



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

Sunday, March 26

Stride for SUDC Awareness

Strides for SUDC Awareness is back and bigger than ever!

Join us for this year's 50,000-Mile Community Challenge by hosting a team walk on March 26 in your own neighborhood, or by walking, running, or rolling the distance you choose, throughout the month, from wherever you are. Share your progress all month long on your own fundraising page, and highlight your participation on social media. One community, one common goal. One mile can make a difference. Interested in hosting a team? Contact development@sudc.org.

Kick-Off Week: March 1-4

Wear Your Heart on Your Sleeve Week

Kick off SUDC Awareness Month by wearing your SUDC Foundation bracelet, apparel or other memorabilia and post a photo on social media to show your support!

Week 1: March 5-11

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 12-18

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 3: March 19-25

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. Connect with another SUDC family.

Week 4: March 26-31

Empowerment Week

Empower. Connect. Support. Learn. Join us for a series of virtual trainings and webinars focused on advocacy, research and the power of peer support.