

Art Therapy: The Language of the Soul

"Art as a language of therapy, combined with verbal dialogue, uses all of our capacities to find a more successful resolution to our difficulties," states the author of a study published in the July issue of the *Western Journal of Medicine*. The author further contends that adolescents, who typically are sensitive about their image and are influenced by commonly held cultural views of psychotherapy, find that art therapy is less threatening than "talking" psychotherapy and that it allows the adolescent to be in control. By using symbols and graphic depictions to express emotions, the adolescent can externalize his or her behavior. In art therapy, the author maintains, "the behavior thus becomes the problem, not the individual." By comparing artwork and discussion

content over time, the adolescent's progress can be assessed.

Art therapy is a "developmental fit" for adolescents. By tapping into the adolescent's drive to be creative through drawing and making marks, art therapy can channel that drive and "neutralize the battle over what to reveal or keep hidden." The author provides examples of images that adolescents have made to convey their feelings about abuse, depression, and family issues. The abused adolescent who may have been warned about talking, but not about drawing, can still communicate with the therapist through visual representation of forbidden topics. The adolescent who is depressed because of family issues or because of problems with

peers and society appears to benefit from art therapy. Family art therapy can allow family members to work out their communication problems in a nonconfrontational, even pleasurable, way when adolescence changes family relationships.

The author concludes, "The art that the adolescent produces can help the therapist gain some idea of the youth's concerns and life circumstances, especially those situations that are too risky to reveal or too personally embarrassing to relate."

Riley S. 2001. *Art therapy with adolescents. Western Journal of Medicine* 175 (1):54-57.

Congenital Anomalies Prevention Awareness

Doctors and other health professionals are losing a key birth defects prevention opportunity by failing to tell their female patients to take a multivitamin containing folic acid every day, according to a national survey released in September by the March of Dimes. This survey assesses the knowledge and behaviors of women of childbearing age relative to daily consumption of folic acid.

The study found that fewer than one-third of American women of childbearing age who are not currently pregnant take a daily multivitamin containing folic acid. The U.S. Public Health Service recommends that all women who are capable of becoming pregnant consume a multivitamin containing 400 micrograms of folic acid every day before conception and continuing into the early months of

pregnancy to prevent neural tube defects.

Twenty percent of women who do not take such a multivitamin said unprompted that they would be more likely to do so if their physician or other health care provider recommended it. Most women (76%) stated that their doctor did not discuss the benefits of folic acid with them.

Stillbirth Research (continued)

(Continued from page 18)
shortly.

An initiative to stimulate research into stillbirth has been submitted for the FY 2003 planning process at NICHD. In the Center for Research for Mothers and Children, this was the number one initiative sent forth. That so many branches agreed that this is an important topic to receive top priority is very exciting.

Richard Olsen, MISS Foundation member and founder of the National Stillbirth Society, has met with Dr. Duane Alexander, Director of NICHD and Drs. Cathy Spong and Marian Willinger, both of whom will be assigned to the stillbirth research effort. At that meeting Richard

learned that NICHD is also hiring a third team member, another physician, to join the stillbirth group.

The MISS Foundation has taken an initiative to intervene in the Congressional budgeting process, with the support of NICHD and our own Congressman Bob Stump, to include a research mandate in the FY2002 NICHD budget that is very near approval. It remains to be seen if the recent events in Washington will interfere with this action item. Please write to Congressman Stump urging your support!

Richard Olsen and his wife Sharon are the parents of Camille Rayana who was stillborn August 17, 2000 at full term.
(www.camilleolsen.com).

MISS Foundation's **Sacred Hearts**
Logo Pendant ~



A Beautiful Gift Representing the Eternal Love Between Mother & Child
Custom Made Sterling Silver Pendant with 20" chain now available with or without birthstone (see order form page 22) \$60.00

Add \$12.00
For birthstone and specify month
Add \$5.00 for 24" Chain

To my dearest little sister Dannah

To my dearest little sister Dannah,
No bigger than a flower.
Living a life of two and a half hours.
Hair of white what a beautiful sight.
We were sad to know that you were leaving us by night.
Barely weighing over a pound.
Not making much sound.
Your eyes stayed closed.
With your little button nose.
Mom says your skin was soft as a cloud.
Oh, My little sister Dannah
you made Mom and Dad so proud.
Sorry that I didn't have the chance to tell you who I was.
Please know I love you so much like a big sister does.

Forever in my heart
your big sister Crystal

*Dannah went home to be Heaven's Angel on December 22, 2000
This was written Christmas morning December 25, 2000*



TYLER'S TEDDY BEARS

Margaret and Mark Abarr are collecting Teddy Bears (NEW or GENTLY used) for the Peoria Fire and Police Departments to distribute to children involved in traumatic calls. If you would like to donate a bear, call Margaret at 623.872.8082

FROM OUR WEBSITE...

I know you all must always be extremely busy, but I just wanted you to know how much your books and website have meant to me. I also love the newsletter that I received when I purchased a drawing. ..My son was not only the best thing I've ever done but he was the only reason I was born. I dedicate my life to embracing the memory of the purest love I have ever known, my happiness, my sadness, my angel, my son, Damien Jose Todd.

Angel Moms

We have shared our tears and sorrow,
We have given encouragement to each other,
Given hope for a brighter tomorrow,
We share the title of grieving mother.

Some of us lost older daughters or sons,
Who we watched grow over the years,
Some have lost their babies before their lives begun,
But no matter the age, we cry the same tears.

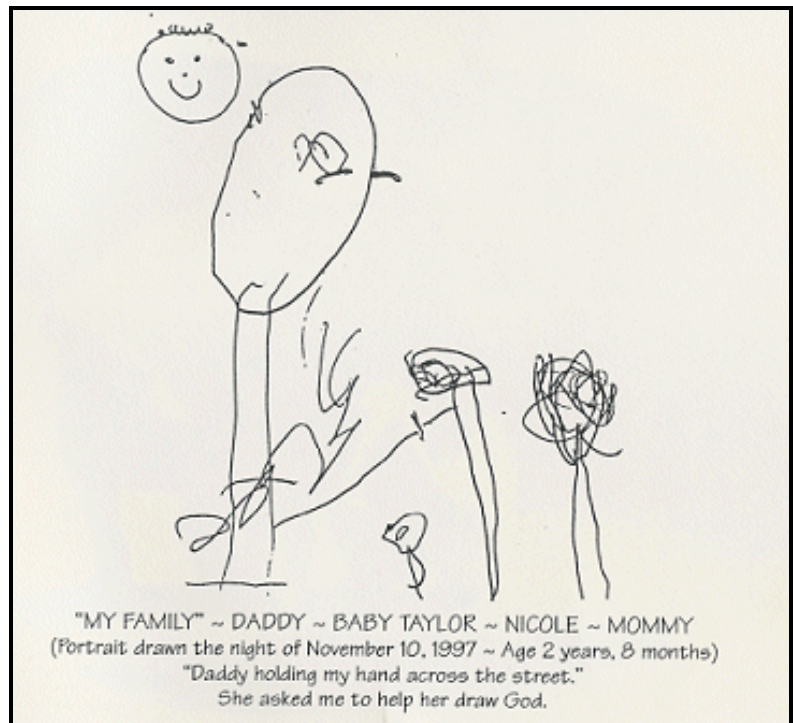
We understand each other's pain,
The bond we share is very strong,
With each other there is no need to explain,
The path we walk is hard and long.

Our children brought us together,
They didn't want us to journey alone,
They knew we needed each other,
To survive the pain of them being gone.

So take my hand my friend,
We may stumble and fall along the way,
But we'll get up and try again,
We'll take it day by day.

We can give each other hope,
We'll create a place where we belong,
Together we'll find ways to cope,
Because we are angel moms,
Together we are strong.

Written by: Angela M. Farley



Baby's Breath Healthy Baby Campaign

Study Shows That Race Affects the Breastfeeding Decision

"The encouragement of breastfeeding needs to be a priority for physicians and health care providers in furthering the goal to promote child health," state the authors of a study published in the August issue of *Pediatrics*. The authors examined the effects of maternal and birth characteristics on the decision to breastfeed and the relationship of breastfeeding to racial differences in infant mortality. In a sample taken from the National Survey of Family Growth, Cycle V, 1995, 1,088 women with a child 18 months or younger were surveyed about maternal characteristics such as feeding preferences, demographic and socioeconomic factors, smoking habits during pregnancy, religion, marital status, whether the child was wanted, and desire for more children. Additional data were collected on birth characteristics such as birth order, type of delivery, and birthweight. The authors maintain that many factors are involved in the de-

cision to breastfeed and that "white mothers were more likely to have characteristics associated with the decision to breastfeed -- higher income and education, marriage, living in the West, and wanting their [child's] birth -- than were their black counterparts."

Highlights from the study include the following:

- * Approximately 57% of the mothers breastfed their infants (65% for white mothers compared with 30% for black mothers).
- * Based on all births, of those children who were breastfed, white infants averaged 5.25 months of breastfeeding and black infants averaged 3.38 months.
- * 52% of the black mothers reported less than \$16,000 in total household income and 57% were single and never married. Figures for white mothers were 23% and 11%, respectively.
- * Foreign-born women were about 75% more likely to have breastfed their child than U.S.-born women.
- * Mothers who did not want more chil-

dren were more than 1 1/2 times less likely to breastfeed their child than mothers who did want more children.

* Of mothers who indicated a "preference for bottle-feeding" over breastfeeding as the reason for not breastfeeding, 83% were black and 62% were white.

The authors conclude that their findings "do suggest that breastfeeding explains the racial difference in infant mortality as well as does low birth weight. Thus, by increasing breastfeeding among black women, the racial gap in infant mortality should narrow -- a gap that is currently (1997) about 1.3 times higher for blacks than whites" (a figure based on U.S. Census Bureau statistics). The authors recommend that health care professionals emphasize the benefits of breastfeeding to the black community.

Forste R, Weiss J, Lippincott E. 2001. The decision to breastfeed in the United States: Does race matter? Pediatrics 108(2):291-296.

Academy of Pediatrics Alert...

"The American Academy of Pediatrics [AAP] recommends a ban on the manufacture and sale of mobile infant walkers," according to a statement from the AAP Committee on Injury and Poison Prevention in the September issue of *Pediatrics*. The AAP recommendations are based on data that "indicate a considerable risk of major and minor injury and even death from the use of walkers." The National Electronic Injury Surveillance System (NEISS) estimates that 8,800 children younger than 15 months were treated in hospital emergency departments in 1999 for injuries received while in mobile infant walkers. Additional studies show that most injuries come from falls, either from the walker or with the infant remaining in the walker. Stairs are implicated in 75% to 96% of injuries and in almost all severe injuries.

Prevention and awareness measures such

as warning labels, adult supervision, stair gates, and product redesigns have had varying success in discouraging infant walker use and in reducing walker-related injuries. The mandatory standard in effect since 1971 primarily addresses injuries to fingers and toes caused by pinching or shearing in the walker frame and by the collapse of the walker. The more serious problem of falls and tip-overs is addressed by the voluntary standard, with which not all manufacturers comply. The voluntary standard states that walkers manufactured after June 30, 1997, be wider than a 36-inch doorway or have a braking system to stop the walker if one or more wheels drop off the riding surface.

The AAP recommendations include the following:

- * Banning the manufacture and sale of mobile infant walkers;

- * Choosing a walker (if a parent insists on using one) that is in compliance with the performance standards of ASTM F977-96 to prevent the infant from falling down stairs;
- * Encouraging community programs to properly dispose of walkers;
- * Promoting the use of stationary activity centers as safer alternatives; and
- * Monitoring the compliance of walker manufacturers with the voluntary standard ASTM F977-96.

AAP maintains, "Beyond parental impressions that infants seem happier in walkers, it does not appear that any real benefits of using a walker can be found to balance the considerable risk of injury."

AAP Committee on Injury and Poison Prevention. 2001. Injuries associated with infant walkers. Pediatrics 108(3):790-792.

Support Our MISSION!

ITEM DESCRIPTION	SIZE	QTY	PRICE	TOTAL
Kindness Cards, please indicate quantity and price: 10 card set for \$1.00 50 card set for \$6.00 100 card set for \$10.00 250 card set for \$25.00 Circle Type of Card: For Parents - or - For Everyone Else		circle: 10 50 100 250	\$2.00 \$7.00 \$11.00 \$23.00	
MISS Foundation "Angel" T-shirt Avail sizes: S, M, L, XL, XXL, or CHILD SIZE			\$15.00	
<i>Kaleidoscope of Grief</i> —Children's Grief Workbook	Spanish	English	\$5.00	
<i>What Color is Death Daddy?</i> Children's Grief Book	Spanish	English	\$5.00	
Angel Pin (please specify boy or girl)			\$5.00	
Newsletter Annual Subscription DONATION	n/a		\$15.00	
<i>Dear Cheyenne</i> Grief Book	n/a		\$8.00	
<i>Sacred Hearts— Sterling Silver MISS Logo with Chain</i>			\$60.00	
ADD \$4 SHIPPING TO ALL ORDERS				\$4.00
TOTAL ORDER				\$4.00
<input type="checkbox"/> <i>I would like to include an additional donation of \$ _____</i> <i>My donation is in memory of _____</i> <i>Please send a memorial card to: _____</i> _____ _____				

For a larger selection, please visit our online store at www.misschildren.org

Send order form along with
your Check or Money Order to:

The MISS Foundation—Volunteer Store
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Peoria, AZ 85385

The MISS Foundation is an All-Volunteer,
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All Donations are Tax Deductible!

information about you:

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State/Province: _____

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Phone: () _____

MISS Foundation Support Groups

Arizona

Phoenix Monthly Meetings Infant Death Support Group

3rd Thursday of each month, 6:30 p.m.
Heritage Church
5830 W Greenbriar Road
(59th Ave, North of Bell Rd)
623-979-1000 (24 hours)

Phoenix Christian Support Group Term Stillbirth thru 2 years of age

Meets every 6 weeks
Pure Heart Christian Fellowship
17855 N Black Canyon Hwy
Pre-register with Kellie Gatewood
602-866-3645

Tucson

Call *Anne Rumps*
(520) 795-4712

Subsequent Pregnancy Support Group

2nd Thursday of each month, 7:00 p.m.
Church of the Beatitudes - meets in nursery
555 W Glendale Ave
(SE Corner 7th Av/Glendale)
Babies are welcome at this group!
602-439-9025 *Anna Kennedy*

KISS—Kids In Sympathy & Support For Kids in Grief NorthWest Valley

4th Saturday of each month, 10:00 a.m.
Heritage Church
5830 W Greenbriar
(59th Ave, North of Bell Rd)
623-322-2798 *Jami Garrison*

Central Valley Infant Death Meetings

2nd Thursday of each month, 7:00 p.m.
North Hills Church
15025 N 19th Ave, bldg C
(19th Ave and Greenway Rd)
602-841-4114

Prescott

3rd Thursday of each month, 7:00 p.m.
Prescott Public Library Mtg Room
BJMARI@yrmc.org Bonnie Mari

KISS—Kids In Sympathy & Support For Kids in Grief SouthEast Valley

3rd Saturday of each month, 2:00 p.m.
Dayspring United Methodist Church
1365 E Elliott, Rooms 201 and 202
(between McClintock and Rural)
480-814-7013 *Jim Nibali*

Support Group for Couples 1st Tuesday of every month

Meets in Donor Network of AZ Bldg
201 W Coolidge
Phoenix, Arizona
A few blocks S of Camelback
602-216-6600, *Richard Olsen*

Other States

California—Riverside

2nd Monday of each month, 6:00 p.m.
Hunt Park Community Center
4015 Jackson St
909-686-2686 *Mia*

California—Arcadia

3rd Thursday of each month, 6:30 p.m.
Arcadia Congregational Church
Prince Erick Hall
626-357-4816 *Jana Vorhis*

California—Ocean Side

For information on this group contact
760-806-9812 *Alisa Detwiler*

Georgia—Douglas

3rd Monday of each month, 7:00 p.m.
Coffee Regional Medical Center
912-384-1900 *Ricky Wildes*

Illinois—Sandwich

4th Monday of each month, 7:00 p.m.
Salem Lutheran Church
Lower level dining area
1022 Main St, Sandwich
Angie@thefarleys.com Angela

Idaho

For information on this group contact
208-853-1846 *joelsmom@qwest.net*
Nancy Grayson

Missouri—Hannibal

Last Wednesday of each month, 7:00 p.m.
Holiday Inn Express, Meeting Room
4000 Market St, Hannibal
Tscscorpio@homestead.com Tamela Cole

New Jersey—Galloway Twp

1st Tuesday of each month, 7:00 p.m.
Galloway Twp
Municipal Building, Historical Room
609-601-0563 *Kathy Evans*

New York—Yonkers

(Call or email for times/dates)
The Plymouth House
1730 Central Park Av, Yonkers
Sammismom917@aol.com
914-378-1613 *Jennine Jo Shull or*
Suzanne DiMarzo

Ohio

1st Thursday of month, 7:00 p.m..
16195 State Rt 170
East Liverpool, Ohio
(330) 385-8774 *Kym Smith*

Texas—Denton

2nd Monday of each month, 7:00 p.m.
Denton Community Church
119 N Elm
janjohn83@prodigy.net Jan Heffley

Virginia, Wash DC and Maryland

2nd Tuesday of each month, 7:30 p.m.
Fairfax County Government Center
12000 Government Ctr Parkway
Fairfax, Virginia
Carmack429@aol.com Amy Carmack

Washington—Seattle

3rd Monday of each month, 7:30 p.m.
24012 Vashon Hwy SW, Room 3
Vashon Island, WA 98070
206-251-6706 *Kara Jones*

**The Compassionate Friends and
the MISS Foundation bring you**

**National Children's Memorial Day
Public Candlelighting Ceremony**

**Sunday, December 9, 2001
Downtown Phoenix, Patriot's Square Park
Beginning at sunset
Mark your calendars**

**Children and Families welcome!
Bring blankets and dress warm!**



**Volunteers needed for our Community
Outreach Program!**

We need people in Prescott, Tucson, Chandler, South Phoenix, Tempe, Mesa, Scottsdale, and Phoenix! Please call Juliegh Fullerton at 623.587.1914 for more information!

Shop and Support!

Shop for those special Christmas gifts at our MISS Store online! All proceeds directly benefit the Foundation.

Visit our online store at www.misschildren.org

Please remember MISS in your holiday giving!

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The M.I.S.S. Foundation

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