



# October Newsletter



**October is SIDS Awareness Month. Learn more about the problem and the risk factors and take action to reduce the risk. Start by always placing babies on their backs to sleep**

## Understanding the Problem

About 4,000 infants die suddenly and unexpectedly each year in the United States. These deaths are called sudden unexpected infant deaths (SUID). Often an autopsy alone cannot explain these deaths without investigating the scene and reviewing the infant's medical history.

The most frequently reported causes of SUID include the following:

- **Sudden Infant Death Syndrome (SIDS)** is the sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation is conducted that includes a complete autopsy, examination of the death scene, and a review of the medical history. SIDS is the third leading cause of infant death in the United States and the leading cause of death for infants aged 1 to 12 months. About half of SUIDs are SIDS.
- **Unknown Cause** is the sudden death of an infant less than 1 year of age that cannot be explained. Often a thorough investigation was not conducted and cause of death could not be determined.
  - **Accidental Suffocation and Strangulation in Bed (ASSB)** is the leading cause of infant injury death. Mechanisms that can lead to accidental suffocation or strangulation include the following:
- Suffocation by soft bedding—such as when a pillow or waterbed mattress covers an infant's nose and mouth.
- Overlay—when another person rolls on top of or against the infant.
- Wedging or entrapment—when an infant is wedged between two objects such as a mattress and wall, bed frame, or furniture.
- Strangulation—such as when an infant's head and neck become caught between crib railings.

## Reducing the Risk

Health care providers and researchers don't know the exact causes of SIDS, but they do know methods to help reduce the risk of SIDS and other sleep-related SUID that include the following:

- Always place babies on their backs to sleep for every sleep.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects such as pillows and loose bedding out of your baby's sleep area.

[Prevent exposure to smoking during pregnancy and after birth because these are important risk factors for SIDS.](#) The risk of SIDS is even stronger when a baby shares a bed with a smoker. To reduce risk, do not smoke during pregnancy, and do not smoke or allow smoking around your baby. For help in quitting, call the quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit [Women.Smokefree.gov](http://Women.Smokefree.gov).



October is Domestic Violence Awareness. If you suspect a friend or a loved one is a victim, the most important thing is for her to know you are there to support her. Do not nag her, or tell her what to do, but let her know you are on her side and you want what is best for her. **New Hope 800-323-HOPE.** Worcester, MA. **YWCA 508-791-3181.** **Abbey's House 508-756-5486** Worcester, MA These are all good resources for women who have experience in domestic violence. They offer support, counseling, shelters for them and their children.

1. One in 4 women will experience domestic violence during her lifetime. The same number (one in four) of GLBT (Gay, Lesbian, Bisexual and Transgender) individuals also experience domestic violence.
  2. Women ages 20 to 24 are at the greatest risk of becoming victims of domestic violence.
  3. Domestic violence is the leading cause of injury to women – more than car accidents, muggings, and rapes combined.
  4. Every 9 seconds in the U.S. a woman is assaulted or beaten.
- Every year, 1 in 3 women who is a victim of homicide is murdered by her current or former partner.

### **Domestic Violence and Its Impact On Children**

- Every year, more than 3 million children witness domestic violence in their homes.
  - A 2005 Michigan study found that children exposed to domestic violence at home are more likely to have health problems. This includes becoming sick more often, having frequent headaches or stomachaches, and being more tired & lethargic.
- Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.

### **Domestic Violence and Its Impact On Our Community**

- According to the U.S. Department of Housing and Urban Development, domestic violence is the third leading cause of homelessness among families.
- Survivors of domestic violence face high rates of depression, sleep disturbances, anxiety, flashbacks, and other emotional distress.
- Domestic violence contributes to poor health for many survivors. For example, chronic conditions like heart disease or gastrointestinal disorders can become more serious due to domestic violence.

Domestic violence costs more than \$37 billion a year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at companies.

# October 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Parent Meet- ing Auburn 4- 5:30 Child care is provid-	2	3
4	5	6	7 Scholastics due  World Smile Day (wear yellow.. Or a smile)	8	9  1/2 day for full day stu- dents	10
11	12 Columbus Day  No school	13	14	15	16	17
18	19	20 Policy Council South- bridge 5-6:30 Child care is provided	21 Fire De- partment demonstra- tion 10-11	22 Parent Meeting Au- burn 4-5:30 Child care pro- vided	23	24
25	26	27 EHS Socialization PM	28	29	30	31

# October Announcements



Please make sure your child is here before 9am. If your child is going to be late, please call Candi or Mary Lou to let us know. It is important for lunch counts that we know if your child will be here. Also, let us know if your child will be absent. We need to keep attendance at 85%, and an absence is considered unexcused if you don't get in touch with us.

Fall is here, and mornings are chilly and afternoons are warm. Please make sure that all sweatshirts/jackets that you send your child wearing have their initials printed on the tag. Sometimes, jackets get mixed up and we don't want to accidentally send the wrong coat home. Also, make sure that the clothes in their cubbies have initials/name printed inside of them.



## Classroom News

For October, the teachers have some fun activities for the kids. They will be learning pedestrian and school bus safety. They will be covering fire prevention. They also will be doing some fun fall related activities. If you are interested in helping in the classroom, let your classroom teacher know.

Ms. Candi—  
family  
advocate  
(774)318-0994

When sending your child on the school bus, please make sure they do not have anything in their pockets— food, candy, gum, small toys, etc. It is a safety hazard, and if they pull it out on the bus, the other children get jealous. So please check their pockets before they get on the bus.

Ms. MaryLou—  
site supervisor

Classroom 1— Ms. Marilyn  
Classroom 2— Ms. Cindy and Ms. Ann  
Classroom 3— Ms. Marianne and Ms. Lila

