



PROGRAM SPOTLIGHT

PERSONAL FAMILY HEALTH SIDS AWARENESS MONTH

LMAS staff work with clients to provide education on the causes of Sudden Infant Death Syndrome (SIDS) and practical ways to reduce the risk when bringing newborns home from the hospital. As part of our Safe Sleep initiative, LMAS offers free sleep sacks to pregnant moms and parents of newborns to promote safer sleep practices.

Our clinic areas also display visual guides showing babies in safe sleep environments, helping parents easily identify what a safe sleep space looks like and how to lower the risk of SIDS. Through education and resources, LMAS continues to support families in giving their infants the healthiest start possible.

For more information on how to help reduce the risk of Sudden Infant Death Syndrome and other sleep-related infant deaths visit <https://safetosleep.nichd.nih.gov/>

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lmasdhd.org/personal-family-health



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