



**Reducing the Risk of Sudden Infant Death Syndrome in Child Care and Changing Provider Practices: Lessons Learned From a Demonstration Project**

Rachel Y. Moon, MD (a,b)

Trisha Calabrese, BS (c) & Laura Aird, MS (c)

Published online October 1, 2008  
PEDIATRICS Vol. 122 No. 4 October 2008,  
pp. 788-798 (doi:10.1542/peds.2007-3010)

(a) Division of General Pediatrics and Community Health, Diana L. and Stephen A. Goldberg Center for Community Pediatric Health, Children's National Medical Center, Washington, DC (b) Department of Pediatrics, George Washington University School of Medicine and Health Sciences, Washington, DC (c) Early Education and Child Care Initiatives, Division of Developmental Pediatrics and Preventive Services, Department of Community and Specialty Pediatrics, American Academy of Pediatrics, Elk Grove Village, Illinois

**OBJECTIVE.** The goal was to evaluate, through an American Academy of Pediatrics demonstration project, the effectiveness of a curriculum and train-the-trainer model in changing child care providers' behaviors regarding safe infant sleep practices.

**METHODS.** Participating licensed child care centers and family child care homes were assigned randomly to intervention and control groups. Observers performed an initial unannounced visit to each site, to watch infants being placed for sleep, to inventory sleep policies, and to administer questionnaires to center staff members. Trainers then used the American Academy of Pediatrics curriculum in educational sessions at intervention sites. Three months later, observers conducted a follow-up observation at each site, and staff members completed a questionnaire about logistic barriers encountered in implementation of safe sleep recommendations.

**RESULTS.** A total of 264 programs and 1212 providers completed the study; the care of 1993 infants was observed. Provider awareness of the American Academy of Pediatrics infant supine sleep position recommendation increased from 59.7% (both groups) to 64.8% (control) and 80.5% (intervention). Exclusive use of the supine position in programs increased from 65.0% to 70.4% (control) and 87.8% (intervention). Observed supine placement increased from 51.0% to 57.1% (control) and 62.1% (intervention).

**CONCLUSIONS.** A sudden infant death syndrome risk reduction curriculum using a train-the-trainer model is effective in improving the knowledge and practices of child care providers. Perceived parental objections, provider skepticism about the benefits of supine positioning, and lack of program policies and training opportunities are important barriers to implementation of safe sleep policies. Continued education of parents, expanded training efforts, and statewide regulations, mandates, and monitoring are critical to ongoing efforts to decrease further the risk of sudden infant death syndrome in child care.

**President's Letter**

by Roy Bagley, Florida SIDS Alliance

**Faith!!!**

As we experience the reality of life it can be a challenge. 2008 was a year filled with many experiences. Some of these were so wonderful it is impossible to express; considering just how great life could be overwhelmed me! I was reminded of this as I remembered spending time last winter with my brother and sister-in-law in Florida celebrating the return of good health. Some of those experiences were more challenging than I care to remember and I know that many people have had these kinds of experiences.

**Have faith!!!!**

Other experiences were just outright depressing and for many these experiences were almost more than one could imagine. The news in 2008 told of stories of natural disasters, man-made disappointments, the horrors of war, a world economic crisis, and many personal tragedies.

It is good that we have Christmas at least once a year so we can be recharged with the kindness and love that comes from the spirit the surrounds us during that time of year.

**Do you have faith?**

When I watch my daughter, Karen, perform and hear her describe dancing with the Cannons and the Blazers (Professional Lacrosse teams), I find it difficult to see clearly. The joy and pride she brings this old man cause more emotions than I like to admit. I am blessed to have such an independent and vibrant daughter who brings joy to my life every day.

Then I remember the events of just the last couple of months and the impact that high oil prices have had on so many. I see the results of a slowing economy and how it has affected so many - reducing their retirement account, college saving plans, and creating a depressed housing market. It seems that "big brother" wants to reward the decision-makers while some of us feel like we are just left behind.

**What is faith?**

I have some great memories of the 2008 Christmas season, and yet I find it difficult to remain happy all of the time. When I think some thoughts, I have to work hard to find joy. Many parts of my life are filled with joy and happiness, but I can remember a time when it seemed that my life had only joy and happiness.

**Believe!**

I keep thinking that I am in control and I can make it good. Yet it is not as easy as it sounds. I wonder why I keep thinking that I am hearing things in my head. BELIEVE!

What am I suppose to believe? I could consider things that make me sad, I deal with those thoughts often and yet I think sometimes I hear someone talking to me with a special message.

It seems like my daughter Lisa is talking to

me. Whether I hear her or I imagine her talking the message, it is the same: be happy. I hear her saying even though she misses her family and loves them very much she wants us to know that we need to believe in US. She tells me we are in control, not of the day-to-day events of life; however, we are in control of how we think and act. She tells me that family is the most important part of our lives and we need to tell them that more often.

I hear her telling me this over again when I think of my successful son, Mark, and his wife, Diana, who define success as their ability to nourish their children as they grow and become special members of their community.

Those words are loud and clear when I see, Keith, and his wife, Alison, who contribute positively to so many lives, remain focused on being the best parents they possibly can be. It is vivid every time I see and hear about my beautiful grandchildren (all four), just how important and wonderful it is to have family.

I was so pleased to have had the opportunity to bring my ninety-year-old mother to Vegas this fall and share some special time with my sister and her daughter who joined us on this very special trip. Once again, I heard Lisa's words about the importance of family.

I am so thankful and grateful that I have been so lucky to have a wife as caring, supportive, and understanding as Bonnie, my friend for more than thirty years of marriage.

I wonder why it is so difficult to understand that sometimes things do not have to be black and white to have meaning. Just because Lisa is not with us now does not mean she cannot communicate with us. After all, she has been my greatest teacher.

Soon it will be Valentines Day and we could focus on the tragedies and negative events that we could be reminded of by this holiday day OR we can look for the love that surrounds us and believe that life is a gift filled with happiness and joy. All we have to do is listen and believe.

*In the belief that every child should live...*

**BOARD OF DIRECTORS**

PRESIDENT Roy Bagley ♦ SECRETARY Lisa Sculley  
VICE PRESIDENT/TREASURER  
Bunny Hamer

**CURRENT OFFICERS**

Steve Bonwit ♦ Judy Lanham ♦ Tiffany Kremer  
Charlene Melcher ♦ Lee O'Neill ♦ Leslie Pearce  
Helene Simon ♦ Cher Woolley

# Annual SIDS Golf Tournament March 20, 2009

The Annual SIDS Golf Tournament is set for Friday, March 20, 2009 at the beautiful Alaqu Country Club in Longwood. The same site was used this year because of the wonderful success of the last tournament held in October of 2007.

Fifty-six golfers and a dozen volunteers spent a fabulous day on the private and exclusive Seminole County course. Not even the rain showers at high Noon dampened the enthusiasm of the players. Proceeds from the tournament were designated for three funds: to support a nationally known researcher in the field of SIDS, Hannah Kinney; to establish a fund for infant grave markers; and to fund the mission and continued work of the Florida SIDS Alliance. The tournament was dedicated to Jason Melcher, 10/5/1998-11/29/1998, son of Char Melcher – tournament chair - and husband Rob. The event sponsor, Seminole

Harley-Davidson, sported the first place team. The grand prize for the foursome was one round of Golf on Ocean or Conservatory Course and one night at GINN Hammock Beach Resort in Palm Coast, Florida.

This year's tournament sponsor is Truevance Management, Inc., one of North America's leading providers of infrastructure engineering, construction and support services, with headquarters in Jacksonville, and offices in eight states as well as a local office in Orlando. Owners James True and Mark Lampke, along with Mark's wife, Laura, have been supporters of Florida SIDS Alliance activities for years. Mark and Laura became involved in the Florida SIDS Alliance following the death of their son Glenn Charles Lampke (7/6/1994-3/22/1995). The tournament falls just before the fourteenth

anniversary of Glenn's death. Laura served on the state board of directors for nine years, until 2006. Scott Lampke won the longest drive contest in last year's tournament.

Tournament committee members met in November to start the search for other tournament and hole sponsors, players, and prizes for this year's event. A unique opportunity exists for SIDS families to support the golf tournament. Hole sponsorship of \$100.00 provides a sign placed on the green with your infant's picture and memorial dates.

If you are interested in helping with any aspect, please contact the tournament director, Bunny Hamer, 800-SIDS-FLA or directly at (305) 903-7124, or tournament chairperson, Charlene Melcher at 407-242-4701.

✂ REGISTRATION FORM ✂

**Kiara Dawn Walkathon**  
*A 5 mile Walk to raise funds for the Florida SIDS Alliance*  
**March 21, 2009 --- 8 AM - 2 (?) PM**  
**Jupiter River Walk, Jupiter, FL**

Name of Participant \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Zip \_\_\_\_\_

Best Contact Number \_\_\_\_\_

Email \_\_\_\_\_

Sponsoring Agency (if any) \_\_\_\_\_

I am registering to walk.

Walking in memory of/in honor of:  
 \_\_\_\_\_ Name of Baby  
 \_\_\_\_\_ Dates

Parent Registration — Free

Normal Registration — \$5.00

I would like to volunteer to help organize.

I would like to help on the day of the Walk.


I do not plan to walk, but I am enclosing a donation in the amount of \$ \_\_\_\_\_

In memory of \_\_\_\_\_

Dates \_\_\_\_\_

**Please mail response to: Florida SIDS Alliance**  
**1485 W. Lake Mary Blvd. #169**  
**Lake Mary, FL 32746**

**Support the Florida SIDS Alliance Walk-A-Thon!**



***First Annual Kiara Dawn Walk-A-Thon***

In 2007, over 80 babies died of SIDS in Florida. These babies were apparently healthy, and upon investigation, experts found no clear cause of death. Nationwide, over 2000 babies died in that same year.

Imagine taking home your healthy infant and placing him or her to bed believing that all will be well. In the last 10 years, approximately 1000 babies were placed to sleep in Florida, never again to wake up. 1000 families have faced the unspeakable horror of planning a funeral for their child – the child that should have planned a funeral for them.

In recent years, the rate of SIDS deaths in Florida and in the rest of the world has dropped dramatically. Nevertheless, the number of babies dying each year is still too high.

When a baby dies from SIDS, the family is devastated, and often feels alone. That is why it is important for these families to connect with other families, through local support groups where available. And that is why it is so important for these families to be able to take advantage of regional and national gatherings when possible.

March 12<sup>th</sup>, 2009 would have been Kiara Dawn's 7<sup>th</sup> Birthday. The Price's, along with the support of The Young Hip Momma's Group, have organized and plan to host the First Annual Kiara Dawn Walk-A-Thon to raise funds for the Florida SIDS Alliance. The Florida SIDS Alliance is a non-profit organization formed in 1992 through the efforts of SIDS parent groups and concerned professionals that strive to support research, educate the community and professionals, and support families that have been affected by this tragic accident.

The journey of grief that each family who faces this unimaginable tragedy travels can be long and hard. Though perhaps others may not understand completely their pain, they can help to make those footsteps a bit easier, by walking for SIDS in the Walk-A-Thon, or by sponsoring a walker.

Please help these families as they take this journey that none of us would choose to take. Support the Florida SIDS Alliance by sponsoring a walker, or by participating as a walker yourself. If you would like to become involved, please contact Briana Price at [KiaraDawnWalkathon@yahoo.com](mailto:KiaraDawnWalkathon@yahoo.com), or contact the Florida SIDS Alliance 1-800-FLA-SIDS.

If you would like more information about the SIDS Alliance, go to [www.sidsalliance.org](http://www.sidsalliance.org).

***In the belief that every baby should live,***  
**Briana Price**  
**President, Palm Beach Chapter Florida SIDS Alliance**  
**SIDS Parent – Kiara 3/12/02 – 5/12/02**

# Peer Contact Training in Orlando March 21st

The Florida SIDS Alliance Board will host Peer Contact Training on March 21, 2009 in the Orlando area in conjunction with the Golf Tournament that will be held on March 20th. All trainees will receive the training manual on a CD, and will receive a certificate of completion following the training. The training is free; in addition, the Florida SIDS Alliance will pay any travel expenses incurred to attend the training. Each participant will also receive a free thumb drive following the training. The training will be in Lake Mary from 9 AM - 5 PM.

*If you would like to participate in this training, please call Lisa Sculley at 904-707-3352, or email [flasidsalliance@yahoo.com](mailto:flasidsalliance@yahoo.com) for more information and to register.*

## COUNTY OUTREACH

### Alachua / Bradford / Union County

Lisa Sculley 904-964-3352

### Brevard County

Helene Simon 321-725-1882

### Clay / Duval Counties

Andree Headings 904-230-8749

### Escambia County

Chrissy Rollo 850-968-3891

### Miami-Dade County

Steve Bonwit 305-342-6827

### Orange County

Charlene Melcher 407-242-4701

### Pasco County

Roy Bagley 800-743-7352

### Pinellas County

Tiffany Kremer 727-689-9365

### Santa Rosa County

Jody Holcomb 850-934-8960

Kali Flemming 850-463-4116

### Seminole County

Bunny Hamer 407-333-0670

### St Lucie County

Lisa Pelletier 772-785-5216

### Volusia County

Tammy Canatsey 386-668-1259

## We Remember These...



### JANUARY MEMORIALS

#### JANUARY BIRTHDAYS

Zachary Bolton	1/15/1994	Terry & Evelyn Bolton
Kyle Davis	1/07/2000	Vic & Deb Davis, Jason & Shauna Davis
Trey Jakob Hall	1/26/1998	Melanie Manley
Joshua Headings	1/26/1999	Tim & Andree Headings
TJ Hulme	1/17/1989	Sandra Graben, Cathy Hulme
Austin James Kremer	1/19/1996	Tom & Tiffany Kremer
Christine Diane Richards	1/24/2001	David & Renita Richards
Nicolas Schenck	1/01/1998	Andreas & Renee Schenck
Taylor Marie Valenzano	1/20/2001	Donna & Tom Valenzano
Erik Robert Young	1/12/1996	Bob & Pat Koons

#### JANUARY ANNIVERSARIES

Sophia Belghazi	1/17/2005	Ab Belghazi & Astria Howell
Alexis Ann Dela Raga	1/26/1995	Kim Dela Raga
Evan Reed Dermer	1/04/2000	Scott & Heidi Dermer
Adina Dorrell	1/25/1989	Angela Dorrell
Logan Douglas	1/08/2001	Sam & Stephanie Douglas
Annah Olivia Hatcher	1/08/1998	Mark & Tracey Hatcher
Christopher Henley	1/12/1989	Kelly Hutchinson
Alicia Anna Hicks	1/08/1998	Marianne Hightman
Korrin Rose Krout	1/07/2001	James & Katrina Krout
Paul Gregory McIlroy	1/09/1993	Janet & Greg McIlroy
Kristen April Moore	1/01/1991	Ed & Debra Moore
Alexander Nelson	1/09/1997	Marcy Krysta-Smith
Jeremy & Joshua Pereira	1/21/2005	Ricardo Mandias & Ivette Pereira
Jasmine Pieze	1/17/1994	Nicole Pieze
Nicole Lisa Saiontz	1/23/1987	Steven & Leslie Saiontz
Chace Alexander Steward	1/24/1997	John & Desiree Steward
Juan Tavares Washington	1/06/1996	Cheryl Mitchell

### FEBRUARY MEMORIALS

#### FEBRUARY BIRTHDAYS

Kayne Adam	2/28/2002	Heather Patillo, Connie Pattillo
Lisa Bagley	2/24/1980	Roy & Bonnie Bagley
Samantha Grell	2/08/1999	Damian & Thalia Grell, Claire Smith
Tanner Chason Hendry	2/25/1999	Lisa Shaw, Renva Penton
David Maximus Santiago	2/27/2002	Emma Santiago
Olivia Lee Savarino	2/07/2007	Christopher & Brandi Savarino
Gina Maria Soto	2/24/1993	Antonio & Trinidad Roman
Reagann Cheyanne Stinson	2/14/2008	Megan Stinson
Alex John Topolewski	2/13/1994	Greg & Melanie Topolewski
Travis Yager	2/22/1991	Steven & Pam Yager
Carolyn Yang	2/05/1996	Mary Melby

#### FEBRUARY ANNIVERSARIES

Tyler Crim	2/18/2005	Claudine Petit-Frere
Lanie Anne Dettelfson	2/07/1993	Mark & Leslie Dettelfson
James Earl	2/22/1999	Jacklyn Earl
Connor Rea Gallagher	2/24/1997	John & Maria Gallagher
Scott Hutchinson	2/21/1994	Timothy & Jody Hutchinson
Brennen Neal Johnson	2/06/2000	Rachel Christian
Trevor Austin Morrison	2/11/1994	Rick & Lisa Pelletier
Shayne Lesley Nummela	2/25/1986	David Nummela
Brianna Velasquez	2/16/2005	Leanna Torres & Roberto Velasquez
Carolyn Yang	2/25/1996	Mary Melby



*For publication in the memorial section,  
& for changes or corrections,  
please mail requests to:*

*Florida SIDS Alliance, NEWSLETTER,  
4185 W. Lake Mary Blvd. #169, Lake Mary, FL 32746*

***I want to help the Florida SIDS Alliance  
win the fight against SIDS!***

**Here's my gift to help save our babies:**

\$15     \$25     \$50     \$ \_\_\_\_\_

**Please make check payable to  
FLORIDA SIDS ALLIANCE**

Visa     Mastercard     American Express

Card Number \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip (+4) \_\_\_\_\_

Bus Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Ext. \_\_\_\_\_

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Fax ( \_\_\_\_\_ ) \_\_\_\_\_

***All Contributions are Tax Deductible***

Florida SIDS Alliance is a non-profit,  
charitable organization and has  
501(c)(3) status granted by the IRS.

Please send me additional information about SIDS.

Please add my name to the mailing list for  
your newsletter.

I would like to volunteer in my area to help the fight  
against SIDS.

Please provide information about support of the Florida  
SIDS Alliance by payroll deduction through the United  
Way Contributor Choice / Donor Option.

Please acknowledge my gift

In Memory of \_\_\_\_\_

Date of Birth \_\_\_\_\_

Date of Death \_\_\_\_\_

In Honor of \_\_\_\_\_

Send separate note for acknowledgements to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip (+4) \_\_\_\_\_

**Please send to:**

**FLORIDA SIDS ALLIANCE,  
4185 W. Lake Mary Blvd. #169, Lake Mary, FL 32746**

**Florida SIDS Alliance**

4185 W. Lake Mary Blvd. #169

Lake Mary, FL 32746

January / February 2009

Please check this box and return this back page to us  
if you no longer wish to receive this newsletter.