

COMMUNITY NEWSLETTER!



GRIEF & BEREAVEMENT: SUPPORTING PARENTS WHO HAVE LOST A CHILD

Every year in July, Bereaved Parents Awareness Month is observed worldwide. This observance is dedicated to raising awareness about the grief parents experience after the unfortunate loss of a child and the type of support needed to overcome this indescribable grief.

The grief of losing a child is unimaginable. Whether the loss was recent or decades ago, the pain experienced by parents who have lost a child never fully goes away. However, if you have never gone through something so heart-wrenching, it may be hard to know exactly what to say to parents whose baby has died. But during this difficult time, it is important for parents to know that they are loved and supported by the people closest to them.

It can be difficult for a lot of people to talk about grief openly and many people feel like the topic is too personal or too private. Even though talking about the events that caused grief is crucial to recovery, people are reluctant to do so. Consequently, if you are a grieving parent, it is important to remember that you are not alone. Social support becomes more important than ever during times of grief.

And lastly, don't forget about dad! Often, grieving fathers feel left out of all the support their partners get. Friends and family may ask him about his partner but not about how he's doing. So, please be sure to include him as a grieving parent.

If you would like tips on what you should and shouldn't say to a grieving parent look at Page 3!

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& Grief: Surviving the Loss of
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Group B Strep In Pregnancy: Test, Risks & Treatment

#DidYouKnow Approximately one in four pregnant women carry Group B Strep (GBS)!

It is actually one of the most serious infections that causes newborn illness and death worldwide.



This month is also International Group B Strep Awareness Month! It is observed throughout the month of July to raise awareness among parents, future parents, and healthcare providers about Group B Strep (GBS). GBS is a type of bacteria that naturally exists in the gut and lower reproductive tracts of both men and women. Most of the time GBS is not harmful and will not cause any symptoms. However, the bacteria can occasionally invade the body and cause certain infections.

In general, no one knows how these bacteria are caught or spread. But researchers do know that the bacteria does not spread through food, water, or anything that people might have come into contact with. Although it is not often harmful to adults, GBS is known to cause severe infection in newborns. While GBS disease can be deadly, there are steps pregnant women can take to help protect their babies.

Experts know that pregnant women can pass the bacteria to their babies during delivery due to their poorly developed immune systems. Consequently, the best way to prevent passing a group B strep (GBS) infection to your baby is to get tested at 36 through 37 weeks and to take antibiotics, during labor, if you test positive. Babies who develop the GBS disease can develop symptoms including fever, difficulty feeding, irritability or lethargy (limpness or hard to wake up the baby), difficulty breathing, and blue-ish color to the skin.

For these reasons, it is important to know the signs and symptoms of newborn GBS disease. It is also critical to have a conversation with your healthcare provider about taking a Group B Strep Test, as well as, the information on the treatment and complications related to a positive GBS test.

Capital Area Healthy Start 2022 ANGEL AWARDS

SILENT AUCTION & BENEFIT



Date
THURSDAY,
AUGUST 18TH 2022
5:30 - 9:00PM

BRADLEY'S POND
9002 BRADLEY RD, TALLAHASSEE, FL 32309

Join Us For
DINNER · DRINKS · LIVE MUSIC

Tickets
\$75

RAFFLE
TICKETS
ON SALE
JULY 1ST!



TO PURCHASE YOUR
EVENT TICKETS & RAFFLE
TICKETS PLEASE SCAN
THE QR CODE OR VISIT
OUR WEBSITE



WHAT TO SAY TO SOMEONE WHO LOST A BABY: THE 9 DO'S & DON'T'S!

It's hard to know exactly what to say to parents who have had the unimaginable experience of losing a child. You may not be sure how the parents feel or what may help them. The grieving process will be different for every parent, but remember to always listen, be patient, and think about how the words you say may make parents feel.

So, here are some examples of things NOT to say, and things you can say to grieving parents!

NO

1. **"I know exactly how you feel."**
It can trivialize the parents' story by telling one of your own. This is their time to grieve.
2. **"Never say the child is in a better place."** This won't provide comfort to grieving parents, who are in the worst place they've ever been.
3. **"You'll get over it in time."**
4. **"It's for the best"** or **"You can always have another baby."** or **"You should be grateful for what you have."** These kinds of statements can make the parents feel like you're minimizing their child's death.



Yes

5. **Offer sincere condolence.** "I am so sorry for your loss"
6. **Offer open-ended support.** "If there is anything I can do, please let me know. I'm willing to help in any way."
7. **Acknowledge when you don't know what to say.** "I don't have words to fully express just how sorry I am to hear about your loss."
8. **Offer silence.** Don't feel like you need to fill the empty space. Sometimes it's OK to just be with them and not say anything.
9. **Offer practical help.** "May I bring by some dinner for you tonight?"



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Upcoming Events

Every ticket purchased using our promo code goes towards our mission to improve the health of infants and their families in our local communities! Visit www.tuckerciviccenter.com & use our promo code to get your tickets!



What is CONNECT?

But please remember, don't drink alcohol if you are pregnant trying to get pregnant or think you may be pregnant because drinking alcohol during pregnancy makes your baby more likely to have premature birth, birth defects and fetal alcohol spectrum disorders.

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education,



breastfeeding education, women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



Please click [HERE](http://www.capitalareahealthystart.org/connect-program/) to learn more or visit our website at www.capitalareahealthystart.org/connect-program/