Happy Halloween!

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. Below are recommendations from the American Academy of Pediatrics.

Infants should ALWAYS be placed flat on their back alone in a safe crib for ALL sleep, naps and nighttime. If baby falls asleep in a swing, car seat, bouncy chair or other surface while at home or child care, immediately remove baby and place flat on their back in a safe crib.

Keep ALL soft objects and loose bedding out of the crib. Items such as pillows, blankets, bumper pads, wedges, blanket rolls, and toys create an opportunity for baby to rebreathe carbon dioxide that may build up around baby’s face.

Cicely Lawrence
NEST Coordinator

Joining NEST
Just a reminder that recruiting a family to join NEST, YOU will receive 1,000 points!

There are NO income guidelines to join NEST!

We welcome all families prenatal until the child is 5 years old.

October Book

Check out books like this at, Carnegie-Evans Public Library Albia, Iowa

Paper Plate Pumpkin
This would be a great activity for a party or crafty playdate!

Items needed:
- Orange paper plates
- Glue
- Black paper

Cut out face parts from black construction paper in advance. Have an example plate made ahead of time for directions.