

With all my heart
there for you

My Name is Beatrix Buchinger, I am a wife and mother of three children: Isabel, Julia and Oliver.

I work for Herzkinder Österreich where I help, offer support and accompany parents in the case of anticipated death and in the process of mourning. Because nobody understands better what you are going through than a person who was in the same situation.

I am a mother who lost a child and know what it means to deal with the burden that comes with it: long stays in hospitals, time in which you are worrying about your child. Our Oliver was not a "heart child" and he also had to leave us very soon, but we are very happy that we could spend 14 months with him and accompany him on his life path. Every moment spent with him was a special gift.

I can tell you from my own experience how good it felt to talk to people who have been through the same thing, to tell them your own story, without being judged, just understood.

I am here for you either in case of a child's death or even if the death is anticipated!



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If the death is anticipated or if it already happened, I am here for you!

- In the process of saying goodbye
- After death has occurred, to help with the mortician and the transfer
- In the planning process of the ceremony
- Conversations – what comes next?
- Organizing a weekend for mourning parents (once a year)
- Financial aid (funeral, transfer, ...)

You will always encounter these questions!

My child is dead – how can I continue living?

- Who can I talk to?
- Who can I contact in case of ...?
- Where can I find someone who has been through the same experience as myself?
- Who is going to tell me if my feelings and thoughts are normal?
- How will I deal with friends who will take a step back?
- How will I deal with problems which will occur in my relationship, marriage?
- How can I connect to the mourning of my other children?
- How will I learn to cope with the death of my child and accept it as a part of my life's story?

Mourning your child will always be a part of your life. Some days it will be hard, on other days easier, but it will always be there as a hurtful reminder.

It takes a lot of courage to deal with our mourning, letting it be a part of us and letting it go, so we can be free again, to live, to love and to understand.

„To bear“ what does this word, which we will hear a lot, mean?

It means to be able to deal with and get over a difficult time. Yes, it is a difficult time, which will burden your everyday life. It is hard to bury your own child and sometimes our families and friends do not know how to help us.

Hand on
heart...

Goodbyes are not forever.
Goodbyes are not the end.
They simply mean I'll miss you,
until we meet again!

When mourning is inevitable

Death of a child

It is in contradiction with the normal life cycle. It overwhelms our imagination/expectations. When a child dies, the parents' world is being torn apart. It does not matter how old he/she was or under which circumstances they died, you will perhaps feel lost and helpless.

It is the worst thing that can happen to a parent: the loss of a child.

It is a tragic situation, that regards all members of the family, the mother, the father and the siblings. The mourning and the guilt could be overcome. A clear answer to why this happened cannot be found. The death of the child does not seem to be a situation that you can get over, but somehow life must go on. The HOW TO is not imaginable.

„WHAT ONE POSSESSES DEEP IN THE HEART, WILL NOT BE LOST, EVEN THROUGH DEATH. “
Johann Wolfgang von Goethe

When a child dies, mourning clouds the life of the parents. The big question of „Why? “ possesses the mind, the everyday routine is hard to keep up with. After losing their child, many parents wish they would die too.

Going through this tough time, parents and his/her siblings need a support system: family members, friends and other people.

When death is anticipated...

- take enough time to say goodbye
- involve the siblings in the process
- notify other family members (grandparents, aunt, uncle, ...)
- contact the minister/ priest / ...
- emergency christening/ embalming
- make hand and footprint
- clip hairlock
- bathe and dress
- take pictures

- At the church...**
- Choose a resting place
 - Day of the burial
 - Saying goodbye types
 - Viewing
 - Order of songs and music

- Inform about the death...**
- Pediatrician
 - Hospital
 - Kindergarten, school
 - Therapist, ...

- Organizing the goodbye saying...**
- Flower arrangements
 - Attire
 - Plan for the viewing
 - Songs, text, power point presentation, personal objects
 - Restaurant arrangements

- After the ceremony...**
- Estate
 - Tomb maintenance
 - Bank
 - End of parental leave (health department, employer, ...)
 - Insurance

- Get help...**
- To mourn and talk – talking is very important!!
 - Mourning group meetings
 - Psychologist/ Therapist
 - For siblings

After the passing away...

- Contact the mortician**
- death certificate and transportation

- Documents for the mortician**
- Birth certificate
 - Evidence of citizenship
 - Marriage licence
 - Divorce certificate
 - Academic certificates
 - Dates for the tomb (if available)
 - Photo

- At the mortician...**
- Choose a casket / urn
 - Type of burial (earth, fire)
 - Goodbye types (in church, open goodbye with a speech, ...)
 - Attire for the beloved child
 - What other belongings you want to put in the casket? (letter, drawings, teddy bear, ...)
 - Photos to remember him/her by

Siblings mourn

In the event of a child's death, a part of a family dies and every member of that family mourns, siblings too.

- Siblings need to be involved from the beginning!**
- Say goodbye, hold their hand, stroke, hug or kiss them
 - Include their opinions about the ceremony, attire
 - Paint the coffin, candle
 - Choose flowers
 - Choose music
 - Choose balloons
 - Let them give their sibling a gift
- [Drawing](#) | [Toy](#) | [Letter](#) | [Pictures](#) | [Other belongings](#)

- Siblings (kids) need in this tough time...**
- Support system
 - The situation explained so that they can understand it
 - Everyday routines
 - Care
 - Honest emotions
 - Honest conversations
 - No secrets
 - To act their emotions out
 - To give their sibling something to remember them by

- Siblings (teenagers) need in this tough time**
- To be involved in the process
 - People to talk to (adults, friends)
 - A place where they can think about [their feelings](#) | [death](#) | [mourning](#) | [saying goodbye](#) | [suicidal thoughts](#) (in this case contact a specialist)

Hand on heart