell

Sharae Monique Brown
11-4-93 to 1-12-94
Daughter of Taun Brown

Ja’Kobe O. Bryant
9-2-10 to 1-28-11
Son of Rikki Starks

Jesse Jose Bueno, Jr.
12-9-03 to 2-14-04
Son of Jesse Bueno, Jr. & Rosie Soto

Damen Burns Jr.
10-1-05 to 12-18-05
Son of Tia Smith & Damen Burns

Amaree Nicole Byrd-Mason
2-21-17
Daughter of Brittanya Byrd

Damari Lee Alex Caddell
9-29-09 to 12-11-09
Son of Eddie Caddell & Tanesha Carter

Dayln Michael Campbell
1-10-14
Son of Christopher Campbell & Mikayla Singleton

Paul Jacob Riley Campbell
10-25-04 to 12-19-04
Son of David Campbell & Teresa Swinger

Jesus Cardoza III
11-13-07 to 2-20-08
Son of Jessica Cardoza

Gabriel Cervantes
1-6-12 to 2-8-12
Son of Chantal Cervantes

Halee Nicole Cline
11-24-00 to 1-30-01
Daughter of Justin & Beth Cline

Kody Lane Cobb
9-16-06 to 12-19-06
Son of Erin & Travis Cobb

Jacksyn Coe-Smith
12-21-12 to 1-21-13
Son of Jessie Coe & Brandon Smith

Charles Edward Coleman
7-12-11 to 1-26-12
Son of Tamara & Hykeem Coleman

Baby Collins
2-17-14
Child of Ashley Collins

Kylie Edith Conrad
9-20-04 to 12-31-04
Daughter of Craig & Brandi Conrad

Gabriel Omar Contreras-Rivera
7-4-16 to 2-4-17
Son of Hensser Contreras-Cameros & Dunia Rivera-Villeda

Wayne Harrison Conway
11-12-93 to 2-7-94
Son of Harry W. & Diana Conway

Christian Alan Lee Cook
12-11-02 to 12-20-02
Son of Kacy Osburn

Brayden Jesse Cooke
2-17-17
Son of Jessica Fanning & Joshua Cooke

Ma’Leinna Cooper
10-20-15 to 12-13-15
Daughter of Danielle Keeling & Sean Cooper Sr.

Arianna Nichole Cormack
9-28-03 to 2-16-04
Daughter of Branden Crites & Annetta Eubanks

Kaylynn Mikala Cowdin
12-2-98
Daughter of Melody Wells & Shannon Cowdin

Charles Craig, IV
1-21-18
Son of Taneka & Charles Craig

Madison Danielle Cunningham
12-20-01 to 1-2-02
Daughter of Ike & Teresa Cunningham

Adam Ray Edward Cutler
10-18-00 to 1-3-01
Son of Christina Knoblauch & Christopher Cutler

Thomas (Chris)
Christopher Davidson
10-22-71 to 12-12-71
Son of Mary Hay

Alyssa Grace Davis
10-21-02 to 1-1-03
Daughter of Donovan Davis & Tammy Graham

Jackson Ronald Dawkins
11-1-17
Son of Jessica & Justin Dawkins

Andrew Deason
11-5-00 to 1-28-01
Son of Trisha Rayl

Alexander W. DeMoss
9-1-99 to 12-9-99
Son of Leanna Vincent

Christian Douglas-Turner
12-4-95 to 2-27-96
Child of Elijah Turner & Jamie Douglas

Spring 2018 KIDS Safety Net 9
In memory of our babies — December, January, & February

Jonathon Rusty Dunfee Jr.
10-27-99 to 1-31-00
Son of Kimberly & Jonathon Dunfee

Baby Dutton
2-1-14
Child of Shandi Dutton

LaKota “Koty” Renae Dyer
8-7-96 to 12-8-96
Daughter of Jennifer Dyer

Wyatt J. Easterbrook
11-27-02 to 2-7-03
Son of Jed & Kristyn Easterbrook

Baby Edgerton
12-23-06
Daughter of Adam & Helen Edgerton

Jasmine Erbe
12-15-06 to 2-27-07
Daughter of Vance Erbe & Crystal Millar

Hunter Ray Evans
8-12-98 to 12-10-98
Son of Don & Camisha Evans

Brandon Thomas Fisher-Tyrrell
10-4-92 to 12-7-92
Son of Tracey Tyrrell

Alissa Renae Foster
9-11-97 to 1-14-98
Daughter of Ben & Trissia Foster

Jakaida Ka’Sarria Stephen Franklin
1-7-04 to 2-22-04
Daughter of Lamerrtia Burton

Azhanea French
11-3-06 to 12-16-06
Daughter of Kanitra Crump & Roland French

Ethan Logan Garner
10-2-02 to 1-12-03
Son of Leslie & Jeremiah Garner

Tyler Georzen
10-8-97 to 1-1-98
Daughter of Don & Mallisa Georzen

Jailyn Diego Goetz
6-30-08 to 2-13-09
Son of Jarrod Goetz & Ashley Genschorck

Adrianna Marie Golilhar
9-13-01 to 12-31-01
Daughter of Veronica Bradford

Skyler James Christopher Graber
9-9-02 to 1-12-03
Son of James Graber & Mindy Thomas

Jet R. Greene
9-12-89 to 2-20-90
Son of Rick Greene

Neveah Lynn Marie Roxanne Grimes
11-8-09 to 2-7-10
Daughter of Jeremy Grimes & Jessica Rourke

Dryden Jonathan Hale
10-9-02 to 12-11-02
Son of Catherine Haws

Lewis David Bohdan Hamer-Thompson
3-1-01 to 1-13-03
Son of Heather Hamer & Paul Thompson

Hanna Hanine
12-23-07 to 2-1-08
Daughter of Jennifer & Adil Hanine

Trenton David Harbert
10-23-96 to 2-1-97
Son of Peggy & Scott Lawrence & Bill Harbert

Zachary Taylor Harbert
10-29-93 to 12-16-93
Son of Dennis Stout & Tina Harbert

Jackson Miller Harnett
12-20-06 to 2-20-07
Son of Justin & Karen Harnett

Kendra Harper
9-2-10 to 12-8-10
Daughter of Pamela Marshall

Arath Herrera
10-2-13 to 1-18-14
Son of Niria Meza

Jesse Hartley
2-2-04 to 2-10-04
Child of George Hartley & Valerie Mendoza

William Lesley Hayden
1-25-10 to 2-24-10
Son of Jessica Elliott

Tyler Tyrone Henderson
8-22-02 to 2-17-03
Son of Tinerria Williams & Elton Henderson

Jazmyne Marie Hendrix
10-26-07 to 1-12-08
Daughter of Jaimie Winn

Henri Hernandez
9-6-00 to 1-6-01
Son of Enrique & Yesenia Hernandez

Matthew L. Herndon
2-20-12
Child of Matt Herndon & Amber Young

Bryan Ray Huffman
10-29-04 to 12-24-04
Son of John Huffman & Janet Lynn Lohman

Angel Ibarra-Larumbe
2-4-17
Son of Lluvia Larumbe-Ibarra & Antonio Ibarra

Syr Jackson
12-9-05 to 1-18-06
Son of Patricia Bannister

London J. Johnson
11-24-09 to 1-17-10
Son of Dexter Johnson & Katherine Tucker

Michael Noel Johnson
11-11-75 to 1-6-76
Son of Barbara Johnson

Baby Girl Johnson
1-22-11
Daughter of Maceo Bridgewater & Shoridella Letrice Umeh

Jackson Juneman
11-28-00 to 2-8-01
Son of Melanie & Frank Juneman

Calvin Keehner
11-1-98 to 1-13-99
Son of Karrie Keehner

Chelsea Kelly
12-6-12 to 2-6-13
Daughter of Amanda Kelly

Nolan Kerr
1-17-18
Son of Kayla High & Andrew Kerr

Beautiful Angel Glassy Khan
2-9-17
Daughter of Brenda & Fayyaz Khan

Skyler A. Khan
7-21-93 to 1-10-94
Son of Jeanette Pritchett

Trevious J. King
12-14-08 to 2-6-09
Son of Keosha King

Ashton Taylor King
10-21-89 to 2-1-90
Son of Bob King

Cole Kirkwood Kitt
11-4-05 to 12-29-05
Son of Brian & Amy Kitt

Jayla Rae Krenzel
1-22-11

Timothy Michael Lambert
11-19-99 to 1-24-00
Son of Keri Lambert-Quammen & Thomas Quammen

Jerod Ryan Lee
8-18-89 to 1-10-90
Son of John & Ashleigh Lee & Annette Klausmeyer

Jonathan Lehman
1-14-05
Son of Dave & Chavonne Lehman

Neviah Lynn LeShore
11-19-07 to 12-15-07
Daughter of Cheri Herald & Jamie LeShore

Dakota A. Long
8-21-01 to 1-6-02
Son of Alex & Melissa Long
<table>
<thead>
<tr>
<th>Name</th>
<th>Birth Details</th>
<th>Details</th>
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<tbody>
<tr>
<td>Corey Leigh Lovett</td>
<td>10-22-93 to 2-16-94</td>
<td>Son of Lisa Delaney</td>
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<tr>
<td>Ethan Howard Mahon</td>
<td>9-27-01 to 12-13-01</td>
<td>Son of Audra Bolieu</td>
</tr>
<tr>
<td>Anna Marshall</td>
<td>9-28-04 to 12-25-04</td>
<td>Daughter of Tiffany Monroe</td>
</tr>
<tr>
<td>Zachary Maruska</td>
<td>2-13-13</td>
<td>Son of Nick &amp; Katie Maruska</td>
</tr>
<tr>
<td>Samuel Emmett Massimini</td>
<td>1-13-15</td>
<td>Son of Arrah &amp; Joe Massimini</td>
</tr>
<tr>
<td>Annabeth H. Matthews</td>
<td>12-26-13</td>
<td>Daughter of Rachael &amp; Nathan Matthews</td>
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<tr>
<td>Taylor Nicole McAllister</td>
<td>1-11-00</td>
<td>Daughter of Clayton &amp; Trisha McAllister</td>
</tr>
<tr>
<td>Anna Marie McCormick</td>
<td>10-16-01 to 1-11-02</td>
<td>Daughter of Matthew &amp; Elizabeth McCormick</td>
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<tr>
<td>Abel Brittan McDermid</td>
<td>10-30-03 to 12-16-03</td>
<td>Son of Morgan Keckler</td>
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<tr>
<td>Baby McGarigle-Scott</td>
<td>1-4-12</td>
<td>Child of Ryan Scott &amp; Jamie McGarigle</td>
</tr>
<tr>
<td>Tristin Robert Lee McLaughlin</td>
<td>7-9-11 to 12-21-11</td>
<td>Son of Noah &amp; Anna McLaughlin</td>
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<tr>
<td>Gary Steven McLendon</td>
<td>1-2-06 to 1-7-06</td>
<td>Son of Steve &amp; Tonya McLendon</td>
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<tr>
<td>Patricia Anne McMullen-Tatum</td>
<td>9-17-00 to 2-23-01</td>
<td>Daughter of Bryan Tatum &amp; Betty McMullen</td>
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<tr>
<td>Mark Alexander Means</td>
<td>2-19-14</td>
<td>Son of Christina &amp; Christopher Means</td>
</tr>
<tr>
<td>Logan Nathaniel Miller</td>
<td>6-29-99 to 2-19-00</td>
<td>Son of Luke &amp; Kara Miller</td>
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<tr>
<td>Seaneice Miller</td>
<td>10-24-97 to 12-6-97</td>
<td>Daughter of Tim &amp; Sheleine Miller</td>
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<tr>
<td>Jeremiah Kennington Miller</td>
<td>4-22-04 to 2-22-05</td>
<td>Son of Matthew &amp; Summer Miller</td>
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<tr>
<td>Payton Allen Mitchell</td>
<td>7-19-07 to 12-12-07</td>
<td>Son of Curtis &amp; Pamela Mitchell</td>
</tr>
<tr>
<td>Noah Monhollon</td>
<td>1-12-16</td>
<td>Son of Bethany &amp; Joshua Monhollon</td>
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<tr>
<td>Alexander Michael Monroe</td>
<td>1-22-16 to 2-16-16</td>
<td>Son of Tiffany Monroe</td>
</tr>
<tr>
<td>Kylie Motte</td>
<td>10-7-95 to 12-27-95</td>
<td>Daughter of D’Anita Motte</td>
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<tr>
<td>Royal Mowoe, Jr.</td>
<td>2-22-16</td>
<td>Son of Gwenuana Dean &amp; Royal Mowoe</td>
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<tr>
<td>Iveye Nicole Murphy</td>
<td>9-27-03 to 2-20-04</td>
<td>Daughter of Kim Rogers &amp; Marcus Murphy</td>
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<tr>
<td>Abraham Nash-Collins</td>
<td>2-12-12 to 2-24-12</td>
<td>Child of Elizabeth Nash</td>
</tr>
<tr>
<td>Kaylee Navaeh</td>
<td>2-20-14</td>
<td>Daughter of Jamie Deshazer &amp; Katie Clark</td>
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<tr>
<td>Kory Niehaus</td>
<td>10-2-95 to 12-19-95</td>
<td>Son of Dawn Niehaus</td>
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<tr>
<td>Cadyn M. Nuss</td>
<td>9-2-08 to 1-2-09</td>
<td>Son of Chris Nuss &amp; Serenity Turnball</td>
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<tr>
<td>Matthew Michael O’Neill</td>
<td>12-6-13</td>
<td>Son of Sara O’Neill</td>
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<tr>
<td>Annabelle Faith Ocheltree</td>
<td>12-2-14</td>
<td>Daughter of Tiffany &amp; Andrew Ocheltree</td>
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<tr>
<td>Alexandria Oliver</td>
<td>10-26-07 to 1-10-08</td>
<td>Daughter of Jonathon &amp; Patricia Stevens Oliver</td>
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<tr>
<td>Zachary Lawrence Pageler</td>
<td>11-27-01 to 2-27-02</td>
<td>Son of Dennis &amp; Laurene Pageler</td>
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<tr>
<td>Gaileana M. Passafume</td>
<td>11-12-91 to 12-13-91</td>
<td>Daughter of Nicole Passafume</td>
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<tr>
<td>Josiah Patterson</td>
<td>10-14-13 to 2-1-14</td>
<td>Son of Regina Littlejohn &amp; Wayde Patterson</td>
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<tr>
<td>Tanna Marie Petersen</td>
<td>10-25-99 to 1-17-00</td>
<td>Daughter of J.D. &amp; Kerri Petersen</td>
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<tr>
<td>Mattison Peterson</td>
<td>8-3-05 to 1-17-06</td>
<td>Daughter of James &amp; Margaret Peterson</td>
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<tr>
<td>Ryan Allen Pilkington</td>
<td>11-19-98 to 2-25-99</td>
<td>Son of Blake &amp; Courtney Pilkington</td>
</tr>
<tr>
<td>Ka-Loni LeeKaye-Marie Preston</td>
<td>1-21-16</td>
<td>Daughter of Alisha Preston</td>
</tr>
<tr>
<td>Alexander Price</td>
<td>10-6-11 to 12-16-11</td>
<td>Son of Valencia Price</td>
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<tr>
<td>Kristopher Dylan Reed</td>
<td>12-21-03 to 2-5-04</td>
<td>Son of Melanie Willige</td>
</tr>
<tr>
<td>Paige M. Rabourn</td>
<td>12-6-95 to 2-17-96</td>
<td>Daughter of Sean &amp; Kristine Rabourn</td>
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<tr>
<td>Joseline Corae Rainey</td>
<td>9-22-10 to 2-8-11</td>
<td>Daughter of Chance &amp; Shawna Rainey</td>
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<tr>
<td>Joshua Christian Richmond</td>
<td>4-17-94 to 2-6-95</td>
<td>Son of Chris &amp; Emma Richmond</td>
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<tr>
<td>Payton Lynn Riley</td>
<td>11-1-97 to 1-28-98</td>
<td>Daughter of Shane &amp; Anna Riley</td>
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<tr>
<td>Brett Scott Roberts</td>
<td>9-2-93 to 12-3-93</td>
<td>Son of Kevin &amp; Jolee Roberts</td>
</tr>
<tr>
<td>Kimberly Rodger</td>
<td>9-21-01 to 2-11-02</td>
<td>Daughter of Tracey Rodger</td>
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<tr>
<td>Angela Maria Romo</td>
<td>12-9-15</td>
<td>Daughter of Ana Karen &amp; Adrian Romo</td>
</tr>
<tr>
<td>Loundon Ray Louis Ruiz</td>
<td>12-21-15 to 2-8-16</td>
<td>Son of Desiree Silva &amp; Louis Ruiz, Jr.</td>
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<tr>
<td>Molly Sophia Schmidt</td>
<td>8-26-05 to 12-10-05</td>
<td>Daughter of Kurt &amp; Jessica Schmidt</td>
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<tr>
<td>Maximus Joel Scott</td>
<td>2-24-16</td>
<td>Son of Marian Scott</td>
</tr>
<tr>
<td>Nikolas Aaron Seyler</td>
<td>11-9-99 to 1-17-00</td>
<td>Son of Jason &amp; Stacy Seyler</td>
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<tr>
<td>Lane (Little Newt)</td>
<td>4-28-99 to 2-4-00</td>
<td>Son of Ben Shadley &amp; Sunny</td>
</tr>
<tr>
<td>Payne F. Shannon</td>
<td>10-9-06 to 1-20-07</td>
<td>Son of Bianca Shannon</td>
</tr>
</tbody>
</table>

In memory of our babies — December, January, & February

Spring 2018 KIDS Safety Net
<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Age</th>
<th>Delivery</th>
<th>Mother</th>
<th>Father</th>
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<tbody>
<tr>
<td>Aly Dawn Shelton</td>
<td>2-8-06</td>
<td></td>
<td>Baby Showers</td>
<td>Daughter of John &amp; Brandy Shelton</td>
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<tr>
<td>Hudson Tait Sherwood</td>
<td>1-2-17</td>
<td>1-14-17</td>
<td>Baby Boy Showers</td>
<td>Son of Ashley &amp; Joshua Sherwood</td>
<td></td>
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<tr>
<td>Baby Showers</td>
<td>12-16-12</td>
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<td></td>
<td>Charles Neal</td>
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<tr>
<td>Baby Boy Showers</td>
<td>12-16-12</td>
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<td>Tanea Showers</td>
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<tr>
<td>Xavier William Shuler</td>
<td>1-2-12</td>
<td>2-12-12</td>
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<td>Anna Zimmerman</td>
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<tr>
<td>Bryan Christopher Siegel</td>
<td>12-21-69</td>
<td>1-24-70</td>
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<td>Alexa Silva</td>
<td>2-20-17</td>
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<td>Alma Guadalupe &amp; Fabian Silva-Ramos</td>
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<td>Ellowyn Grace Marie Singer</td>
<td>12-15-16</td>
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<td>Stephanie &amp; Josh Singer</td>
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<tr>
<td>Ryder K. Skillings</td>
<td>12-7-09</td>
<td>12-9-10</td>
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<td>Brandon Skillings &amp; Jessie Bean</td>
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<tr>
<td>Kyndal Smith</td>
<td>10-26-00</td>
<td>1-5-01</td>
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<td>Mikki Whyte</td>
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<td>Adley Idell Soler</td>
<td>11-20-02</td>
<td>2-16-03</td>
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<td>Richard Soler &amp; Diana Garcia</td>
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<td>Elias Paul Solomon</td>
<td>8-1-16</td>
<td>12-5-16</td>
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<td>Rhondal Paul Solomon</td>
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<td>Isabella M. Star-Wittman</td>
<td>1-13-09</td>
<td>2-20-09</td>
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<td>Sara Jane Wittman</td>
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<td>Arianna Rochelle Starr</td>
<td>2-17-12</td>
<td>2-21-12</td>
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<td>Lafayette &amp; Heather Standridge</td>
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<td>Kole Stimpson</td>
<td>12-21-07</td>
<td>1-26-08</td>
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<td>Gary &amp; Lacy Stimpson</td>
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<tr>
<td>Aiden Tatum</td>
<td>9-26-16</td>
<td>12-24-16</td>
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<td>Kristina Tatum</td>
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**Our deepest sympathy for the recent unexpected death of:**

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<th>Name</th>
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The mission of the Kansas Infant Death and SIDS Network, Inc. (KIDS Network) is to serve those individuals who have been touched by the tragedy of infant death or SIDS and those individuals or organizations who strive to reduce the risk of infant deaths by providing supportive services, community education, professional training, and supporting associated research.
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James & Celeste Meitner
Jonathan McCook
Joshua Maydew
Kaitlyn McLaughlin
Karen McBurney
Katherine Melhorn
Lindsay Mitchell
Melissa McCook
Michelle Mueller
Mid American Credit Union
Rebecca Mitchell
Rustin McLaughlin
Sandy Martin
Savanna McCardel
Sheila Marquez
Tracey McNeely
Aiden Nance
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Carly Nunn
Kaylin Nierman
Kim Neufeld
Lily Nold
Network for Good
Sarah & Joe Nold
Sarah Nuss
Savannah Newman
Sean Nance
Thomas Nold
Van Nguyen
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Diane Oelke
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Carina Rosales
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Eudora Reif
Fred & Ellen Robertson
Janel Rugan
Jared Rowley
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Amy Schunn
Andrew Schunn
Andrew Shideler
Andrew Smith
Ann Spradlin
Art & Deborah Stack
Ashton Sasser
Austin Schmidt
Avery Schill
Avery Stauth
Bob Schunn
Brice Sasser
Candace Shoenberger
Carolyn Schmidt
Casey Schunn
Chris & Tonya Smith
Cody & Jalisa Scott
Cole Seitz
Cooper Schneiter
Daisy Simental
Daniel Simental
Darlene Burkey
David Simental
Diana Schunn
Dustin Staub
Dustin Staub
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Ethan Stegman
Gordon Schmidt
Greg & Martha Schartz
Hayley Scobee
Heather Steiner
Henry Schmidt
Isabel Schmidt
Jacki Schunn
James Schunn
James Spradlin
Jane Steiner
Jason Smith
Jennifer Schneiter
Jeremy Schnedler
Jessica Schmidt
Jessica Stegman
Jillian Seitz
Joey Schmidt
Jordan Sasser & Ashley Pepper
Jorge Simental
Joshua Schneiter
Karley Sievisa
Kayci Scott
Kelly Slizewski
Ken Schmidt
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Kristin Sams
Kurt Schmidt
Kylee Schunn
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Libby Spradlin
Lincoln Seitz
Lisa Staib
Luis Sauzameda
Marcia Smith
Mari Stauth
Mark Stauth
Marshall Schneiter
Maverick Stauth
Molly Schmidt
Monica Speier
Nadia Small
Norma Schmidt
Ray & Marilyn Small
Remington Scott
Rex Smith
Rob Schunn
Robert & Denise Schreiber
Rockdoll Staib
Samuel Schmidt
Sara Steben
Sarah Schill
State of Kansas
Thomas & Ashley Stanley
Tony Saggerson
Traci Small
Traxtyn Sievisa
Vicki & Jerry Smith
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Wyatt Schmidt
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Allison Theerman
April Thieme
Bill Taylor
Carla & Joe Tappainer
Ella Thieme
Jackson Turner
Natalie Taylor
Philip Thompson
The Liquor Box, LLC
Toni Taylor
William Thieme
David Uhl
Julie Underwood
Amy Vaught
Bob & Jane Vath
Evan Vath
Jaclyn & Andrew Vath
Kenna Vaught
Olivia Vaught
Spencer Vath
Andrew Wagner
Blake White
Braden Winter
Brittany Wettig
Chad Williams
Chris Westfahl
Davida Walker
Donna Williams
Emersyn Wilson
Emma Watkins
Erin & Michael Wells
Glenda Willis
Grayson Wells
Jack Walker
Jessica Winfrey
Jill Wahl
Luke Winfrey
Mandi Waugh
Margaret West
Marlene & Roy Williams
Megan & Chris Westfahl
Michelle Winter
Paula Williams
Sam Warren
The Walser Foundation
Tracy Welsh
Wichita Area Parents of Multiples
Wichita Black Nurses Association
Wichita Community Foundation -- Wagon Masters
Wichita Now

Spring 2018 KIDS Safety Net 15
Topeka West High School Safe Sleep Champions

Thanks to Topeka West High School students for creating and presenting on Safe Sleep at the Fairlawn Plaza Girls Night Out event on May 3, 2018. Students of Mrs. York’s Leadership One Class, Kylie Eldridge and Mercedes Collie worked together to educate their community about Safe Sleep efforts.

The students also worked with River of Life Church and Blue Cross and Blue Shield of Kansas to collect pacifiers, diapers, dolls and funds to be used in the upcoming Safe Sleep Instructor training.

Safe Sleep Best Practices Spread Through Instructor Training

Over 50 Safe Sleep Instructors have been trained statewide, each charged with annually training at least 10 healthcare providers in best sleep practices, participating in a KIDS Network Community Baby Shower and educating the community about safe sleep.

Christy Schunn, KIDS Network executive director, noted at a recent board meeting that the effects of the training have spread as the number of instructors has grown. It has benefited from support from KDHE, which provides grant funding and encourages their staff and grantees to attend the training. Safe Kids Kansas is another valuable partner, helping promote and ensure safe sleep is embedded within their coalitions.

“Our goal is to embed and sustain safe sleep education by creating a statewide infrastructure of certified Safe Sleep Instructors” Schunn said.

The next Safe Sleep Instructor training will be October 25 & 26 in Wichita. To find out more about the program, contact KIDS SSI director Maria Torres at (316) 682-1301 or ssidirector@kidsks.org.

You can now connect with the KIDS Network via Facebook groups! These closed groups are a place for bereaved families in Kansas to offer and receive peer support, ask questions, and connect. Each region has it’s own group so families can connect with people in their area.

To join the group in your area, send a friend request to Christy Schunn Kids and ask to join one of the following Facebook groups.

KIDS Network Pregnancy and Infant Loss Groups

- **Northeast KS**
- **Northwest KS**
- **Southwest KS**
- **South Central KS**

Mark your calendars for the 16th Annual Step Up for KIDS 5k & Memorial Walk

Saturday, May 4, 2019
Old Cowtown Museum
Wichita, KS

Step Up for KIDS is the signature fundraising event for the KIDS Network.
KIDS Support Meetings

Wichita
Meet 4th Monday of the month, 7:00 p.m. KIDS Office, 1148 S. Hillside, Suite 10, Wichita, KS. RSVP by calling 316-682-1301. Childcare available—Please call in advance so arrangements can be made.

Topeka
Meet 3rd Thursday of the month, 7:00 p.m. Pozez Education Center—1505 S. W. 8th, Topeka, KS. RSVP (1-866-399-7437) is required otherwise meeting will be canceled.

Salina
Meet 1st Monday of the month, 7:00 p.m. Salina Public Library—301 W. Elm St., Salina, KS. RSVP (1-866-399-7437) is required otherwise meeting will be canceled.

If you are interested in attending a group in Hays, Hutchinson or Pittsburg please call the KIDS office at 1-866-399-7437.

Online Support Groups
General Web site: [www.sidsfamilies.com](http://www.sidsfamilies.com)

Support Groups:
- General SIDS Discussion: [www.groups.yahoo.com/group/sidsfamilies](http://www.groups.yahoo.com/group/sidsfamilies)
- SIDS Grandparents: [www.groups.yahoo.com/group/sidsgrandparents](http://www.groups.yahoo.com/group/sidsgrandparents)
- SIDS Fathers: [www.groups.yahoo.com/group/sidsdads](http://www.groups.yahoo.com/group/sidsdads)
- Expecting SIDS Moms & Moms w/subsequent babies: [www.groups.yahoo.com/group/babiesaftersids](http://www.groups.yahoo.com/group/babiesaftersids)
- SIDS Moms Trying to Conceive: [www.groups.yahoo.com/group/sidsmomstrying](http://www.groups.yahoo.com/group/sidsmomstrying)
- SIDS Siblings: [www.groups.yahoo.com/group/sidssiblings](http://www.groups.yahoo.com/group/sidssiblings)
- SIDS Parents a Few Years Down the Road: [www.groups.yahoo.com/group/sidsdftr](http://www.groups.yahoo.com/group/sidsdftr)
- SIDS Aunts: [www.groups.yahoo.com/group/sids-aunts](http://www.groups.yahoo.com/group/sids-aunts)
- SIDS Awareness: [www.groups.yahoo.com/group/angelsinthemedia](http://www.groups.yahoo.com/group/angelsinthemedia)
- Online support (live chats or specific sessions) for parents, grandparents, and siblings (over the age of 18) grieving the death of a child: [www.compassionatefriends.org/resources/Online_Support.aspx](http://www.compassionatefriends.org/resources/Online_Support.aspx)
- Help with SIDS websites and related graphics: [www.groups.yahoo.com/group/wsng](http://www.groups.yahoo.com/group/wsng)

Additional Online Support Web Sites

We apologize for any errors made. Please call the office (1-866-399-7437) and we will make the necessary corrections.

If you would like a picture of your child in the newsletter and/or on the web site, please send us a picture via e-mail or US mail. (We plan to return pictures, but please keep a copy just in case.)

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