



**T**he SUDC Foundation thanks you for joining us as we once again lead efforts to raise awareness of Sudden Unexplained Death in Childhood (SUDC) around the world. Awareness means funding for critical research and supporting those affected by sudden unexpected or unexplained death in childhood. SUDC is the fifth leading category of death in children ages one to four, yet SUDC receives no targeted public funding. The SUDC Foundation provides all services at no cost to families.

Awareness means families can find us when they need us most so no family grieves alone. Awareness launches us toward a world free of SUDC.

Visit **SUDC.ORG** to learn more

Follow us on     
and share your efforts with  
**#SUDCAwareness**

## March is SUDC Awareness Month

Week 1: Feb. 28 - March 6

### Shine a Light on SUDC Week

Spread the word about SUDC Awareness Month and educate someone new with our SUDC Fact Sheet and/or share the SUDC Foundation's social media posts this week.

Week 2: March 7-13

### Wear Your Heart on Your Sleeve Week

Show your support of SUDC Awareness Month by wearing your SUDC Foundation bracelet, apparel, or other memorabilia in honor of a child and post a photo on social media.

Week 3: March 14-20

### Kindness Week

Join us in remembering those lost to SUDC by using our Kindness Cards to perform a Random Act of Kindness in their memory, and share your act on social media.

Week 4: March 21-31

### Stride for SUDC Awareness

Help us finish out the month by joining in the "Strides for SUDC 1000 Mile Challenge." Walk, run, or roll the distance you choose, from wherever you are. Let us know your progress through our daily mile tracker on SUDC.org and show your participation on social media. One mile can make a difference! One community. One thousand miles. One common goal.

