



SUDC

FOUNDATION

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

Visit [SUDC.org](https://www.sudc.org) to learn more



Follow us on   
and share your efforts using
#SUDCAwareness

March is SUDC Awareness Month

All month long:

Stride for SUDC Awareness

Join the “Strides for SUDC 10,000 Mile Challenge” by walking, running, or rolling the distance you choose from wherever you are. Let us know your progress on our daily mile tracker on [SUDC.org](https://www.sudc.org) and show your participation on social media. One community, one common goal. One mile can make a difference!

Week 1: Feb 27 - March 5

Shine a Light on SUDC Week

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

Week 2: March 6-12

Wear Your Heart on Your Sleeve Week

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

Week 3: March 13-19

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 20-31

Why SUDC Awareness Is Important to Me Week

Families, professionals, and communities are affected by SUDC in countless ways. Join us this week in sharing why SUDC awareness is important to you on social media.