

March is

SUDC Awareness MONTH



SUDDEN UNEXPLAINED
DEATH IN CHILDHOOD
FOUNDATION

The SUDC Foundation appreciates your support as we continue leading global efforts to raise awareness about Sudden Unexplained Death in Childhood (SUDC) this March. The SUDC Foundation is the only organization worldwide dedicated to increasing awareness, funding research, and serving those affected by SUDC.

Each year in the United States, over 450 children die suddenly and unexpectedly without any clear explanation. Despite ranking as the 5th leading cause of death in children aged 1 to 4, SUDC lacks targeted public funding. Your awareness efforts can help us fund essential research to better understand SUDC, provide trauma informed bereavement support at no cost to families, and enhance SUDC literacy in our communities preventing any one from grieving alone.

Let's work together to create a future without SUDC and recognize the transformative impact of fostering resilience within our communities.

All Month Long

Strides for SUDC Awareness

Join us for this year's 20,000 mile Strides for SUDC Awareness Challenge. Walk, run, or roll your chosen distance from anywhere. Track your progress on SUDC.org's daily mile tracker. Share on social media and tag the SUDC Foundation.

SUDC Community Fundraising Challenge

Take the Challenge to drive impactful change by helping us raise \$50,000. Consider hosting a Facebook Fundraiser, Challenge Walk, or Bonfire T-shirt Campaign. Partner with your employer for a matching gift and/or Workplace Color Challenge Day (wear blue and yellow, the SUDC Foundation's official colors). For details, email development@sudc.org.

**One Community. One Common Goal.
Together, give the gift of hope and support.**

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

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



Kick-Off Week: February 28 - March 3

Kick Off Wear Your Heart on Your Sleeve Challenge Week

Kick off SUDC Awareness Month by wearing an SUDC Foundation bracelet, branded apparel, or other memorabilia to show your support. Share your photos on social media and tag the #SUDCFoundation.

We are stronger together!

Week 2: March 4 - March 10

Shine a Light on SUDC Challenge Week

Be the Voice for SUDC Awareness Month! Share our resources in your community, illuminate your residence and local landmarks in blue and yellow (the SUDC Foundation's official colors), and post the SUDC Daily Fact of the Day on social media every day.

Let's make a difference together!

Week 3: March 11 - March 17

Self-Care Challenge Week

Join the Self-Care Challenge! Play the Self-Care Bingo Game, share your progress on social media, and tag the #SUDCFoundation.

Self-care isn't selfish. It's essential!

Week 4: March 18 - March 24

Empowerment Challenge Week: Empower. Connect. Support. Learn.

Join us for a dynamic week of virtual trainings to insightful webinars. Immerse yourself in advocacy, research, and the power of peer connection.

Don't miss our Inaugural SUDC Foundation Town Hall and meet our Board of Directors and Team, celebrate past milestones, and focus on the future.

Let's unite, thrive, and find strength in shared experiences.

Week 5: March 25- March 31

Random Acts of Kindness Challenge Week

Close out the month by honoring the precious lives lost to SUDC. Join our Random Acts of Kindness Challenge: perform one act of kindness daily for 7 days. Share on social media and tag the #SUDCFoundation

Make a meaningful difference by remembering each SUDC child through acts of generosity, love, and kindness.