

Strides for SIDS 2009 MomOlympics



Strides for SIDS 2009 MomOlympics was a memorable morning of events thanks to the generosity and devotion of everyone that participated in the event and donated goods and services for fundraisers and participants. Thank You.

Participants

Tina Pharr – 1st place
Ashlin Grosshans – 2nd place
Jennifer Perron – 3rd place

Tiffany Norton
Briana Mullenax
Michele Bullington
Shannon Call
Renee Van Meter
Kedra Pharr
Laraine Chevront
Honnie Arnold
Lauri Chaudoin

Sponsors

Stroller Strides
Holiday Inn Express
Loews Vanderbilt Hotel
Monarch Advisory Group
Showtime Sports Academy
No Mommy's Perfect
Chaudoin Law
Nashville Zoo
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Close to My Heart
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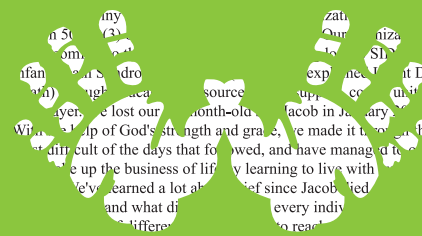
Thank You, Thank You, Thank You!



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TINY NEWS PRINT



NEWSLETTER OF THE JACOB HUGHES WILLIAMS FOUNDATION

Can Fans Prevent SIDS? Ladd Williams

In a new study published in the October 2008 Archives of Pediatrics and Adolescent Medicine, researchers at the Kaiser Permanente Division of Research in Oakland, California analyzed interviews of 497 parents, 185 of whom lost an infant to SIDS. They were looking for similarities and differences in sleep environments where babies survived, and those where babies were lost to SIDS. Their conclusion – there is a 72% reduction in SIDS deaths when a fan is placed in a baby's room during sleep.

In an article released by CJ Foundation for SIDS, leading organization for education, research and support services for Sudden Infant Death Syndrome, Barry Bornstein, executive director, calls the just-released study “both exciting and dangerous.”

“Not letting your baby overheat has always been a risk reduction recommendation along with placing your baby on its back to sleep, in its own crib and not smoking around the baby, among others,” Bornstein says. “And while it's been known that re-breathing his or her own air for an infant can increase risk, we don't want parents and caregivers to assume that merely using a fan will prevent SIDS.”

He notes that new studies such as this one are a “good direction in keeping SIDS on the forefront of researchers and pediatricians. But we still have much more work to get done and more research is urgently needed to solve the mystery behind SIDS. Raising awareness, educating parents and health-care professionals, and funding cutting edge SIDS research are major goals of the CJ Foundation for SIDS.”

“This study examines room ventilation and air circulation as ways to improve a baby's sleep environment, however, other risk reduction methods should not be overlooked,” adds Bornstein.

The study is the latest to suggest a baby's sleep environment may be a critical factor in the risk of SIDS. Since 1992 the rate of SIDS deaths has dropped by more than half, to about one in 2,000 births. The decline is linked to the national “Back to Sleep” campaign that promotes putting babies on their backs instead of their stomachs for sleeping. *

* EXECUTIVE DIRECTOR OF CJ FOUNDATION FOR SIDS ON NEW STUDY FINDING THAT FANS IN NURSERIES CAN HELP PREVENT SUDDEN INFANT DEATH SYNDROME, October 7, 2008, CJ Foundation for SIDS, www.cj-forsids.com/news-events.

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Coming soon to a city near you.

Strides for SIDS Across America
Uniting to Make a Difference

This nationwide fundraising event will be held on

October 31, 2009

Tiny Handprints has joined with the Josephine DeMello Foundation of Camarillo, CA to unite SIDS families in various cities across the U.S. in an effort to raise SIDS awareness and funds for SIDS research and SIDS support organizations like ours.

To sponsor an event in your city, or for more information on how you can get involved, contact Stephanie@tinyhandprints.org.

..... For a recap of the MomOlympics see page 3

Seniors for SIDS Dinner and Dance Traci Williams

On Saturday, June 13, 2009 the first Seniors for SIDS Dinner and Dance kicked off with over 135 guests in attendance. Judy Crawford (Jacob Williams' grandmother) hosted the event at Riverplace Retirement Community in Columbus, GA with Daneise Stanger, owner of White Table, donating table linens and decorations, as well as her time setting up for the fun evening. Guests received a free "Support SIDS Families" bracelet.



There were extraordinary performances by the Boogie Buddies and the Hula Girls. Those in attendance danced the afternoon away with Mike & Dave, the hottest DJ duo in the Columbus area. Traditional swing and ballroom dance music filled the hall and no one could resist tapping their feet and moving to the music. Every dance from the tango to the jitterbug was performed. The event also boasted spontaneous singing performances by guests including a special performance dedicated by Bonita to Stephanie in memory of Jacob.

Following the dance was a prime rib dinner that put many steak houses to shame and a live auction with all items donated by Becki Lackey from Campbell & Hausfield.



Including the auction and the dinner, we raised over \$2,000! Way to go Judy! A special thank you to all of our generous donors and volunteers, as well as Riverplace Retirement Community for hosting the event. It was a wonderful evening and a very successful fundraiser. Check out our website for pictures from the event.

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ABC's of Safe Sleep

Unfortunately, there's no way to prevent or detect SIDS. However, there are definite ways to reduce the risk. First, never EVER allow anyone to smoke near a baby.

Second, learn the ABC's of safe sleep:

A – Alone: this means no pillows, blankets, bumper pads, or parents in the same sleep environment with the baby.

B – Back: always put baby on his back to sleep.

C – Crib: baby should always sleep in a crib.

Remember the ABC's of Safe Sleep and share them with everyone you know! Together, we can make a difference!



Playing In God's Garden In Memory Of Austin Micheal

You're playing in God's garden,
how peaceful that must be,
Not worrying about the bad things
that haunt your father and me.

All I ask is for you to watch me,
make sure I'm doing things right.
Please watch your little brother,
he needs his angel brother to be
here for him in spirit.

Help us get through the bad times and
watch us through the good.
If you can please tell God to
help us too.

Playing in God's Garden
has to be fun, running around
and playing that's the way it should be.

I hear you at night whispering,
"I love you, Mom" in my dreams.

You're my angel who's watching us,
but please don't worry, just
play in God's Garden and say a prayer
for your father, brother and me.

-By Sara Vogt, Woden, Iowa



Strides for SIDS, a Huge Success! Stephanie Williams

On Saturday, April 18, 2009, Tiny Handprints held its first fundraising event, Strides for SIDS MomOlympics, partnered with Miss Sunshine Dobratz of Stroller Strides, Murfreesboro/Nolensville. We started the beautiful spring day bright and early at 9:30 am. After an opening statement about the progress of Tiny Handprints given by me (I am not a public speaker), we listened to some SIDS facts and a personal story of SIDS from our first adopted family. What a pleasure it was to have the Sponbergs there with us (and what a pleasure it was to have a more gifted speaker in our midst.)

The MomOlympics kicked off with 12 participants, two of which were pregnant mummies, competing in 5 stations of Stroller Strides-inspired work-out activities. To view video and photos of the games, please visit our website! First place in the MomOlympic Games (awarded by best overall event times) went to Tina Pharr of Jacksonville, Florida, one of our pregnant mummies – go Tina! Ashlin Grosshans of Murfreesboro won second place, and Jennifer Perron of Cookeville came in third. Each winner was awarded one free month Stroller Strides membership, along with other great fitness prizes. It was truly a fun and entertaining morning!

In addition to the MomOlympics, our event featured a silent auction of various stays at Nashville-area hotels, along with a free raffle of Nashville Zoo family membership passes, a weekend stay at the Holiday Inn Express Downtown Nashville, ABC's of safe sleep onesies and sleep sacks, a gift bag filled with goodies from No Mommy's Perfect, and a gift pack from Upper Case Living.

Carol Smith from MTSU's Center for Health and Human Services generously donated her time to man our SIDS Awareness table, containing lots of information on SIDS Risk Reduction. Publix donated free snacks for our guests and volunteers, Bob Williams donated energy drinks, and The Avenue donated the wonderful venue where our event took place. Our event closed with "He Leadeth Me," performed by the talented Nicol Sponberg. A very special thank-you to all our volunteers, participants and sponsors for making our first event such a success!

So, how did we do? Thanks to our fundraisers and donors, we raised a total of \$3,000 to support the continued efforts of Tiny Handprints! A very special thanks to Miss Honnie Arnold, who raised \$987 all by herself! We hope you all know how much your support is appreciated. It is because of you that we're able to do what we do – support grieving SIDS families through the toughest times of their lives. We adopted our 50th family this week – isn't that amazing? Fifty families from all across the United States who have their burden of grief a little lighter because of your generous hearts, and the grace and goodness of our Lord who allows us the honor of having a hand in His work.

