

## We Care About You

It is with sadness that we extend to you our sincere sympathy upon the death of your child.

It is common to have questions about what happened. There are also many decisions which need to be made.

It is very common to feel overwhelmed and to not remember some of what is told to you in the moment.

Because grieving can make you feel different and isolated, it is important for you to know you don't have to do this alone.

This brochure is created by members of the community who care and want to help you through this difficult time.



Winnebago County Health Dept  
and Coroner



Outagamie County Public Health and Coroner



Calumet County Public Health

Brochure contact: [tpaulus@co.winnnebago.wi.us](mailto:tpaulus@co.winnnebago.wi.us)

April 2016

## Resources

**Infant Death Center of Wisconsin**  
newsletter, articles, directory  
[www.chawisconsin.org/grief-resources/](http://www.chawisconsin.org/grief-resources/)

**Grief Net**  
online support counselor 24/7, other resources  
[www.griefnet.org](http://www.griefnet.org)

**Open to Hope**  
articles, information, on-line sharing  
[www.opentohope.com](http://www.opentohope.com)

**The Miss Foundation**  
forums, mentors, The Kindness Project  
[www.missfoundation.org](http://www.missfoundation.org)

### Local Support Groups

**Center for Grieving Children**  
child and family focused peer group support  
[www.cgfoxvalley.org](http://www.cgfoxvalley.org)

**Center for Suicide Awareness**  
[www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org)

**Community for Hope** / support after suicide  
[www.communityforhope.org/Grief-Support/](http://www.communityforhope.org/Grief-Support/)

**Compassionate Friends** / after death of a child  
On-line groups/ local meetings/ resources  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

**We Remember**  
pregnancy and infant loss support group  
<http://www.we-remember.org/index.html>

**Area Grief Support Groups by type**  
[www.wichmannfargo.com/resources/](http://www.wichmannfargo.com/resources/)

**Employee Assistance Program (EAP)**  
through your work to access counseling services

**Faith Leader**— most denominations provide spiritual counseling free of charge

**Find a Local Grief Counselor or Group**  
contact Melissa Klebs at Affinity Visiting Nurses  
phone: 920-486-2269  
email: [melissa.klebs@ahah.net](mailto:melissa.klebs@ahah.net)

In the  
Hours  
and Days  
After  
the Death  
of Your  
Child

To help  
you through  
this difficult time



# Grief Reactions

Grief is a normal and natural reaction to the death of a loved one. Grief is all the different feelings which come with the awareness of loss. It affects you physically, mentally, emotionally and spiritually.

In a sudden death, it can be hard to comprehend what has taken place. Confusion and disbelief are often part of the experience.

You may feel nothing at first. Numbness is a form of shock. As time goes by, you may experience a wide range of emotions. Emotions which may come and go. You may feel anger or rage, perhaps guilt, even horror. In some cases, the death may even bring a feeling of relief. Sadness and longing often accompany a loss and can come and go in intensity in the days and weeks ahead.

These emotions may make it hard to function on a daily basis. It may be difficult to eat, sleep, think, or care about anyone or anything. Your ability to concentrate is often compromised. This is natural and normal.

The Unexpected It may help to know :

You may suddenly see or hear something that brings a burst of grief.

Everyone grieves differently. Those you expect to support you most may not be able to as they are grieving, don't know how to help, or are afraid of causing you more pain.

People may unintentionally say hurtful things in an attempt to try to ease your pain.

School/daycare may bring you your child's belongings. Insurance Co. will send new cards without your child's name.



# Next Steps

## Surround Yourself with Family and Friends

People truly want to help, but don't know what to do. Ideas of what they can do are: Make calls to notify others/Answer the door and take phone calls/Arrange hospitality for visiting relative and friends/Provide food/beverage for you and visitors/Household chores like cleaning and shopping/Handle care of other children and pets/Just be with you.

## Choose and call a Funeral Home

The funeral director will help you through the funeral planning including ceremony details, writing the obituary obtaining the burial site/cremation, obtaining the death certificate and getting in touch with Social Security. Remember, the funeral director will help you coordinate all of the details when you meet.

## Important Contacts

**Funeral Home** Name, Address and Number

---

---

**Physician/Hospital** Name and Number

---

**Clergy/Faith** Name and Number

---

**Coroner office:** Winnebago 920-236-4804  
Outagamie 920-832-5841

**Crisis Helpline:** Winnebago 920-233-7707  
920-722-7707

Outagamie 920-832-4646  
800-719-4418

Calumet 920-849-9317

*Dear Grieving Parent,*

I am so very sorry for the loss of your child. I am a grieving parent and want you to know that I care about you. You are important so take care of YOU.

Give yourself permission to grieve. There is no time frame for grief; no wrong way to grieve.

Listen to yourself. Cry if you need to, sleep when you need to. Find someone you feel comfortable with to talk/reminisce with. Lower expectations of yourself. Accept your limits.

Connect with others. This may take effort, but do it anyway. It is OK to laugh and have a good time. It is not disrespectful to your child. If you can't tell others, write them about how you feel and what may be helpful. They really do want to help. (search online: Help a Grieving Parent)

Proper diet and sleep are so important. If you need help with these, talk to your doctor. Exercise, just a short walk will do. It will help with emotions and sleep. Pamper yourself!

Learn about grief as much as you can. Use the websites and supports listed in this brochure. Consider connecting with other grieving parents. Attend grief counseling/support groups when you are ready. These people "get it".

Our children are OK. We must find a way to be Ok. It is a way to honor them. It may help to do something in memory of your child.

Remember to Breathe-deeply (do it now). You will survive. Hold on to Hope. You are stronger than you think. You will always remember your child and you can carry them with you. You will have happy memories of your child. Believe when it seems impossible to believe.

Hugs from Brian's Mom, *Teresa P.*

