

RECOGNIZED WATERCOLOR ARTIST / INSTRUCTOR

In his "spare time," A Place To Remember co-owner, Calvin deRuyter, pursues his love of painting. In recent years he has become nationally recognized for his unique style and his work appears in galleries around the country. Recently, A Place To Remember created a line of cards from his paintings. Go to <http://aplacetoremember.com/mall/category.asp?cat=2> to view all of our cards. To see Cal's artwork, visit his website at: www.calsportfolio.net

visit www.cpsc.gov or www.jpma.org for crib safety standards.

#4 - What about sharing a sleep surface? Remember, adult beds, sofas and chairs are not safe for sleeping babies and can greatly increase the risk of SIDS, suffocation and accidental infant deaths. Bring baby into your bed to feed and bond, but when its time for sleep, place your baby alongside your bed in his or her own separate, safe sleep area.

#5 - Be wary of soft bedding and blankets! Anything loose, soft or fluffy in your baby's sleep area can be dangerous. Take care to remove pillows, blankets, bumpers, sheepskins, stuffed toys and other soft objects from your baby's sleep area when placing them down for nap and nighttime sleeps.

#6 - Keep your baby warm and safe during sleep! Loose blankets in your baby's sleep area can be dangerous. Consider using a wearable blanket or other type sleeper to keep your baby warm and safe.

#7 - Never put your baby to sleep on top of any soft surface! This includes adult beds, waterbeds, comforters, sheepskins, pillows or cushions.

#8 - Pacifiers can further reduce the risk of SIDS! Experts recommend giving your baby a pacifier every time you place them down to sleep. By following the First Candle Guidelines for Pacifier Use (www.firstcandle.org/research/pacifiers_guidelines.pdf), parents and caregivers can avoid concerns about breastfeeding and long-term dental problems.

#9 - Take care not to overheat your baby with too much clothing or too warm of room! Overheating is a leading risk factor for SIDS. Layer clothing as needed (no blankets!) and keep room temperature at a level that would be comfortable for a lightly clothed adult.

#10 - Educate everyone that cares for your baby about these safe sleep tips!

For more information please call 1-800-221-7437 or visit www.firstcandle.org

SHEROKEE ILSE AND TIM NELSON PUBLISH BOOK ON COUPLE COMMUNICATION FOLLOWING THE DEATH OF A BABY

A Place To Remember co-owner, Tim Nelson, and author/speaker, Sherokee Ilse, have released their book, ***Couple Communication After a Baby Dies – Differing Perspectives***. The book presents practical perspectives on the differences and similarities of men and women who grieve. The book's strength is the warm style it is written in and the fact that both Ilse and Nelson have lived through the respective deaths of their babies. Topics covered range from hearing the news, intimacy, and grieving different dreams, to regrets and guilt, compromise, and spirituality. Use link below to find book on the A Place To Remember website. http://aplacetoremember.com/mall/prod_detail.asp?catID=1&prodID=1067

FAITH'S LODGE CONTINUES TO OFFER HOPE AND HEALING

Faith's Lodge is a tranquil get-away in northern Wisconsin where families facing the serious illness of a child, or the death of a child, can go to build hope for the future. Go to www.faithslodge.org to read more.

APTR CO-OWNER CALVIN DERUYTER A NATIONALLY

dates. To see a complete list of statue locations around the world, as well as direction as to how to visit, go to: <http://richardpaulevans.com/angel-locations>

To see photos of the Salt Lake City statue and read more go to: <http://richardpaulevans.com/angel-statues>

KICKS COUNT

Counting your baby's kicks is a great way for you and your partner to bond with your baby. By performing a kick count at the same time every day during your last trimester, you can also help your doctor monitor your baby's health. What your baby is telling you with its kicks is important!

Doctors recommend that parents start counting and keeping track of their baby's kicks beginning in the 28th week of pregnancy. By doing this every day, you will get to know within a week or two what your baby's normal pattern is. By using a kick count chart, you and your doctor will be able to tell if there are any changes in your baby's normal pattern. Studies show that a major decrease in your baby's normal pattern could be a signal that there's a problem.

Counting kicks is a simple, inexpensive and effective way to monitor your baby's health and may reduce the risk of stillbirth.

For more information, go to: <http://www.firstcandle.org/kickscount/index.html>

CAREGIVER PRACTICE GUIDELINES AVAILABLE FROM PLIDA

The Pregnancy Loss and Infant Death Alliance (PLIDA) offers practice guidelines for caregivers on their web site. Go to www.PLIDA.org for more information.

SAFE SLEEPING TIPS FOR NEWBORNS

Providing a safe sleep environment is the single most important step you can take to reduce your baby's risk of SIDS, suffocation and accidental infant deaths. Take time during your pregnancy to learn all you can about providing a safe sleep environment for your precious bundle!

#1 - Back is best! Placing your baby on his or her back is the only sleep position recommended for babies. Side and stomach positions are not safe alternatives.

#2 - Where should my baby sleep? For at least the first six months, your baby's crib or other separate sleep surface should be placed in your room, near where you sleep. Research shows that being in close proximity to your baby during sleep can greatly reduce the risk of SIDS.

#3 - The safest sleep area is a crib that meets current safety standards! The mattress should be firm and fit snugly in the crib. For parents looking for safe alternatives to a crib for their sleeping baby, such as a bassinet, cradle or co-sleeper, see the attached guidelines or

dedicated on December 6, 1994 in Salt Lake City UT-corresponding with the date of the child's death in The Christmas Box.

The sculpture is the creation of a father and son from Salt Lake City, Ortho and Jared Fairbanks, and modeled according to the description in Evans' book. The face of the angel is that of Evans' second daughter, Allyson-Danica. If you look closely you can find on the angel's right wing (west) the word "hope."

In addition to the angel in the Salt Lake City cemetery, there are Christmas Box Angels in more than 25 other areas erected by great people just like you, including:

In Arizona: Phoenix

In California: Irvine, San Jose, and Santa Maria

In Colorado: Pueblo, Parker, and Loveland

In Connecticut: Torrington and Newington

In Florida: Marco Island, Pensacola, West Palm Beach, Tampa Bay, Shalimar, and Amelia Island

In Georgia: LaGrange and Atlanta

In Iowa: Des Moines and Iowa City

In Idaho: Idaho Falls

In Illinois: Coal City, Belleville, Albion, Fairview Heights, Springfield, Wauconda, and Rockford

In Indiana: Columbia City, Lafayette, Evansville, Avon, South Bend and Bluffton

In Kentucky: Williamsburg and Georgetown

In Louisiana: Pineville

In Massachusetts: North Adams, Uxbridge, Sturbridge, and Easthampton

In Maine: South Portland

In Michigan: Harbor Springs, Flat Rock, Adrian, Belleville and St. Joseph

In Minnesota: Maple Grove, Perham and Spicer

In Missouri: Troy and St. Charles

In Nebraska: Omaha and Sidney

In North Carolina: Fayetteville

In North Dakota: Grand Forks, Fargo, and Bismarck

In Nevada: Las Vegas and Elko

In New York: Watertown, Village of Port Dickinson, Saranac Lake, Eisenhower Park, Chazy, Altamont, and Carmel

In Ohio: Springdale, Middletown, Stow, and Centerville

In Oklahoma: Oklahoma City and Grove

In Oregon: Portland

In Ontario Canada: Fort Erie

In Pennsylvania: York and Drexel Hill

In Rhode Island: Westerly

In South Carolina: Orangeburg

In Tennessee: Memphis

In Texas: San Antonio, Bedford, and Houston

In Utah: Vernal, St. George, Salt Lake City, Ogden, and Spanish Fork

In Virginia: Richmond

In Vermont: Rutland

In Wisconsin: Milwaukee, Oshkosh, Eau Claire, and Fond Du Lac

In Wyoming: Cheyenne

Furthermore, there are nearly 100 in the works, and at least a dozen of these have dedication

Featured Plenary Speakers are:

--Michael C. Lu, MD, MPH who is an associate professor of obstetrics at the David Geffen School of Medicine at UCLA and teaches maternal and child health at the UCLA School of Public Health.

--Rana Limbo, PhD, RN, CNS-BC & Kathie Kobler, MS, APN, PCNS-BC. Limbo is the Director of Bereavement Services, Gundersen Lutheran Medical Foundation, La Crosse, Wisconsin. As a Co-Founder of the national component of RTS, Rana has been involved in perinatal bereavement care and education for over 25 years. Kathie Kobler has provided care for critically ill infants and children for almost 25 years. She is currently coordinator of the pediatric palliative care program at Advocate Lutheran General Hospital in Park Ridge, IL

The Closing Keynote Speaker will be John O'Leary.

In addition to the full conference, participants can register for a single day, as well as add Pre-Conference sessions such as:

- SUID/SIDS Program and Messaging
- NFIMR Training
- Pregnancy Following Perinatal Loss: Education and Support for Parents
- Perinatal Hospice
- Share Training
- RTS Coordinator Training
- Pregnancy Loss & The Arts Workshop

More complete information will be available as the time draws near, so regularly check their web sites at www.asipl.org and www.plida.org for updates.

SHARE AND MISSING GRACE OFFER SUPPORT GROUPS LOCAL, NATIONAL, AND INTERNATIONAL

For a list of support groups offered by SHARE or The Missing Grace Foundation, follow the links below.

<http://nationalshare.org/Groups.html>

<http://www.missinggrace.com/org/indexcalendar.html>

THE ANGEL OF ANGEL OF HOPE STATUES

The Angel of Hope was introduced to the world in the book *The Christmas Box*, a worldwide bestseller and hit television movie by author Richard Paul Evans. In the book, a woman mourns the loss of her child at the base of an angel monument. Though the story is mostly fiction, the angel monument once existed but is speculated to have been destroyed. The new angel statue was commissioned by Richard Paul Evans, in response to reports that grieving parents were seeking out the angel as a place to grieve and heal. The monument was

News, Information, & Events from A Place To Remember

From **A Place To Remember**

800-631-0973

EMAIL: APTR@APlaceToRemember.com

LAST UPDATED

JULY 2010

A Place To Remember offers this space to share information that we feel might be helpful to grieving families and their caregivers. By posting this news, we do not endorse any opinions expressed or research results.

FIRST CANDLE LAUNCHES NEW FACEBOOK SITE!

Facebook is a great way to interact with experts and other fans on topics that are important to you. First Candle's Kicks Count! and Bedtime Basics for Babies Facebook pages will provide you with the information and resources you need to give your baby the best possible chance to survive and thrive!

Kicks Count: What your baby's kicks are telling you is important!

"Like" us at <http://www.facebook.com/home.php?#!/pages/First-Candle-Kicks-Count/101022246605901?ref=ts> to receive accurate, up-to-date information on kick counting – a simple, safe and effective way to monitor your baby's health during that critical last trimester. Research shows that any major increase or decrease in your baby's movements may be a sign that something is wrong.

17TH NATIONAL PERINATAL BEREAVEMENT CONFERENCE UPDATE: "PARTNERS IN PREVENTION, RESEARCH, ADVOCACY & SUPPORT" SPEAKERS ANNOUNCED

The Association of SIDS and Infant Death Mortality Programs and The Pregnancy Loss and Infant Death Alliance have scheduled their conference for November 4-7. The 2010 conference will be housed at the Westin Alexandria in Alexandria, Virginia.

This is always an excellent conference to an intended audience of professionals working in SUID/SIDS, Bereavement, Perinatal Health, Stillbirth, Maternal and Infant Health, Public Health, Research, FIMR, CDR and Home Visit Programs.

The opening Keynote Speaker this year will be Katherine J. Gold, MD, MSW, MS, a researcher on the impact of poor obstetrical outcomes on parents, families, and providers with particular interest in mental and physical health outcomes and health behaviors in subsequent pregnancies.