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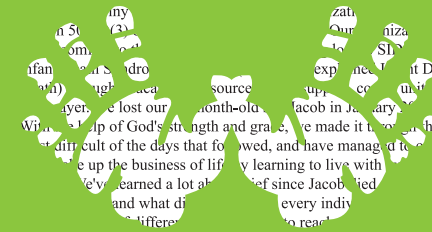
Register online at:
www.tinyhandprints.org/thpevents.htm
Walk, Run, Laugh, Remember



Tiny Handprints
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For more information visit us at:
www.tinyhandprints.org

TINY NEWS PRINT



NEWSLETTER OF THE JACOB HUGHES WILLIAMS FOUNDATION

The Journey Continues Half-time Report for 2010

Stephanie Williams

So here we are, halfway through the year already! Where, oh where does the time go? On a personal note, Ladd and I are settled in and loving every minute as parents of our two precious children. Abby is quite content in her new role as big sister and is looking forward to another Mickey Mouse party when she turns 3 (oh my!) in just a few more months. Currin is the happiest, most even-tempered baby I have ever seen (and quite a handsome little man), and is about to hit the 6-month-old mark. I have to say that I thought having another boy would keep me on edge, especially during naps and at bed time. Thankfully, my anxiety has been minimal, but the joy – words cannot even begin to describe!

Tiny Handprints has now supported over 150 SIDS/SUID families from all across the United States! We also recently added a new blog to our website, hosted by two SIDS moms who are near and dear to my heart. And we're working with CJ Foundation for SIDS, one of the leading SIDS organizations in the country, to put together a 5k Run/Walk & 1 Mile Family Fun Run to raise funds to continue our outreach program, while funding much needed SIDS/SUID research so that one day, no new families will have to endure the pain of losing an infant to SIDS/SUID. We're hopeful that our next fundraising event will do great things for spreading the word about our organization, so that any SIDS/SUID family in Tennessee will know who to turn to for support.

As always, we hope you'll continue on this journey with us, and keep us in your prayers as we seek to continue supporting families who have lost an infant to SIDS/SUID. Don't forget to sign up for our new e-newsletter so you don't miss the next edition of the Tiny News Print!

Tiny News Print is going green(er)!

Several of our newsletter recipients are receiving this edition of our newsletter electronically via e-mail. For those of you still receiving a paper newsletter in the mail, we don't have your e-mail address! To continue your subscription to our newsletter or to sign up someone you know, visit our website or e-mail us, contact@tinyhandprints.org.

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- Strides for SIDS 2010
- SIDS Study Needs Participants
- SIDS/SUID Webinars
- New Resource on Our Website!

Register today, mark your calendar,
invite your friends, make a difference.



Saturday, November 6, 2010
Gateway Island, Murfreesboro, TN

Event Schedule

- 7:00– 8am Registration
- 8:00 am 5k Run/Walk
- 8:45 am 1 Mile Family Fun Run
- 9:30 – Noon Food, Fun & Family Entertainment

Walk, Run, Laugh, Remember

In The News

On-going SIDS Study Needs More Participants

Dr. Rachel Moon, researcher at Children's National Medical Center in Washington, D.C., has been investigating the effects of Day Care facilities with respect to SIDS for many years now. Says Dr. Moon in a letter to parents released in the most recent edition of CJ Foundation e-newsletter, "Babies experience a lot of change when they start day care. These changes may affect the baby's risk for SIDS. We want to see how these changes for the baby during the weeks before and after s/he starts day care affect the baby." Dr. Moon's project, funded in part by a grant provided by CJ Foundation for SIDS, will study young babies, half of whom are entering day care and half of whom are at home during the day with a parent, by measuring sleep patterns and hormones that are markers for stress and circadian rhythm in infants.

The criteria for participating in the study are as follows:

1. Your baby must be less than three months of age when you begin the study.
2. If your baby will be entering day care, it needs to be a licensed day care center (not a family day care home), and your baby has to start at the day care center when s/he is between 60 days (2 months) and 120 days (4 months) of age.
3. Your baby has to be born full term (at least 37 weeks gestation) or with a birth weight of at least 5 ½ pounds.
4. Your baby cannot have any medical problems that require ongoing care by a subspecialty doctor.

The study will begin in July 2010. If you or someone you know is interested in participating, or you have questions about the details of the study, please contact Dr. Rachel Moon directly:

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*Source: www.cjsids.com

ABC's of Safe Sleep

Unfortunately, there is currently 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 and anyone who cares for your baby! Together, we can make a difference!

On The Web

New AMCHP/ASIP Webinar Archive Available

This webinar featured two internationally recognized experts on the causes of SIDS/SUID, Dr. Henry Krous and Dr. Hannah Kinney.

Dr. Henry Krous, MD, is Professor of Pathology at the University of California, San Diego School of Medicine, and Director of the San Diego SIDS/SUID Research Project. Dr. Krous has been involved in SIDS research during the past 30 years, 20 of which have been in collaboration with Dr. Hannah Kinney. He has served as consultant to the National Institute of Child and Human Development in the development of national standards for infant death scene investigation. Dr. Krous Presented "The Role of Postmortem Evaluation in Research into SIDS."

Dr. Hannah Kinney, MD, is Professor of Pathology at Harvard Medical School, and Associate in Medicine in the Department of Pathology at Childrens Hospital in Boston. Her research has been directed at defining the causes of sudden infant death syndrome. You may recognize her name from the February 2010 news headlines, when she and her team announced a confirmed link between SIDS with low production of serotonin in the brainstem¹. Dr. Kinney and colleagues are testing the idea that SIDS, or a subset of SIDS, is due to a developmental brainstem defect in autonomic and/or respiratory control during sleep. The ultimate goals of the research are to define brainstem abnormalities in living infants and to suggest ways of preventing the abnormalities from leading to sudden infant death. Dr. Kinney presented "Serotonergic Deficiencies in SIDS."

*Source: www.sidscenter.org

¹ Low Serotonin Production a Likely Cause for SIDS, February 2101, www.cjsids.com

New Resource on Our Website!

There's a new blog on the block: citymom-countrymom.com, and it was started by two twenty-something moms. Both of these moms have felt the heartbreak of losing a baby to SIDS. Who are they? Please allow us to introduce ourselves, we are - Wendi, East Coast mother to one in Heaven, and one on Earth, and Carrie, Midwest mother to one in Heaven and two on Earth.

We met in 2008 through our memorial websites and became fast friends. Each of us were looking for another mom like ourselves who understood how we felt, someone who could help us through the hard times. After a year of friendship we felt like it was time to support others who had experienced an infant lost to SIDS. That's how the blog was born.

Our long term goal for the site is to reach out to as many SIDS moms as possible and connect them with other moms. It would be absolutely amazing to see women in the same state, connecting, meeting, and sharing. What better way to navigate the hard times, than with someone else who understands your grief.

We'd love to have you join us at www.citymom-countrymom.com, or click on the "Blog" link at www.tinyhandprints.org.

SATURDAY NOV. 6, 2010 GATEWAY ISLAND MURFREESBORO, TN

Share What You Know . Inform Your Friends . Reduce the Risk

Strides for SIDS 2010 5k & 1 Mile Family Fun Run

Making Strides for SIDS to Save Babies by Reducing the risk of future infant deaths.

In the United States alone, roughly 3,800 otherwise healthy infants under 12 months of age die in their sleep every year. SIDS remains the leading cause of death in infants one month to one year of age. Tiny Handprints is working to provide free risk-reduction educational materials to hospitals, health care providers, child care centers and community organizations across Tennessee.

Tiny Handprints supports families who have suffered a loss. We provide bereavement support, educational materials, funeral expense assistance and prayer for families all across the United States.

Tiny Handprints helps fund the medical research efforts of CJ Foundation for SIDS so that no new families have to endure the pain of losing their infant. Half of the proceeds from this year's event will benefit CJ Foundation for SIDS, who is recognized as one of the leading SIDS organizations in the country. Since inception in 1994, CJ Foundation has funded millions of dollars in ground-breaking research conducted by prominent researchers throughout the country, whose goals it is to understand the medical underpinnings of SIDS/SUID, and to develop ways to eliminate the tragedy of sudden infant deaths.

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Event Schedule

7:00– 8:00am	Registration
8:00 am	5k Run/Walk
8:45 am	1 Mile Family Fun Run
9:30 – Noon	Food, Fun & Family Entertainment

The Family Fun Run is non-competitive and untimed. Official race timing for the 5k Run provided by Murfreesboro Pacers!



Upcoming Editions of the Tiny News Print

The next edition of our newsletter is coming soon! To submit your stories, poems and other items for possible inclusion in the newsletter, or to subscribe to the newsletter, please e-mail us: contact@tinyhandprints.org.

