

OCTOBER 2026

SIDS Awareness Month

**Supporting families, caregivers,
and communities with
safe infant sleep education**

Sudden Infant Death Syndrome (SIDS) remains an important public health issue during an infant's first year. This month, we honor the babies lost and help families, caregivers, and communities access trusted, evidence-based safe sleep education.

**Join us for Webinar Wednesdays
starting Oct. 7th at 12 pm**



Resources & Learning Tools



Webinar Wednesdays

Live webinars throughout October. View the schedule and registration online.

[Webinar Wednesday Schedule & Registration Here](#)



1-Minute PSA Videos

Safe infant sleep tips and strategies in [English](#) and [Spanish](#).



On-Demand Educational Videos

Training for caregivers and professionals in [English](#) and [Spanish](#).



Free SIDS Info App

Change the setting to English or Spanish within the app. Available for Apple and Android devices.

[Apple](#) | [Android](#)



Safe Sleep Postcard

Digital and physical reminder cards in English, Spanish, Haitian Creole, and Portuguese.



Stay Connected

 **Email:** scnj@rwjms.rutgers.edu

 **Facebook:** [@SIDSCenterNJ](#)

 **LinkedIn:** [@The SIDS Center NJ](#)

 **Visit the [SCNJ Website](#)**



Share resources. Start conversations. Support safer sleep for every baby.