

December 2015

One chapter closes – and another new and exciting one begins...

The saying “things never stay the same forever” took on a new meaning for Board, staff, volunteers and families last week as the property at 1227 Malvern Road, our home for nearly thirty years, went under the hammer.

The auction garnered strong interest and a large crowd of prospective bidders and spectators saw the building generate a healthy windfall for the organisation. It was pleasing to see families who have been associated with SIDS and Kids

for many years, staff – old and new, Board and neighbours come along to witness this new phase in our adventure. It was especially wonderful that our founder, Kaarene Fitzgerald’s children were there to see their mother’s vision of a strong and vital organisation continuing.

Her long held dream of developing a solid research corpus is now closer to fruition and we will be looking for more purpose-built premises from which to continue building on the recent successes of

bringing our state-based member organisations into one. Wherever we relocate, Kaarene’s memorial fountain and plaque will again take pride of place as a reminder of the wonderful legacy she left us.

The building, originally an old bakery, has seen many changes but at its heart has always been ensuring broken hearted families have received the support they needed and this sense of purpose will not alter, regardless of where we hang our hat.



Sold - 1227 has gone under the hammer; Signed and Sealed

December 2015

Hot off the presses: 2015 Update on Sudden Unexpected Death in Infancy

Around 100 people attended the annual Kaarene Fitzgerald Forum in early December where renowned speakers, Professor Edwin Mitchell from the University of Auckland and Professor Jeanine Young from the University of the Sunshine Coast, gave an update of their work in Sudden Unexpected Death in Infancy (SUDI) research.

In his talk on the NZ SUDI Project, Prof. Ed Mitchell spoke of the Maternal Sleep position in the

prevention of stillbirth, "Left is right: should we advise pregnant women to sleep on the left?", in which he gave an update on recent advances in SUDI research.

Prof. Jeanine Young's presentation revolved around the work she has undertaken with enabling safe infant sleep through delivery of culturally competent care for high risk Aboriginal and Torres Strait Islander families in urban, regional and remote Queensland and the

Pepi-pod evaluation studies in Aboriginal communities

Both speakers were well received and these interesting – and informative – presentations were filmed and will be available online in early 2016.



Kaarene Fitzgerald



Prof. Ed Mitchell



Prof. Jeanine Young

December 2015

Bringing the message to the masses

A key factor in reducing sudden and unexpected infant death is making sure parents – newbies, old hands, future – are informed of the latest evidence-based recommendations which, over the past few decades, have proven so successful in reducing the incidence of SIDS and other sleeping accidents.

SIDS and Kids is proactive in ensuring the message gets to as many caregivers as possible and an important channel for doing just that is the Pregnancy, Babies' and Parents Expos held around the country.

Melbourne recently had its turn and our Health Promotions Manager, Jill Green, was kept busy with questions from enquiring parents,

caregivers and health professionals wanting to know the latest advice. With many Safe Sleeping resources given out over the three days of the Expo, we are gratified to know so many families took advantage of the opportunity to learn more about keeping their baby safe.



Jill Green at Pregnancy, Babies & Children's Expo



December 2015

Whirr, click, buzz, pop!

Christmas morning isn't the same without the sounds of toys – usually battery-driven toys!

Sadly, the button batteries that often drive these can pose a significant danger to young children. The Acting Commissioner for Consumer Protection, Gary Newcombe, has said, "... we want parents in particular to be aware of the danger as they could result in serious injury, permanent disability or even death.

"Battery-operated toys should have secured covers which prevent a child being able to access the battery.

"Button batteries, especially the larger coin sized ones, if swallowed can get stuck in a child's throat and burn through the oesophagus in as little as two hours. Children under five years old are at the greatest risk.

"In Australia, an estimated 20 children per week present to an emergency department suspected of swallowing a button battery.

"If anyone sees button-battery powered toys without a secure compartment, please report it to Consumer Protection immediately."

Follow these tips to help prevent a child from becoming a statistic:

- Keep loose coin-sized button batteries (new or old), or devices which contain them out of reach of children.
- Check battery compartments on toys are secure and supervise children playing with battery-operated toys.
- Dispose of used batteries immediately – even flat batteries can be dangerous.
- If a child swallows a button battery do not let them eat or drink, do not make them vomit and seek immediate medical attention – a burn can occur in just two hours.

As well as attending hospital or seeing an emergency doctor, you can speak to The Poisons Information Centre on 13 11 26 for additional treatment information.



December 2015

With One Voice

Recently, through the generosity of Creativity Australia, SIDS and Kids families were offered the opportunity to attend the With One Voice Concert in Melbourne.

Every week, Creativity Australia's *With One Voice* choirs unite hundreds of people, aged 9 to 90, in song. Age, race, religion, disability and disadvantage fade away. Families, students, CEOs, migrants, refugees, families... Everyone is welcome. The With One Voice program was recently named one of Australia's top social innovations for the second year running.

Following our Founder and Chair Tania de Jong's recent TEDx Talk *How Singing Together Changes The Brain*, we've had enquiries from around the globe and pilot programs are under development internationally.

The neuroscience of singing is proven to make you healthier, happier, smarter and more creative. Through the Wish List, participants grant one another wishes big and small like free music lessons, language tuition and jobs. Check out our testimonials.

Community singing creates empowered individuals and supportive communities are better placed to solve some of society's biggest challenges like loneliness and isolation, mental illness, homelessness, unemployment and more.

If you would like to learn more about joining, please contact Kim at kim@creativityaustralia.org.au, our Office Manager for any further information.



December 2015

Ending the Year with a Can Can

A bunch of big-hearted business women on the Gold Coast decided to send 2015 off with a Can Can at the last of their monthly Early Riser Breakfasts.

For a number of years now, Women in Business have supported SIDS and Kids through their monthly breakfast meetings and this year, it culminated in December's Christmas Extravaganza Breakfast held at the Sofitel on the Gold Coast.

As you can see, the ladies showed off their Can Do spirit with a Can Can and it was certainly an entertaining way to end what has been another successful effort supporting SIDS and Kids' families in Queensland.

Thank you, ladies – we only wonder how you will send 2016 off!



Can-can, yes we can!

December 2015

Farewell summer in style...

Join members of the West Coast Eagles and Perth Wildcats at the 5th annual Sunshine Beach Run, Challenger Parade, City Beach on Sunday 21 February 2016.

Run – or walk – 1 km, 3 km and 5km and support SIDS and Kids continue their research, education and grief counselling services for Western Australian

families experiencing the sudden and unexpected loss of a child to miscarriage, stillbirth or SIDS. Farewell summer in style on Sunday 21 February 2016 at iconic City Beach.

Learn more out it at <http://2016sunshinebeachrun.gofundraise.com.au/>



December 2015

Just in time for the holidays!

Our Raffle 100 was drawn recently and our lucky winners are full of holiday cheer! Madelin will find those long, hot summer days a breeze as she is driving her shiny new KIA Cerato Automatic Hatch. With the festive season on the horizon, Judi and Espie will enjoy their holiday shopping with the Coles/Myer Gift cards they received as 2nd and 3rd prize.

Our VIP winner, Andrew, and Early Bird winner, Nina, are all smiles with their \$500 Coles/Myer gift cards coming in handy at this time of year.

If you would like to be a winner in 2016, call our Raffle Hotline on 03 9222 2926 and get your tickets today.

Holiday Hint: Surprise your family and friends – pop a ticket into their Christmas stocking!



December 2015

Spruce up ... just in time

Our staff at 1227 Malvern Road look forward to our annual visit from some of our favourite vollies – the Exxon Mobil crew – and this year there was an added motivation to get things ship-shape.

With the auction of our home of nearly 30 years looming, their Day of Caring was timely in making sure the garden looked schmick and tidy for the open days and the auction day itself.

The weather was glorious and it took little encouragement for the team to weed, prune, and generally tidy up our lovely garden. A few new plants and a sprinkling of mulch and voila! Job well done!

We seconded a couple of the lads to flip burgers on the BBQ for another enjoyable lunch which was a wonderful opportunity to exchange ideas and information on what we do and how much their contribution helps us help our families.

Many thanks, Exxon Mobil and Uniting Way for your commitment.

Six years of unbelievable support is a mighty effort and we look forward to seven – and beyond!



Tools at the ready; Yay! Hard day over!

December 2015

Summer Clean out

With the summer months and the sunny weather, some of us like to 'clean house'!

If Santa has left you something that is not really 'you' or Aunty Maude has given you the family treasure that doesn't quite fit with your sense of style or décor, our friendly folk at Red Nose Goes Green will be more than happy to help you out.

So, if you have any old (or new) clothing, bric-a-brac or household items to donate, call on **1300 473 366** or drop off your donations to us at any of the following sites:

Chirnside Park Shopping Centre,
Parkmore Shopping Centre,
Dandenong Plaza and Head Office
– 1227 Malvern Rd, Malvern –
and now, of course, out at Boronia
at 1E, 981 Mountain Highway,
Boronia.



December 2015

Silent footsteps

Each year, parents, family and friends gather across the country and across the world to walk in memory of their beloved child whose silent footsteps pitter-pattered beside them.

For our Walk to Remember in both Perth and Melbourne, we were blessed with the most glorious spring day to celebrate these short, but well loved, lives.

In Perth, the sunshine welcomed around 70 on Sunday 1 November, with the tranquillity of beautiful Lake Monger a perfect setting for this wonderful day. Albert Park Lake was again the venue for nearly 200 family and friends in Melbourne to wander past swans and ducks paddling on the lake, the city skyline a dramatic backdrop for the occasion.

For each walk, our counsellors were on hand to provide support should it be needed with the children in Melbourne making sure their 'passports' were stamped on the way around while in Perth, their reward at the end of the walk was the Bouncy Castle and face painters!

The tradition sausage sizzle went down a treat and we are very grateful for Mordialloc Rotary volunteers – they lost count of the number of snags they flipped – and the Sylvester family for their generous support each year in memory of Charlotte Mae.

The day ended on an emotional, but colourful, note with multi-coloured 'windmills' gently spinning in the breeze as they were held high in memory of so many little feet that never walked.

Geelong saw 200 gather to honour the memory of their precious children with the Walk of Hope at Rippleside Park on 18 October. Before the walk began along the magnificent waterfront to Cunningham Pier and back, families had the opportunity to write a message of remembrance on a long strip of bunting. Red balloons and little bottles of bubbles were given to all the participants and following a reflection on the symbolism of bubbles families were invited to blow their bubbles (lots of bubbles courtesy of a bubble machine assisting), these little orbs of iridescent air gently floating skyward.



Clockwise from left: Walk to Remember Perth, Geelong: Along the boardwalk, Passport to Walk to Remember - Melbourne

December 2015

From Pregnancy to Preschool

Healthdirect Australia has launched the expanded Pregnancy, Birth and Baby service, which will now support parents on their journey from pregnancy through to preschool.

Pregnancy, Birth and Baby is a free Australian Government service available seven days a week. You can now speak to Maternal and Child Health Nurses via phone or video call for guidance and reassurance about your child's

behaviour and development on topics such as tantrums, talking and toilet training. Social workers and psychologists are also available for non-judgmental emotional support.

The Pregnancy, Birth and Baby website offers a wealth of information on topics such as pregnancy planning, having a healthy pregnancy, newborn essentials, toddler tips and preschool preparation. Pregnancy, Birth and Baby can also refer you

to local face-to-face health services relevant to your needs, such as early child health or speech therapy.

Available from the comfort of your own home contact Pregnancy, Birth and Baby:

- Freecall: 1800 882 436
- Online:
www.pregnancybirthbaby.org.au
- Video call:
www.pregnancybirthbaby.org.au/video-call



pregnancybirth&baby
support for women, partners & families

December 2015

Holiday Closure Dates

All SIDS and Kids Offices in Queensland, NSW, Victoria and WA will close on Friday 18 December and open on Monday 4 January.

Our 24 Hour Bereavement Support Line remains open – call 1300 308 307 for support

www.sidsandkids.org

Save the Date - 2016



Pregnancy Babies & Children's Expos

Melbourne – Special Edition:

27-28 February

Adelaide: 1-3 April

Sydney: 20-22 May

Brisbane: 17-19 June

Perth: 29-31 July



Essential Baby and Toddler Expo

Brisbane: 4-6 March

Melbourne: 1-3 April

Sydney: 23-25 September



SIDS and Kids has been appointed the official partner for the Baby & Toddler Shows for Melbourne, Sydney & Brisbane for 2016.



#12FOR12

SHOW SIDS AND KIDS YOUR SUPPORT

Chorus Call Annual Donation Competition

1-31 DEC 2015