

For Siblings



Ask Dr. Paulson

Q. My mom is very sad and so am I. She was pregnant and a couple months ago something went wrong and she miscarried the baby at 6 months. She wanted another girl like me (I'm 13) and I wanted a little sister to feed, change diapers, baby sit, and just pass along the love my mom and dad have given me (I have no brothers or sisters). I feel really blue but I've been trying to spend more time with mom so she won't miss the baby so much. It doesn't seem to be working. I know she's been crying a lot. Dad is no help. All he's said is that something wasn't right with the baby and this was nature's way. Mom's pretty upset that he doesn't understand but keeps it inside. What more can I do?

A. It sounds like you were really excited about having a new brother or sister! Sometimes, as kids we get so caught up in trying to help our parents and our brothers and sisters that we forget to stop to take time to take care of ourselves. You could do that by finding someone you can talk to about your feelings about your mother's miscarriage, by taking time to think about things yourself; by keeping a diary; and by keeping in contact with your family and friends who care so very much about you.

What you can do for your parents would be to obey the rules that are absolutes, compromise on the others, and do your chores without having to be reminded. But remember your parents will have to settle the things between them by themselves - they are the adults - it's their job to look after and care for you. During times of crisis it may feel like you need to help them do their "job" too - not just housework, but emotional or relationship work too. But you have to remember that's not your job--you have your own job--to be their kid, learn from them, and learn and practice the skills you'll need to be successful when you're the adult.

By Mary Paulson, PhD, a bereaved sibling
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Each Day

Each day you hurt a little less
Each day you cry a little less
One day you won't hurt anymore
One day you won't cry anymore
I don't know when that day is yet.

By Becky Hoffman, TCF, Atlanta, GA
Reprinted from TCF *This Healing Journey*

Sibling Resources

www.compassionatefriends.org is the national website. At the top going across the page is a list; click on Resources, then from the list on the left side, click on Grief Support for Siblings. There are brochures available, along with a Sibling Chat Room for adult and teen siblings to share concerns and feelings. They are Wednesday and Thursday evenings, 9:00 PM. There is also information on national and regional conferences.



Unconditional Love

Little white bird
Perched lightly atop my hand.
She cocks her head as if to say
"May I fly away?"

Her wing now able and strong,
It's been so long
I have kept you,
And you have become a part of my life.

But the sun shows bright
Over the rock wall,
The air is crisp and clean today,
There is a longing written in your eyes
As you sit here with me.

I have known
That someday you would want
What I cannot give.
The world is wide and wonderful
You think it is time to test your wings.

The many days we had together
Flit before my eyes,
As you lift yourself upward
Toward the wind currents above.

My hand reaches out
As if to call you back,
But you are gone,
Floating gently over the wall.

I drop my hand,
Clasp it tighter with it's kin,
Trying to control my sorrow,
And knowing deep inside
The joy which has been given you –
I will not call you back.

By Dawn Blunderman, TCF, Bovey, MN
Reprinted from TCF *This Healing Journey*