

Baby's Breath Newsletter

Canadian Foundation for the Study of Infant Deaths



Winter 2010

Noteworthy this month

- CFSID launches new look for sidscanada.org
- Coping with the Holidays
- CFSID attends ISA/ISPID Joint Conference 2010
- SIDS Education for Parents & Families

Coping with the Holidays

Holidays, anniversaries and family events are often a very challenging time for bereaved parents. With the Christmas season upon us, it is important to acknowledge the range of emotions that holidays can bring to a family that has suffered the loss of a baby.

The sudden death of a baby is a shock to the parents, family and friends. Everyone grieves differently. Facing holidays after the loss of a baby often brings up very painful and confusing emotions as you face celebrations without your baby, in the first year and the years to follow. Many parents describe the dread they feel in anticipation of a holiday or event. Often times, this anticipation can actually be worse than the holiday or event itself. You may feel physically, mentally and emotionally exhausted as holidays or milestones approach. Accept the help of family and friends during this time. Don't be afraid to make changes in the way you celebrate these events. You may want to start a tradition in memory of your baby. It is important to remember that other children and family members may have a need to celebrate the occasion as usual. Every family will handle these celebrations differently.

You may feel anger, pain, sadness, anxiety and confusion. These are all very normal. Doing something to remember your baby may help to ease some of the sadness and anxiety. Finding a way to celebrate the baby's life is an important part of grieving. Holidays provide an opportunity to remember through celebration. You may want to send holiday cards including (*continued on page 4*)

In This Issue:

Membership Renewal	3
New Look for Website	4
ISA/ISPID Conference	5
New Crib Regulations	6
Safe Sleep Update	7
Product Recalls	7

ABCs of Safe Sleep Online Course - SIDS Education for Parents & Families



Just a month after the release of SIDS Education for Professionals, the Canadian Foundation for the Study of Infant Deaths announced a newly revised version of the ABCs of Safe Sleep online course. This course, directed at parents, caregivers and anyone that looks after a baby, outlines safe sleep practices to help reduce the risk of SIDS and infant sleep accidents. Originally launched in 2008, the course has maintained its goal of education and awareness surrounding safe sleep, and the revised version adds additional information and current product safety recommendations. The course is available through the CFSID website at www.sidscanada.org for \$19.95.

Message from the Chair of the Board

Dear Friends of CFSID,

It is hard to believe that 2010 is nearly behind us. As I reflect on the past year, I am proud of all that we have accomplished. This year saw the release of SIDS for Professionals, an online course directed at providing healthcare professionals and child protection workers with in-depth information about SIDS, risk reduction methods and practices of safe sleep. This course was also recently accredited by Curriculum Canada. We also launched a revised version of the ABCs of Safe Sleep online course, which was intended for parents, caregivers, daycare workers and anyone that cares for a baby. The results have been impressive and to date over 50 people have taken these courses and expanded their knowledge of SIDS and safe sleep.

In September we launched our new website. The easy-to-navigate design has been well received and showcases the plethora of information about SIDS, related research, risk reduction and safe sleep. We also took great care in transitioning all of our memorials. I invite you to view the new site at www.sidscanada.org.

In October, Marissa D'Onofrio, our Program Coordinator, attended the ISA/ISPID Joint Conference in Sydney Australia. The two-day event, called *Precious Lives: global collaboration in stillbirth and infant death*, presented sessions in epidemiology, bereavement and health promotion. It was a wonderful networking opportunity to connect with many agencies from around the world. Please read the article titled "Collaboration in SIDS Down Under" on page 5 for more about this wonderful event.

Looking forward to 2011, I am excited about what the future holds for CFSID. We are looking forward to continuing to grow partnerships with public health units across the country to share the message of SIDS reduction and safe sleep. We are also hoping to have our online course included in curriculum programming for childcare related post-secondary studies. We will be undertaking an expansion to our SUDC (Sudden Unexpected Death in Childhood) program and corresponding literature. In addition, we will be holding our annual general meeting in the Spring, which will give us an opportunity to welcome new Board members to represent several available positions. On behalf of the Board of Directors, I would like to thank Paani Zizman for her time with the Board over the last two years. We wish you well in your future endeavours.

Finally, I would like to take this opportunity to thank each of you for your support through the past year. Through memberships, fundraisers and volunteer activities we have been able to share our message with thousands of Canadians. These efforts have affected the lives of so many families. On behalf of the entire CFSID family, I would like to wish you all a happy, healthy holiday season.

Best wishes for the new year!

Sincerely,

Andrea Clement—Christie
Chair—Board of Directors

CFSID 2011 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 2010, 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.

Elections – Board of Directors

The CFSID Board is looking for any individuals interested in letting their name stand for election to the Board. Candidates should be interested in working with others to further the mission of the CFSID and to continue to build on our Foundation. Any interested candidates should contact Diane Pilon at National Office for more information with respect to the nomination, application and process.



Health Canada Expert Advisory Committee Meeting

In November, CFSID participated in an Expert Advisory Committee Meeting in Ottawa. The goal of the two-day meeting, put on by Health Canada, was to bring together experts in SIDS and infant safe sleep to develop a joint statement on Infant Safe Sleep for 2011. Participating groups included Public Health Agency of Canada, Health Canada, The Canadian Paediatric Society, Canadian Institute of Child Health, Canadian Foundation for the Study of Infant Deaths and prominent Researchers and Doctors dedicated to SIDS. The joint statement is expected to be released early next year by Health Canada.

Letter from Communications Committee

Hello Everyone,

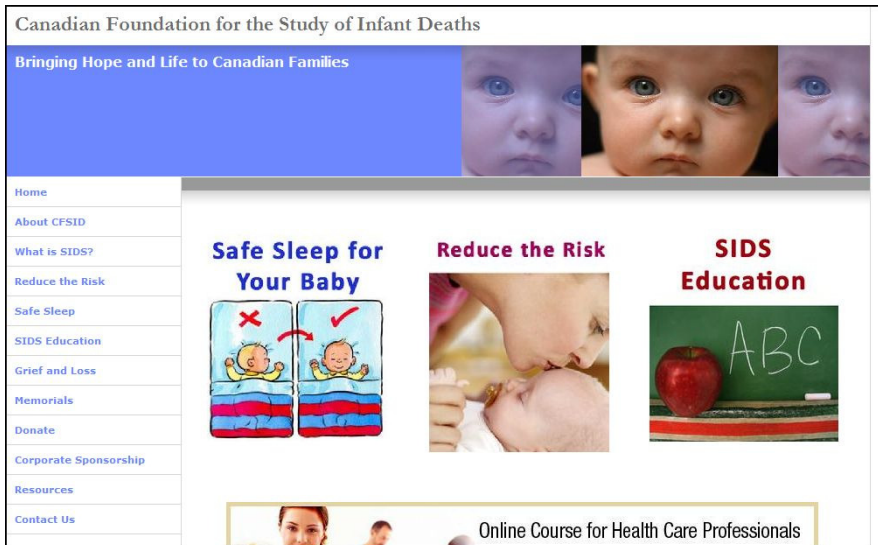
As year 2010 draws to a close, I reflect on the many things that the CFSID accomplished and I am so thankful we have such wonderful volunteers, staff and Board members. The Ontario Trillium Safe Sleep project was a success, fundraising was very successful, especially in these hard economic times and we also welcomed Marissa D'Onofrio to the staff. She has settled right in and is a great fit with Diane and Mark at the office.

As we head into 2011, the CFSID has some wonderful things in the works. We will be holding our AGM in the spring and invite you to nominate fellow members as we will be seeking to fill three positions.

I would like to wish everyone a Merry Christmas and a very Happy New Year!

Sandra Snelgrove
Chair—Communications Committee

New look for sidscanada.org



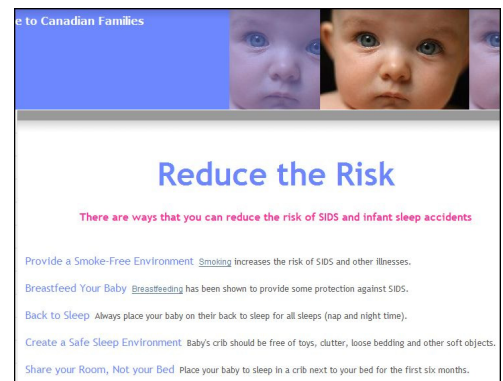
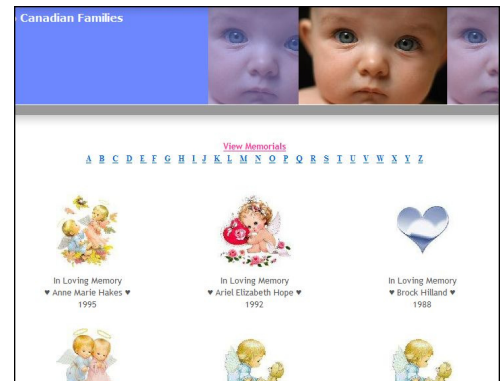
On September 1, CFSID launched our new website! While many of you may have seen our new appearance, there are some great new additions to the site that we hope parents and caregivers will find useful. The Product Recalls section offers the latest recalls from Health Canada surrounding children's products as well as advisories and warnings on consumer products available in retail stores in Canada. Parents can take the safe sleep quiz to test their knowledge on safe sleep. Our memorial section has a slightly refreshed look, but great care was taken to ensure all of our memorials remain and are correct. We invite you to log on today. Happy Surfing!

Coping with the Holidays (cont'd)

the baby's name, such as "Happy Holidays and Best Wishes, Mary, Mark, Kelly and Dylan in spirit". Others may find comfort in lighting a candle in memory during a church service. Some choose to purchase a gift in memory of the child and donate it to a needy family. Others yet, choose to support a SIDS organization or donate to a charity in memory of their baby. Whatever you choose, remembering your baby during this time may provide comfort in coping through the season.

Many bereaved parents have noted that handling the holidays does get easier with time, as you learn to find a personal way to remember and celebrate.

CFSID provides support to those that have experienced the loss of a baby. We invite you to contact us for support during this difficult time. You are not alone and speaking with others that have experienced a loss may provide comfort.





Online Course for Health Care Professionals

Understanding SIDS and Safe Sleep
What you learn could help save a life

CFSID's online course SIDS For Professionals was launched in September 2010 and this month received accreditation from Curriculum Canada. The three-hour course was designed to give Health Care Professionals and Childcare workers an in-depth look into SIDS, risk reduction methods and practices of safe sleep. The course is available through the CFSID website at www.sidscanada.org for \$24.95. Discounts are available for 50 units or more. For more information contact Marissa D'Onofrio at 1-800-363-7437 x 205.



Collaboration in SIDS Down Under

The International Stillbirth Alliance (ISA) and the International Study for the Prevention of Perinatal and Infant Death (ISPID) held a Joint Conference in Sydney, Australia October 8–10, 2010. CFSID was proud to send a delegate to attend the event, which is held every second year. The 2010 theme, Precious lives: global collaboration in stillbirth and infant death, welcomed delegates from around the



world including researchers, doctors, parents, awareness groups and non-profit organizations dedicated to SIDS support and reduction. Participating organizations included CFSID, SIDS and Kids Australia, First Candle, and Halo Innovations. Researchers included Dr. Rachel Moon, Dr. Fern Hauck, Dr. Peter Blair and Dr. Ed Mitchell, who each presented updated research into SIDS, epidemiology, reducing the risk and studies currently taking place. In addition, there was a parent-focused component addressing bereavement and loss and the effects on the family unit.

Stillbirth was a large focus of this year's event. There was a wealth of information regarding reducing and preventing stillbirths in developing as well as developed countries. CFSID was fortunate to be present to gather information on this topic to start a basis for reference materials to support those affected by stillbirth and to address ways for pregnant women to reduce the risk.

The next Conference will be held in Washington D.C. in 2012 and will be organized by First Candle.

CFSID would like to thank Marissa D'Onofrio for travelling over 20 hours and half-way across the world to represent the Foundation at a global event and show Canada's support and commitment to SIDS.

New Regulations for Cribs, Cradles and Bassinets

On December 1, Health Canada announced the new Cribs, Cradles and Bassinets regulations. The former regulations, set forth by the Consumer Product Safety Act, did not include bassinets. The new regulations set forth numerous changes including: addition of bassinets to the regulations, eliminating toe holds from cribs, establishing the same requirements for portable and standard cribs and aligning aspects of the Canadian corner post requirements with those of the United States. A full list of modifications is available through the Health Canada website at www.hc-sc.gc.ca.

Canada already has stringent requirements for cribs and cradles, among some of the most stringent in the world. The amendment will further strengthen these safety requirements and allow for requirements pertaining to bassinets, which were previously not regulated.

Baby Hammocks Pose Risk of Injury to Babies



In September, Health Canada issued a warning about the use of hammocks designed for infants and children. These products pose a potential risk of suffocation and entrapment. The inclined sleeping surface increases the risk of infants rolling and becoming wedged in a position in which they can no longer breathe.

Hammocks should not be used for any children under the age of six as they are at risk for potential injury including a fall, strangulation and suffocation.

While no reports of injury have been reported to Health Canada, anyone that owns this product should not use it. The product should be disassembled and disposed of so it can not be reused.

CFSID would like to remind parents and caregivers that the safest place for a baby to sleep is in his or her own safe crib, in the parent's or caregiver's room for the first six months.

Fundraising

4th 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 4th annual event was held on Saturday, October 2, 2010 and kicked off from Brantford's Waterworks Park. The event raised over \$2000 for CFSID.

The Bakers Cousins Bake Sale

On October 16, 2010, Susan Rankin held a bakesale to raise funds for SIDS. With the help of Samson and Amber Edwards, Teslyn Edwards and Thomas and Juliet Rankin, the event raised over \$2000.

Product Recalls

[Drop-side cribs by Pottery Barn Kids](#)

[Cozy Indoor Outdoor Portable Playard Tents Plus Cabana Kits](#)

[The Nap Nanny Portable Infant Recliner](#)

[Williams Sonoma Baby Bottle Warmers](#)

[Baby Hammocks by MamaLittleHelper](#)

[Zooper Tango Double Strollers](#)

[Beaba Express Baby Bottle Warmers](#)

[“Suzy” cribs by Meubles Adam et Fils Ltee](#)

[Circus World Video Baby Monitors](#)

[Nestle Infant Formula](#)

[Similac Powder Infant Formula](#)

[Fisher Price High Chairs](#)

[Fisher Price - multiple recalls](#)

[Trama “Carre Condo” Cribs](#)

[Graco Quattro Tour and MetroLite Strollers](#)

[Infants’ Carhartt Overalls](#)

[Tolo Maraca Rattle](#)

[Chaperone-brand Infant Car Seats by Britax](#)

[Chaperone-brand Infant Car Seats by Britax](#)

[BassettBaby Drop-side Cribs](#)

[Chan Pie Gnon “Cool it” soother by Vulli](#)

[Drop-side cribs by Ethan Allan](#)

ADVISORIES & WARNINGS

[ADVISORY: Leaving Children Unattended in Strollers and Failing to Use Restraint Systems](#)

[ADVISORY: Parents and Caregivers Warned about the Dangers of Baby Hammocks](#)

[REMINDER: Reminding Pregnant Women of the Importance of Food Safety](#)

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.

Safe Sleep Update

The Safe Sleep Project, funded by the Ontario Trillium Foundation wrapped up last month, after a two-year grant. Over 24,000 people were reached through programs, literature and events as a result of the grant. Over 150 events were held including workshops to new mothers and attendance at Baby Shows across Ontario. CFSID would like to thank the Ontario Trillium Foundation, the Safe Sleep volunteers and everyone that assisted in making this program a success. Moving forward, CFSID hopes to launch similar initiatives across Canada, to help our potentially life-saving message reach even more families.



CFSID Membership and Monthly Donations

CFSID Membership

Share your voice with CFSID by becoming a member. Annual memberships are only \$25 and allow you to elect board members at the Annual General Meeting, receive email notices of website and research updates, have an opportunity to attend the Baby's Breath Conference, receive Baby's Breath newsletters with information about research and events in Canada and around the world, and gain training in fundraising and/or peer support.

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.



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Laurie Smith – Vice Chair Irene Morgan – Director
Sandra Snelgrove – Director

Staff Members

Diane Pilon – Office Manager
Marissa D'Onofrio – 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.