

# September is Infant Mortality Awareness Month

*Important information for parents, grandparents, and caregivers*



## **Did You Know?**

In the last 5 years, 284 babies died before their first birthday in Southwest Florida.

Leading causes of infant deaths include:

- Premature births
- Co-sleeping and suffocation
- The health of the mother before she gets pregnant.

Some deaths are not preventable, but many are. Keep reading to learn some ways how you can help save a baby's life.



*A healthy baby begins with a healthy mother.*

*Every pregnancy is different. Early and regular medical care is critical.*

*A safe environment protects babies from injuries.*



Healthy Start is a non-profit dedicated to preventing infant deaths and premature births. Last year we helped 17,000 pregnant women and babies in Collier, Glades, Hendry, and Lee Counties. 94 cents of each dollar received goes to services in our local community.