

Our Mission

The Nathan Michael King SIDS Foundation is a Christian founded, non-profit organization dedicated to the SIDS community by spreading awareness of SIDS; providing necessary educational information on safe sleeping habits to help reduce the risk of SIDS, necessary safe sleep items such as approved cribs, mattresses, and sleepwear known to reduce the risk of SIDS; provide financial assistance to families who suffer the tragic loss of a child to SIDS for funeral, burial, monument, grief counseling and medical costs; provide funeral, cemetery, and grief counseling resources to family and friends of a bereaved child; and provide SIDS research support for SIDS case information collection, SIDS database development, and clinical testing for SIDS susceptibility.

The Nathan Michael King SIDS Foundation thanks you for your needed support. In order to recognize you for your generous gift and keep you up to date on the events of the Foundation, donation levels have been established with corresponding benefits. Donations during this HELP FIGHT SIDS campaign will go directly to executing our mission statement and working to preserve the lives of future generations. All donor levels will receive the benefits of that level and all previous levels. Contact us about our endowment contracts.

Donor (up to \$499)

- Tax Statement
- Quarterly Newsletter
- 1 Month Website Recognition

Gold (\$500 to \$999)

- NMK Logo Tote
- NMK Decal
- 3 Month Website Recognition

Platinum (\$1,000 to \$2,499)

- NMK Logo Pen
- NMK Logo Computer Case
- 6 Month Website Recognition
- 2 Tickets to Annual Banquet

Diamond (\$2,500 to \$4,999)

- NMK Lapel Pin
- NMK 9" Donor Plaque
- 1 Year Website Recognition
- 4 Tickets to Annual Banquet

Benefactor (\$5,000 to \$9,999)

- Donor Sign at all Events
- Table for 8 at Annual Banquet

The NMK SIDS Foundation is comprised of non-compensation and volunteer staff in order to commit **100%** of all donations to supporting the SIDS community.

Message from the Founders...

The Nathan Michael King SIDS Foundation was founded after the tragic and sudden loss of Nathan on Nov. 13, 2008, who entered the world a short 104 days earlier on Aug. 1, 2008. Nathan brought us a deep and fulfilling joy and his passing brought us indescribable grief, but the mission and work of this Foundation, in his memory, help to fill a part of our hearts that have been scarred. Helping spread awareness to others, in an attempt to reduce the risk of SIDS, and helping families with financial support during a loss of a child help to answer that "Why?" question that lingers from time to time. We are dedicated in making every effort possible to help lower the incidents of infant mortality due to SIDS.

Our request to you, is for you to copy this informational brochure and distribute to as many people as you wish to spread awareness of what SIDS is, the causes of SIDS, and how to reduce the risk of SIDS. By giving this information to others you will be completing a volunteer service to the Foundation and could likely prevent a tragedy that no parent should have to endure.

We also pray for your financial support to assist in completing the mission of the Nathan Michael King SIDS Foundation. Your generous financial support will go specifically to helping families, of bereaved infants who lose their lives unexpectedly, with funeral, burial, monument, hospital, and grief counseling costs that can burden a family during a time of grieving. Your gift will also fund SIDS awareness publications that will be distributed to new families leaving the hospital after the birth of their new blessing. Lastly, your financial support will go to providing necessary research into clinical testing of SIDS susceptibility.

If you feel the calling to give a donation, feel free to mail a check to the Nathan Michael King SIDS Foundation at the address listed in this brochure or visit our website at www.nmksids.org and make an online credit card donation. All donations are tax deductible and a tax statement will be mailed at the end of the year.

Thank you kindly for your generous support and may the Lord bless you in all your kindness and giving.

Bradley & Laura King



Nathan Michael King SIDS Foundation

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**HELP
FIGHT
SIDS**

CAMPAIGN

SIDS is the leading cause of death in infants age 1 month to 1 year in the United States.

**INFORMATION
BROCHURE**

Nearly every 3 hours, this is all a family will have... an empty crib and a lifetime with only memories.



**Nathan Michael
King
SIDS Foundation**

What is SIDS?

SIDS is the diagnosis given for the sudden death of an infant under one year of age that remains unexplained after a complete investigation, which includes an autopsy, examination of the death scene and review of the symptoms or illnesses the infant had prior to dying and any other pertinent medical and family history. Because most babies sleep in cribs, and therefore, most cases of SIDS occur when a baby is in a crib sleeping, SIDS is sometimes called "crib death." Cribs do not cause SIDS. However, other aspects of an infant's sleep environment have been associated with increasing the risks for SIDS.

What Causes SIDS?

There is mounting evidence that suggests some SIDS babies are born with brain abnormalities that make them vulnerable to sudden death during infancy. Studies of SIDS victims reveal that many SIDS infants have abnormalities in the "arcuate nucleus," a portion of the brain that is involved in control of breathing and waking during sleep. Babies born with defects in other portions of the brain or body may also be more prone to a sudden death. These abnormalities may stem from prenatal exposure to a toxic substance, or lack of a vital compound in the prenatal environment, such as sufficient oxygen.

Ways to Reduce the Risk of SIDS

There currently is no way of predicting which newborns will succumb to SIDS. However, there are a few measures parents can take to lower the risk of their child dying from SIDS in order to give their infant the best possible chance to thrive.

Back Sleeping. Placing babies on their backs to sleep is the single most important step that parents and other caregivers can take to reduce the risk of SIDS. Infants who fall asleep on their stomachs should be gently turned onto their backs. 3,500 fewer infants die of SIDS in the U.S. each year due to the simple measure of placing babies on their back to sleep. It is important to note that the side sleeping position is not a safe alternative. Babies that roll from their side to their tummy are 18 times more likely to die of SIDS.

Bedding. Parents should make sure their baby sleeps on a firm, flat mattress in a crib that meets current safety standards. Caregivers should also avoid using soft, fluffy or loose bedding or other objects in the crib, and should not use pillows, sheepskins or comforters under the baby. Bumpers are not necessary, and soft or pillow-like bumpers should be avoided. Consider using a sleeper or other sleep clothing as an alternative to blankets, with no other covering. Infants under 1 year of age should not be placed to sleep on an adult bed, waterbed, sofa or with stuffed toys or pillows.

Head Covering. Make sure your baby's head remains uncovered during sleep. Avoid using a blanket or other covering over your baby's face as a sun or weather screen, or to block out distractions or sounds while your baby is sleeping.

Bed Sharing/Sofa Sharing. Do not share a sleep surface with your baby. Bring baby into bed to feed and cuddle, but place them in a separate, safe sleep area alongside your bed when its time to go to sleep. There are also dangers connected with infants sharing a bed with siblings or relatives. Sofas and chairs are particularly dangerous environments for shared sleep. Keeping the baby next to the adult bed in her own separate sleep space for at least the first six months provides greater safety for the infant.

Smoking. Mothers who smoke during pregnancy are three times more likely to have a SIDS baby, and exposure to passive smoke from smoking by mothers, fathers, and others around the baby after its born doubles their risk of SIDS. Parents should be sure to keep their babies in a smokefree environment.

Room Temperature. Babies should be kept warm, but they should not be allowed to get too warm. Keep room temperature at a level that feels comfortable for a lightly clothed adult and avoid overdressing the baby.

Breastfeeding. Breastfeeding has been shown to be good for babies by building their immunity against illness and infections, in addition to other benefits. Mothers should be encouraged to breastfeed exclusively for at least the first six months if at all possible.

Pacifiers. Experts recommend providing your baby with a pacifier EVERY time they are placed down to sleep. While the exact safety mechanism is not yet know, there are many possibilities for this finding. It has been suggested that the presence of a pacifier in the mouth may discourage babies from turning over onto their faces during sleep. Moving or turning may dislodge the pacifier, which may have the effect of encouraging babies to stay on their backs. Another theory suggests that pacifier use might help to keep the tongue positioned forward, keeping the airways open. It has also been hypothesized that pacifier use may quiet a restless infant, who might otherwise move more aggressively around the crib. Pacifiers may also stimulate the upper airway muscles and saliva production, possibly triggering brain activity and ability to arouse from sleep. Increased arousability is seen in infants who usually sleep with a pacifier, even if the pacifier is not being used.

Prenatal Care. Good prenatal care – including proper nutrition, abstinence from alcohol, drugs, and smoking, and frequent medical checkups beginning early in pregnancy – has been shown to significantly increase positive birth outcomes.

Regular Health Care. Parents should take their babies to their health care provider for regular well baby checkups, and should make sure that their babies receive their immunizations on schedule.

Child Care. Babies who routinely sleep on their backs and are unaccustomed to sleeping on their stomachs are at a significantly increased risk of SIDS when placed prone by a well intentioned but ill-informed relative or caregiver. Be sure to communicate Back to Sleep information to baby sitters, daycare providers, grandparents and everyone else who cares for your infant. Parents cannot assume that everyone knows about Back to Sleep and other ways to reduce SIDS risk.

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