

Baby's Breath Newsletter

Canadian Foundation for the Study of Infant Deaths



Spring 2011

Noteworthy this month

- SIDStock 2011
- Annual General Meeting
- Halo's Canadian In-Hospital Program
- Bereavement Literature for families touched by SIDS

SIDStock 2011



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.

One father, who suffered a tragic loss as a result of SIDS, is bringing attention and awareness to this devastating syndrome through SIDStock—a musical event in support of the Canadian Foundation for the Study of Infant Deaths.

In This Issue:

SIDStock 2011	1	Paul Paldus, the event's organizer has been a dedicated contributor to CFSID for the past several years. Personally touched by SIDS when his son, Shayne passed away in 2006, Paul is giving back to help save other families from experiencing this tragedy.
AGM	2	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."
New Board Members	4	SIDStock will be held on Saturday, June 4, 2011 at Puddy's Bar and Grill, located at 36 Wright St. in St. Catharines, Ontario. The event runs from 12:00 pm—12:00 am. Tickets go on sale April 1 and are available for \$15 (all day pass). Tickets can be purchased at Puddy's Bar and Grill as well as at Beatties Basics at 399 Vansickle Rd. Or by emailing Paul at paldus@cogeco.ca
Halo Hospital Program	3	Bands in the line up include 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.
Study on Back Sleeping	4	CFSID would like to thank Paul Paldus for his dedication and hard work in planning this event. Thank you also goes to the event Sponsors which include CIBC, Nelson Steel and Burntwood Regional Health Authority as well as the numerous organizations that have provided prizes and donations for the event.
Bereavement Literature	6	To make a donation to this event, please contact CFSID at 1 800-363-7437 or visit www.canadahelps.org and search SIDS . Organizations interested in prize donations can contact Paul Paldus at 289-213-4347.
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Message from the Chair of the Board

Dear Friends of CFSID,

With Spring in full swing I am reminded of what the arrival of this long awaited season brings—new life and new beginnings. CFSID recently hosted our Annual General Meeting in Toronto on April 2. Along with receipt of Audited Statements, Board reports and meaningful discussions, two new Board members were elected to the Board of Directors. I am pleased to welcome Eric Mackey and Melanie Peters to our Board. We are ever grateful for our past Directors and all of their contributions to the CFSID and as this new season begins, we welcome Eric and Melanie to their positions with open arms.



Following the Annual General Meeting of Members, the CFSID Board had their first meeting of the new Board for the purpose of electing the executive of the Board. As a result I am thankful for the opportunity to take on the position of Chair. Thank you to Andrea Clement-Christie for her past contributions in this role and for her commitment to further participation on the Board. Moving ahead, I look forward to working together with the our Board to further the mission and mandate of the CFSID.

Board of Directors for 2011

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

I'd like to take the opportunity to thank our staff, Diane Pilon and Marissa D'Onofrio for their continued support and dedication to CFSID through their abundance of support administratively and through the development of programming.

Another change this year introduces electronic distribution of Baby's Breath newsletters. Two of the four editions published each year will be available in printed format, and all editions are available electronically. To ensure you continue to receive the newsletter, contact us and provide your email address so there is no disruption to your subscription.

Spring is also a time of renewal. At CFSID this is a great opportunity to introduce our newly revised bereavement literature. The material was revised earlier this year and offers parents and families suffering the loss of baby, advice and guidance in coping with their tragic loss. The brochures are available on the CFSID website at www.sidscanada.org.

Irene Morgan
 Chair—Board of Directors



CFSID praises Halo's Canadian In-Hospital Program

The Canadian Foundation for the Study of Infant Deaths (CFSID) is pleased to support the Halo In-Hospital Program Initiative in Canada. As an organization dedicated to reducing the rate of Sudden Infant Death Syndrome (SIDS) and the overall rate of infant mortality, we are appreciative of Halo's commitment to educating Canadian parents about safe sleep practices for their babies.

At CFSID, we believe that the key to reducing the rate of SIDS is through risk reduction education and awareness aimed at new and expecting parents. This can be accomplished through modeling recommended practices of safe sleep in hospital nurseries. Along with other leading health organizations, we agree that modeling proper care for a baby while in the hospital is the single biggest influence on how a parent will care for their child at home. The Halo In-Hospital program provides nurses and doctors in hospital nurseries with clear strategies to model safe sleep practices for parents.

You may be surprised to learn that loose blankets in a baby's sleep environment pose a risk of smothering and carbon dioxide rebreathing. As a safe alternative to the use of blankets, CFSID recommends the specially designed HALO® SleepSack™ wearable blanket and SleepSack™ Swaddle. Specially designed with infant safety in mind, HALO® SleepSack™ wearable blanket and SleepSack™ Swaddle, reduce the risk of baby's head becoming covered and of rebreathing, which have been associated with the incidence of SIDS. In addition, they promote the back sleeping position, which is the only recommended sleep position for infants and has been attributed to a significant decline in the rate of SIDS. Halo's in-hospital program replaces potentially harmful blankets with a safer alternative, modeling care practices that can reduce the risk of SIDS.

In conjunction with the Halo In-hospital program, CFSID encourages all health care professionals involved in infant care to become educated about SIDS and ways to reduce the risk. CFSID offers an on-line course, " Sudden Infant Death Syndrome (SIDS) for Professionals" (available online at www.sidscanada.org) which is designed to provide education about SIDS and strategies for reducing the risk.



Annual General Meeting

CFSID's Annual General Meeting was held on **Saturday, April 2, 2011** at the **Hilton Toronto Airport Hotel & Suites, 5875 Airport Rd., Mississauga.**

All up-to-date paid members were invited to attend the meeting, either in person or by teleconference. Discussion items included election of two new board members and report of activities and financials of the Foundation.

CFSID extends its appreciation to all staff and members who attended.

For those considering nomination to the Board for 2012, according to the by-laws of CFSID, in order to qualify as a Director, the following must apply:

- Must be at least 18 years of age, with power under the law to contract;
- Nominated by an eligible member (that is, a person who has paid the membership dues to CFSID and has been a member of CFSID for at least thirty (30) days;
- Directors need not be members but must become a Governing Member within thirty (30) days of election to the Board of Directors.

For more information about the nomination process, please contact National Office at 1-800-363-7437.



New Study Investigates Protective Effect of Back Sleeping –By Guenther Krueger

One of the most important changes in preventing SIDS deaths occurred in the early 1990s when the “Back to Sleep” campaign was initiated. Placing babies on their backs every time they sleep has reduced the incidence of SIDS remarkably. Some people have considered it one of the most successful public health initiatives of all time. In spite of this successful strategy, we are still not entirely certain how placing a baby on its back instead of on its side or tummy actually accomplishes this protective effect. New research by Drs. Flora Wong and Nicole Witcombe and published in *Pediatrics* now gives us a better understanding of how this occurs.

The problem with infants at risk for SIDS seems to be their decreased arousability, along with lower blood pressure. What this means is that when infants find themselves compromised in a situation with bedding or a position where they are rebreathing their own exhaled air, they don't arouse properly and move themselves out of their dangerous situation. Because their blood pressure is already lower, their breathing slower, and their arousability impaired, these infants drift into the deadly cycle that results in a SIDS death.

This study shows that prone sleeping is associated with lower oxygen levels in the brain. Blood flow is decreased and the head rotation as the baby sleeps on its tummy actually obstructs blood flow somewhat. There is even a correlation between age. This decreased flow of oxygen to the brain seems particularly problematic at 2 to 3 months of age, precisely the time when the risk of SIDS is highest.

This not only explains why prone sleeping increases the risk, but may also help us understand why additional risk factors such as smoking add to the problem and may compound the risk. Knowing the mechanisms for these risk factors helps us give parents reasons for why they should adopt safe sleeping practices every time the baby is put to bed.



CFSID's New Board Members

During the 2011 Annual General Meeting, two new members were welcomed to the CFSID Board of Directors. We welcome them to their positions and are proud to introduce Eric and Melanie to our members.

Eric Mackey—Director

Eric Mackey is the Director of a not-for-profit childcare centre. He has experience on numerous boards, committees and working groups. Eric also has experience in fundraising, organization of conferences and events, one-on-one support and training through Bereaved Families of Ontario. He also has a personal connection to CFSID. In 2008, Eric and his wife attended the Baby's Breath Conference in Niagara Falls, after their son died of SIDS.

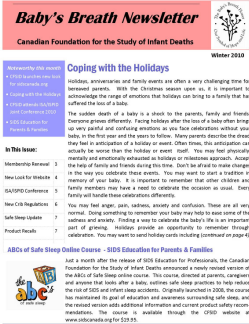


Melanie Peters – Director



Melanie Peters became a member of CFSID after her son Cole, passed away from SIDS at 5 months, 3 weeks. She attended the International Conference in Edmonton, was a runner in the Baby's Breath Relay Team for the Cabot Trail Race and is a speaker to new parents at “Baby Talk” at the Whitehorse Health Centre. She also organized a fundraiser, the Cole Peters Memorial Golf Tournament. Melanie has been part of many organizations and sat on several boards in the last 20 years, including Watson Lake Rodeo Association and the Watson Lake School Board.

CFSID Baby's Breath Newsletters Now Available by E-mail



CFSID's Baby's Breath Newsletter is published quarterly. Each edition is posted on CFSID's website at www.sidscanada.org/resources. In an effort to minimize our impact on the environment, printed copies of the publication will be mailed for every other edition. Alternating editions will be available electronically. Please contact us at sidsinfo@sidscanada.org to provide your email address to ensure you continue to receive each newsletter. If you do not have an email address or access to the internet, please contact us at 1-800-363-7437 to arrange to receive a hard copy.

Your email address is requested for the sole purpose of correspondence with CFSID and will not be shared or sold to any organization or third party.

Product Recalls

[Zoom Buggy Car and Dream Pillow Star Educational Toys by Kindermusik](#)

[Organic Natural Charm Baby Sleeper \(Romper\)](#)

[Razbaby Pacifiers](#)

[Infantino SeaPals Water Teethers sold by Winners](#)

[Strollers by Phil & Teds \(sport v2 and classic v1\)](#)

[Generation 2 Worldwide and "ChildESIGN" Drop side crib brands](#)

[Sassy "refreshing rings" rattle/teether](#)

[Oball Links and Mini Rattle](#)

[Parents Busy Time Activity Center](#)

[Jump Seat on Baby Joggers Strollers](#)

[Organic Terry Animal and Spa Robes by Sage Creek Organics](#)

[B.O.B Single and Double Strollers](#)

[SNIGLAR Full sized crib from IKEA](#)

[Summer Infant Video Baby Monitors](#)

[Burlington Basket Bassinets](#)

[Nurses Choice Holiday Keepsake Newborn Mittens](#)

[Various Brands of Child Restraint Systems \(Car Seats\) including](#)

Cosco Alpha Omega Cosco Alpha Omega Elite

Eddie Bauer 3-in-1, Eddie Bauer Deluxe

Eddie Bauer Comfort Eddie Bauer Surefit

Maxi-cosi Mico Safety 1st Alpha Omega

Safety 1st Enspira Safety 1st Vantage

Schwinn All Terrain Safety 1st Alpha Omega Elite

Eddie Bauer Travel System

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.

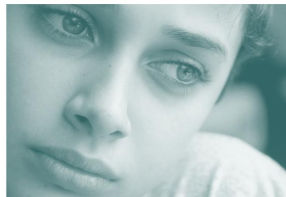


CFSID Releases New Bereavement Literature

The loss of a baby to SIDS is a devastating experience for parents, siblings and other family members. The decision to have another child after losing a baby can be a difficult one. CFSID is dedicated to providing support to those affected by SIDS, through a peer-support program and new bereavement materials. Our literature was revised this year and the two updated pieces are currently available on the website at www.sidscanada.org.

For more information about the peer-support program for bereaved parents, or how you can become involved in helping those who have suffered the loss of a baby, please contact us at 1-800-363-7437.

When Your Baby Has Died of SIDS



The death of your baby is a devastating experience

Canadian Foundation for the Study
of Infant Deaths
Bringing Hope & Life to Canadian Families



Having Another Child after a SIDS Death



After the unexpected death of your baby to Sudden Infant Death Syndrome, there are endless questions in your mind as you think about another pregnancy and birth.

Canadian Foundation for the Study
of Infant Deaths
Bringing Hope & Life to Canadian Families



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



Canadian Foundation for the Study of Infant Deaths

60 James St. Suite 403
St. Catharines, ON L2R 7E7
Tel: 905-688-8884
Fax: 905-688-3300
Toll Free: 1-800-363-7437

sidsinfo@sidscanada.org

www.sidscanada.org

BN Charitable Registration No.
11883 1544 RR0001

Board of Directors

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

Staff Members

Diane Pilon – Office Manager
Marissa Siemens — Program Coordinator
Mark Ford — Bookkeeper

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.