

Proclamation

WHEREAS, Sudden Infant Death Syndrome (SIDS) is a type of Sudden Unexpected Infant Death and remains a leading cause of infant death between the age of 28 days of life to one year; and

WHEREAS, American Indian/Alaska Native and African American families are more likely than other racial or ethnic groups to experience the sudden and unexpected death of an infant; and

WHEREAS, providing safe sleep and healthy pregnancy messaging and support helps to reduce the risk of SIDS; and

WHEREAS, evidence-based research has shown when babies are placed alone in a safety-approved crib; in a caregivers' room; on their backs; on a firm crib mattress with a fitted crib sheet; using no crib bumper pads, pillows, blankets, quilts, or stuffed animals and toys; in a smoke-free environment; they will sleep safest and reduce the risk of SIDS and other sleep-related infant deaths; and

WHEREAS, smoking during pregnancy exposes infants to secondhand smoke, can lead to babies being born too early and too small, and raises the risk of SIDS; and

WHEREAS, raising awareness of how to reduce the risk of SIDS will help to reduce health disparities and improve the health outcomes of infants in the City of Tacoma; and

WHEREAS, Tacoma Pierce-County Health Department's Black Infant Health Program, Northwest Infant Survival and SIDS Alliance, and Centers for Disease Control and Prevention promote infant safe sleep education, offer bereavement support resources, and create community awareness to reduce the risks of sleep-related infant deaths; and

WHEREAS, throughout the year, safe sleep promotion partners work to distribute safe infant sleep educational pamphlets, cribs, and wearable blankets to families in need, therefore providing the best opportunity for all babies in Tacoma to survive and thrive;

NOW, THEREFORE, I, VICTORIA R. WOODARDS, Mayor of the City of Tacoma, on behalf of the City Council, do hereby proclaim October 2020 as

SAFE INFANT SLEEP AWARENESS MONTH

in the City of Tacoma, and hope to raise awareness about reducing the risks of SIDS and to encourage infant safe sleep practices.



**WITNESS, THEREFORE, MY HAND
AND THE OFFICIAL SEAL OF THE
CITY OF TACOMA, WASHINGTON,
This 20th day of October 2020.**

Victoria R. Woodards
VICTORIA R. WOODARDS, Mayor

