



State of Louisiana

Department of Health and Hospitals
Maternal and Child Health Program

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October is National SIDS Awareness Month

Baton Rouge, LA – October has been designated “**National SIDS Awareness Month.**” SIDS, or Sudden Infant Death Syndrome, is a leading cause of unexpected death in infants under one year of age nationwide and in Louisiana. SIDS occurs when a baby appears healthy, but for no apparent reason, dies during sleep. SIDS can occur in all types of families regardless of race, ethnic background, or socioeconomic level.

In recognition of SIDS Awareness Month, the **Louisiana Department of Health and Hospitals – Office of Public Health’s SIDS Risk Reduction and Safe Sleep Program**, along with the **Maternal and Child Health Child Safety Coordinators**, will host baby fairs and safe sleep events statewide to promote ways of decreasing the risk of infant deaths from SIDS. There will be safe sleep demonstrations and SIDS risk reduction educational materials available at no cost to those in attendance. (See the list of events below)

Louisiana SIDS Risk Reduction and Safe Sleep Program is committed to saving the lives of infants by educating pregnant women, mothers, fathers and caregivers of infants statewide about the importance of SIDS risk reduction behaviors. While there is no way to prevent SIDS, babies have the best chance at survival by following SIDS risk reduction practices:

- Placing your baby to sleep on their backs, alone, and on a firm sleep surface
- Not smoking when pregnant or around the baby
- Not overheating or over-bundling the baby
- Breastfeeding your baby
- Giving a baby under one year of age a pacifier at naptime and bedtime

For more information about SIDS or about the safe sleep events, contact Kristie Bardell, program coordinator, at (504) 568-3534

Baby Fairs/Safe Sleep Events for October 2009:

New Orleans - Region 1

Saturday, October 24 - 10:00 a.m. to 2:00 p.m.
Esplanade Mall - 1401 West Esplanade - Kenner, LA

Lafayette - Region 4

Monday, October 26 - 12:30 p.m. to 3:30 p.m.

Lafayette Health Unit - 220 West Willow - Lafayette, LA

North Shore - Region 9

Tuesday, October 20 - 11:00 a.m. to 2:00 p.m.

Slidell Memorial Hospital - 1001 Gause Blvd - Slidell, LA

The Maternal Child Health Program within the Louisiana Department of Health and Hospitals works to assure that pregnant women, women of childbearing age, infants, children, and youth in Louisiana have access to high quality primary and preventive health care services. MCH supports Louisiana Safe Kids, Inc., Partners for Healthy Babies and the Louisiana SIDS Risk Reduction and Safe Sleep Program. For more information, please visit the web site: www.1800251baby.org

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