

# Baby's Breath Newsletter

Canadian Foundation for the Study of Infant Deaths



December 2011

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## Safe and Happy Holiday for Baby

Are you celebrating the Holidays with a new baby this year?

We at CFSID want to share in this celebration by offering you, your family and friends the greatest gift you can give a baby during the holiday season – Baby's Safe Holiday!

Whether it's your baby, a grandchild, a niece or nephew or a friend's baby – we can all participate in giving the gift of a Safe and Happy Holiday for this little bundle of joy.

Leading up to the holidays you have been vigilant about keeping your baby safe. We at CFSID understand that during the holiday season there are increased social activities and excitement that lead to increased fatigue, and routines often go haywire. We want to encourage you with the help of family and friends to remain vigilant and never compromise the safety of your new baby. Always remember:

- \* To always place baby to sleep on his/her back in their own safe crib, cradle or bassinet for every sleep.
- \* To keep baby's bed free of clutter – no quilts, duvets, pillows, bumper pads, stuffed animals, sheep skins or any other soft objects.
- \* To provide a smoke-free environment for your baby – don't smoke around your baby or allow others to smoke around your baby.
- \* That the safest way for your baby to sleep is alone – never sleep with your baby or let others sleep with your baby on a bed, couch, sofa, futon or chair. Remember that the risk of SIDS and infant sleep related deaths increases significantly when a parent or adult sleeps with a baby when they are fatigued, have consumed alcohol or drugs and are a smoker. Keep baby near you, in the same room, but in their own safe crib, cradle or bassinet.

Wishing you a safe and happy holiday from the caring team at CFSID.



## CFSID 2012 Memberships and Renewals

We are about to begin a new membership year for CFSID. Your continued support helps to sustain initiatives that help bring safe sleep information and SIDS reduction messages to parents as well as to provide programs that support bereaved parents. If you were not a member in 2011, please consider membership with us. A membership entitles you to attend and vote at CFSID's annual general meeting, to nominate eligible members to the Board of Directors, to receive our national newsletter as well as updates on SIDS research and Foundation activities. Your membership contribution also helps us to bring information and support to Canadian families affected by the devastating loss of a child. It also assists in supporting SIDS related research in Canada. Membership fees are \$25 per person. To sign up or renew your membership, please call the National Office at 1-800-363-7437.

## Message from the Chair of the Board

Dear friends of the CFSID,

Following our AGM in April, the Board has continued to oversee the day to day operations at CFSID National Office and has followed through on the following activities: researched and retained new auditors for the 2009, 2010 and 2011 audits; assessed and supported a SIDS/stillbirth related research project; reviewed and assessed CFSID staffing needs and actively participated in parent advocacy in promotion of the Joint Statement released by PHAC earlier this year on SIDS and Infant Safe Sleep.

### National Office

The office building that CFSID is located in was sold and with that a few changes had to occur. Although the address has not changed, the office moved into new space within the same building and had to change its month to month rental agreement to a longer term lease.

We said goodbye to Marissa D'Onofrio, part time program coordinator, in July as she moved on with her developing career. Although we have missed her, we wish her well in her new endeavors.

We are grateful and appreciative of Diane Pilon, National Administration Assistance, for her professional and dedicated support to our clients and volunteers and her timely responses to inquiries to the Foundation. Diane also has taken her role to a new level in terms of maintaining and looking after CFSID's business at National office working closely together with the Board to ensure CFSID's affairs are looked after.



### Auditors

In August, the CFSID Board unanimously agreed to and appointed Durward Jones Barkwell & Company LLP as auditors. The draft audits for 2009 and 2010 are almost complete and will be ready for Membership review early in the new year.

### Research

During the summer months, the CFSID Board approved and supported a small research project that is currently underway at St. Michael's Hospital in Toronto. The research project is SIDS/Stillbirth related. We look forward to sharing the findings of this research after the project is complete.

### CFSID Staffing

The CFSID Board has been discussing and reviewing the need for strong leadership at National Office for some time. Assessing the needs of CFSID, the Board unanimously agreed at an August Board meeting to search for an individual with strong fund development, strategic planning and leadership skills to take charge of developing new streams of funding, assisting in developing a new strategic plan for the CFSID, further develop CFSID programs and resources to deliver these programs in line with the CFSID mission and mandate. The Board is optimistic that this position will be filled in January, 2012 and looks forward to introducing you to our new Executive Director at our next meeting.

### Advocacy

CFSID continues to encourage and engage our volunteers to provide Safe Sleep Workshops across Canada. In September, we participated as parent advocates on a joint



panel at Saskatchewan Injury Prevention on SIDS and Safe Sleep to Health Care professionals, Policy Maker's and the media in promotion of the new Joint Statement that PHAC released earlier this year. We hope to further engage in these types of panel discussions.

#### Special Meeting of Members/2012 AGM

The Board is preparing for an early 2012 special meeting of members teleconference to address the 2009/2010 audits, introduce the new ED and address other issues of business that may arise from the meeting. A notice of the meeting will be sent out 21 days in advance of the meeting. The 2012 AGM will take place later in the year and will include presentation of the 2011 audited statements, appointment of auditors for 2012 and elections to the Board.

On behalf of the Board, I would like to thank all of you who have continued to support us through these difficult economic and financial times. To our volunteers who continue to deliver the safe sleep program within your communities – education is the key to saving lives. To our volunteers who are willing and ready to offer your time and compassion in providing support to

### **Medical Update - by Guenther Krueger**

There has always been a close relationship between risk factors for SIDS and risk factors for suffocation and other preventable types of accidents that babies may have. As we understand more about the risk factors for SIDS and the ways we can prevent it from happening, we have also managed to dramatically reduce the number of infants dying. However, in terms of accidental deaths, particularly those due to suffocation, we could be doing better. What is particularly disturbing about these deaths is that they are often preventable. Few things a parent will experience are as haunting as knowing more could have been done to avoid a tragic accident.

CFSID is not alone in getting the message out to parents. We have partnered with the Government of Canada through the Public Health Agency of Canada (PHAC), the Canadian Pediatric Society, and the Canadian Institute of Child Health to develop messages that are clear, easily understandable, and simple to implement. This joint statement on Safe Sleep can be viewed on the CFSID and PHAC websites [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca). In British Columbia, where I live, a public/private partnership has evolved to help parents access information easily through the website [preventable.ca](http://preventable.ca).

All parents need to learn many new things when they decide to start a family. Sometimes the amount of information is a little overwhelming. But it's also becoming easy to find. Contact us for more information and in the meantime, make sure you and those you love learn more.

Guenther Krueger

newly bereaved families – you give others hope. To our fundraisers – without your hard work and dedication raising funds for CFSID, CFSID could not carry out the work that it does. A special thank you to the Edmonton Chapter. You continue to, as you have for many years, steadfastly organize and deliver on your charity casino. The Edmonton Chapter is also responsible for the printing of CFSID bereavement literature and updated Safe Sleep brochure. These will be available in early 2012.

CFSID truly is an amazing organization and it is you, the volunteers, that make it amazing.

From all of us at CFSID, we wish you a safe and happy holiday season.

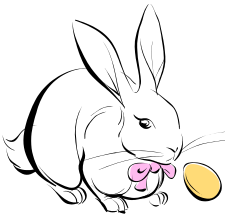
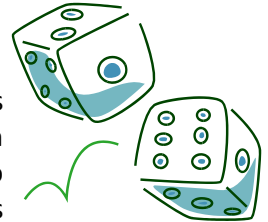
Irene Morgan  
Chair, Board of Directors



## Fundraising for CFSID

### Edmonton Chapter Charity Casino

On January 21 and 22, the CFSID Edmonton Chapter held its biennial charity casino. This year's casino was held at the Baccarat Casino in Edmonton and was a huge success. The Edmonton Chapter donates a large portion of the proceeds from the casino to the CFSID National Office to support ongoing programs of bereavement support and public education and the Foundation's operating expenses.



### Breakfast with the Easter Bunny

The 15<sup>th</sup> annual Fort City Kinettes' Breakfast with the Easter Bunny was held on Sunday, April 17, 2011. This year the event raised funds for CFSID, Cystic Fibrosis Canada, Wesway Thunder Bay, the Fort City Kinettes as well as other children's charities in Northern Ontario.

### SIDStock Niagara



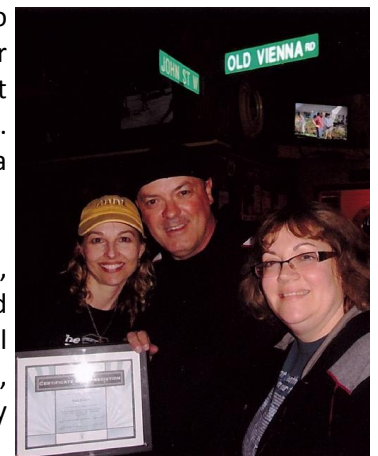
On **Saturday, June 4, 2011** at Puddy's Bar and Grill in St. Catharines, Ontario, SIDStock rocked and rolled all day and night to raise funds for the Canadian Foundation for the Study of Infant Deaths.

SIDS is the third leading cause of infant death in Canada. Sadly, in our country we lose one baby each week to Sudden Infant Death. This tragic loss has effected many families, and one father who experienced this devastation first hand, wanted to bring attention and awareness to SIDS by organizing a musical fundraising event.

help save other families from experiencing this tragedy. Alison, Shayne's mother explains the impact of losing a child: "When Shayne died, it wasn't just part of me that died with him but a part of the entire family as well. None of us will ever be the same. There will always be a special spot in my heart for Shayne. Together we can make a difference."

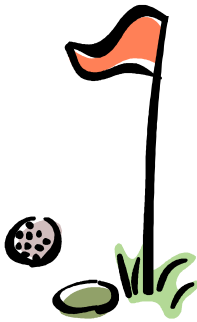
While the day got off to a rocky start amid thunderstorms and torrential downpours, the clouds cleared by mid-day giving a boost to the spirits of the organizers and crowd as the event got underway in full swing. Several bands graced the stage during the all day event, including Wild T (as FIRE), a Jimi Hendrix tribute, The Traveling Beer Bellies, Awkward Hosts, Frazee Gang, Kim Germaine Band, Rita Carrey Band, Marsdale, Guilty Pleasures Band and 2nd Idle Essence.

Paul Paldus, a dedicated contributor to CFSID for the past several years, was personally touched by SIDS when his son, Shayne passed away in 2006. Paul is giving back to



**Jesse Memorial Golf Tournament**

The Jesse Memorial Golf Tournament was coordinated by Marissa and Gerard MacEachern. The event, in honour of their son Jesse who passed away October 6, 2003, was held at the Turnberry Golf Course in Brampton, Ontario on Sunday, August 21, 2011. Participants enjoyed 18 holes of golf followed by an all-you-can-eat BBQ.



**PCL Golf Tournament**

PCL Industrial Constructors Inc.'s Fabrication Facility in Nisku, Alberta, hosted a charity golf tournament in September 2011 and its Social Committee chose to donate the funds raised to CFSID as the foundation's work is very important to one of their co-workers.

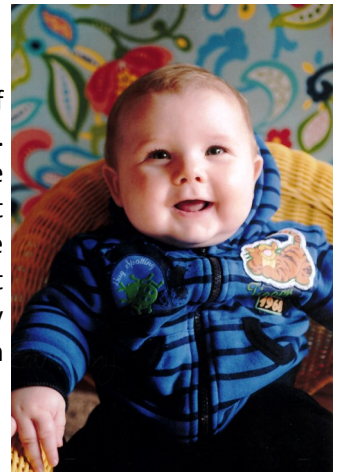


**The Baker's Cousins Bake Sale**

On September 24, 2011, the Baker's Cousins, Samson Edwards, Amber Edwards, Teslyn Edwards, Thomas and Juliet Rankin held a bake sale and raised funds in support of CFSID's work in the greater Edmonton, Alberta area.

**Steak Night Fundraiser in memory of Jaren Spray**

Lee and Erin Spray of Saskatoon, Saskatchewan held a steak night fundraiser in memory of their son Jaren on October 4, 2011 which is the date Jaren would have had his 1<sup>st</sup> birthday. Over 300 adults and children attended the sold out event which was a huge success. The fundraiser was held at the Odeon Events Centre in Saskatoon and included a silent auction, raffles and 50/50 draw. Also in attendance were a balloon animal maker, face painters, Snow White, Belle from Beauty and the Beast and Batman. Live entertainment was provided by the band "Mysterious Package". Special pins that were made in memory of Jaren were handed out all in attendance. Funds were raised for CFSID and for research being done in Saskatchewan as well.



**5<sup>th</sup> Annual Kieran's Walk for SIDS**

Liz and Nate Fair started Kieran's Walk for SIDS in memory of their son, Kieran, who passed away unexpectedly. The 5<sup>th</sup> annual event to raise funds for CFSID was held on Saturday, October 8, 2011 at Waterworks Park in Brantford.

**Portage College Student Association Walk for SIDS**

Margaret McGilvery organized a fundraising walk in Cold Lake, Alberta to raise funds for CFSID.

The fundraiser, put on by the Portage College Student Association, was held on Saturday, October 22, 2011.



## Volunteer Recognition!

The CFSID would like to extend sincere congratulations to Yolanda Guitar, for receiving The Etobicoke Guardian's Urban Hero Award. The award recognizes community members and grassroots level heroes whose personal efforts, sacrifices and contributions have made a significant impact to a cause, a person or a group in the local community.

18 individuals were awarded the honour, in one of the following categories: Arts and Culture, Business, Community, Education, Environment, Health and Science or Sports.



The CFSID congratulates Yolanda for her commitment to sharing the safe sleep message with new and expectant parents in her community. Your hard work and dedication is sincerely appreciated.

## Product Recalls

[B.O.B.® single and double strollers - Joint Recall with Health Canada, the United States Consumer Product Safety Commission \(US CPSC\) and B.O.B. Trailers Inc.](#)

[Britax B-Nimble Umbrella Stroller, Joint Recall with Health Canada, the United States Consumer Product Safety Commission \(US CPSC\), and Britax Child Safety Inc.](#)

[Bugaboo Car Seat Adapter & Bugaboo Wheeled Board - Joint Recall with Health Canada, the United States Consumer Product Safety Commission \(US CPSC\) and Bugaboo North America.](#)

[CYBEX 2.GO Infant Carriers - Joint Recall with Regal Lager Inc., Health Canada, and the United States Consumer Product Safety Commission \(US CPSC\)](#)

[Drop-side cribs by Dutailier](#)

[LittleLife Discoverer Child Carriers - Joint Recall with Life-marque Limited, Health Canada, and the United States Consumer Product Safety Commission \(US CPSC\)](#)

["Mini-Tammy" Crib by Kidiway](#)

[Olmitos Marine Playpen by CTTX Imports Inc.](#)

[phil&teds® "explorer"™ and "hammerhead"™ Strollers - Joint recall with Health Canada, the United States Consumer Product Safety Commission \(US CPSC\) and phil&teds®](#)

[phil&teds® "metoo"™ clip-on high chair](#)

[Series 8000 Convertible 3-in-1 Cribs  
Shermag Chanderic Michelle Convertible Fixed Rail Crib -  
Expansion of May 2011 Recall](#)

[Strollers by Maclaren, Re-announcement of November 2009 Recall](#)

[Twirla™ Wooden Rattle - Joint Recall with Manhattan Group LLC, Health Canada, and the United States Consumer Product Safety Commission \(US CPSC\)](#)

[Various drop-side cribs by Shermag Inc. - Joint Recall with Health Canada, and the United States Consumer Product Safety Commission \(US CPSC\) and Shermag Inc.](#)

["Zip Zap" brand Sleepers by Brecrest Babywear Ltd.](#)

Join the [Consumer Product Safety News mailing list](#) and receive updates on consumer advisories and warnings, consumer product recalls and consultation documents as they become available on the Consumer Product Safety section of Health Canada's website.

## My Baby Has Died, How Will I Survive the Holidays? How one Mother Survived

Less than two months before Christmas, my infant son died and the first holiday following his death was Christmas. Somehow, somehow it was expected that I would celebrate the holidays like every other year. Some people even thought it would be a good distraction from my grief. What they didn't understand is that the holiday season heightened my feelings of sadness and anger. I was angry that I would never experience the holidays with my baby. The anticipation leading up to the holidays, at times, was almost unbearable as I had difficulty sleeping, eating, let alone shopping or decorating. The more I forced myself to conform to the normal I once knew, things took a turn for the worse. My anger started building and my loneliness deepened. I was alone and no one understood that I couldn't turn the grief switch off for the season. Still, deep inside of me, I really wanted to survive and live a normal life again.



I had been journaling my grief through poetry and short stories at this point and through this process decided that the only way I'd survive the pending holiday season is if I fully embraced my grief, my loss and included my baby in new holiday traditions. During my 3<sup>rd</sup> or 4<sup>th</sup> attempt at shopping for the holidays, I came across a special Christmas ornament with Baby's First Christmas and the saying "Angels can fly, because they take themselves lightly" inscribed on it. How perfect for my baby's first Christmas. This was the beginning of my new holiday tradition – an ornament each year to honour my baby who isn't here. Next, I pulled out the Christmas tree. Enlisting my older child to assist with the decorating we started pulling out each decoration one by one. During discussions on how we would decorate the tree, he said "Mom, we need to place the toy ornaments on the window side of the tree". I knew where he was going with this and followed his lead. After the tree was decorated, he proudly exclaimed "Now my brother can have a tree too and he can see it from the stars". I knew I was not alone in my thoughts, my living child also wanted to celebrate the holidays with his baby brother. With this, another new tradition began. Years later and I continue to decorate my tree this way.

Following 'normal' family tradition, we traveled to spend the holiday season with family. With the expectation that I was going to turn my grief off for the holiday season, this was particularly difficult for me as I could not imagine, nor was I going to celebrate the holidays without my baby, I just couldn't. Despite family expectations, I decided that I would write a poem from my baby to the family, roll it up into a scroll and give one to each family member. I asked that on Christmas Eve that the scrolls be opened and read aloud. While the tears flowed, stories were shared openly about how each family member had difficulty facing the holidays without my baby, their grandson, nephew and cousin. I learned that they too were grieving and by opening up to them, they could embrace and support me and together we would survive the holidays. I knew from that point on I would survive each and every holiday.

Several years later and I look forward to the holiday season, embracing our family's traditions that honour the memory of my son. Each year the tears still flow, but I find comfort in knowing that I share them with others.

I hope in relaying my personal experience, others will find strength, courage and comfort as they travel their own journey of grief through the holiday season. Remember you are not alone.

Anonymous

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## Get Involved With CFSID!

### **Become a Monthly Donor**

Help support CFSID in reducing the rate of sudden infant death and infant mortality. For as little as \$10 a month, you can make a difference in the lives of those affected by SIDS. Through the generous contributions of our monthly donors, CFSID is able to continue our efforts in public education and awareness, peer support, development of fundraising initiatives, research and ongoing operations of the Foundation. Please contact the National Office at 1-800-363-7437.

### **Fundraising and Event Reminder:**

Councils and volunteers are encouraged to submit the proceeds of your fundraising activities in a timely basis with back up information and receipts in order for National Office to process them efficiently. Most importantly, accurate reporting is a necessity to protect CFSID's charitable status. Please keep a copy for you own records as back up in case they get lost in the mail or there are questions that may arise from receipts or donors. This is for your protection as well.

### **Interested in Becoming a Volunteer?**

CFSID is looking for volunteers to share the safe sleep message in communities across the country. Contact the CFSID National Office at 1-800-363-7437 if you are interested in finding out more about this exciting and rewarding opportunity.



### **Board of Directors**

Irene Morgan – Chair	Laurie Smith – Director
Guenther Krueger – Vice Chair	Andrea Clement-Christie – Director
Sandra Snelgrove—Secretary	Melanie Peters—Director
Eric Mackey – Treasurer	

### **Mission**

The Canadian Foundation for the Study of Infant Deaths (CFSID) is dedicated to reducing infant mortality and the rate of sudden and unexpected infant deaths, and to the emotional support of those who are affected.

### **Canadian Foundation for the Study of Infant Deaths**

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