

SIDS Awareness Month

October is SIDS Awareness Month, an important time to raise awareness about Sudden Infant Death Syndrome (SIDS) and promote safe sleep practices that can help reduce the risk of sleep-related infant deaths. SIDS is the sudden, unexplained death of an infant younger than one year old. While the exact cause of SIDS is not fully understood, families and caregivers can take important steps to create a safer sleep environment for their babies.

The American Academy of Pediatrics recommends placing babies on their backs for every sleep, using a firm, flat sleep surface, and keeping the baby's sleep area free of pillows, blankets, bumper pads, and soft toys. Room-sharing without bed-sharing is also recommended, ideally for at least the first six months.

This month is an opportunity for parents, healthcare professionals, and community members to share trusted information and support families in practicing safe sleep. By increasing awareness and providing families with accessible, evidence-based guidance, we can work together to promote safer sleep environments for every baby.

[Learn More About SIDS](#)



World Mental Health Day

October 10

World Mental Health Day reminds us that maternal mental health is an essential part of overall health and family well-being. The postpartum period can bring emotional challenges, including anxiety, depression, and feelings of being overwhelmed. Postpartum depression and anxiety are common and treatable conditions that can affect mothers during the weeks and months following childbirth. Symptoms may include persistent sadness, excessive worry, irritability, difficulty sleeping, loss of interest in usual activities, or feeling overwhelmed or unable to cope. Recognizing these signs early and connecting mothers with appropriate support and care can make a meaningful difference.

Families, friends, healthcare providers, and community organizations all have a role to play in supporting postpartum mothers. Creating a safe environment where mothers feel comfortable talking about their mental health, reducing stigma, and ensuring access to culturally responsive and affordable services are important steps toward healthier families and communities.

[Click Here to Read More on Maternal Mental Health](#)

National Diabetes Awareness Month

November is National Diabetes Awareness Month! Diabetes is a condition that occurs when the level of sugar in our blood becomes too high, and it affects millions of people across the country. Even though diabetes is common, there are many simple steps we can take to protect our health. Regularly learning about diabetes and understanding how small, everyday choices influence our blood sugar can empower us to stay healthy and support others in making positive lifestyle changes.

Eating a variety of colorful fruits and vegetables, staying active by walking or playing outside, getting enough sleep, and keeping up with regular doctor visits all help our bodies work better. These habits can reduce the risk of future health problems such as heart disease, vision changes, and nerve issues.

[Click Here to Learn More About National Diabetes Month](#)



Gestational Diabetes

Gestational diabetes is a type of diabetes that can develop during pregnancy, usually between weeks 24 and 28. Screening during this time is important because most people don't have symptoms. It occurs when the body cannot make enough insulin, causing higher blood sugar levels.

If diagnosed, you can support your health and your baby by eating balanced meals, staying active, monitoring your blood sugar, and using medication or insulin if your provider recommends it. Most people manage gestational diabetes well and have healthy pregnancies.

After delivery, gestational diabetes typically goes away, but it increases your risk of developing type 2 diabetes later. Be sure to get tested again about 12 weeks postpartum and continue healthy habits to lower your risk.

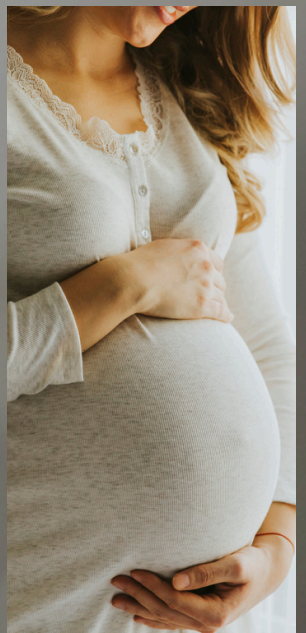
[Learn More About Gestational Diabetes](#)

Maternal Warning Signs

Pregnancy and the year after birth bring many changes, so it's important to listen to your body. Some symptoms can be signs of serious health concerns. Please seek immediate care if you notice severe headaches, dizziness, vision changes, fever, chest pain, trouble breathing, heavy bleeding, severe abdominal pain, extreme swelling, or intense nausea and vomiting. Also watch for decreased fetal movement, leg or arm pain or swelling, overwhelming fatigue, or any thoughts of harming yourself or your baby.

These signs can appear anytime during pregnancy or up to a year postpartum, trust your instincts and reach out to your healthcare provider if something feels off.

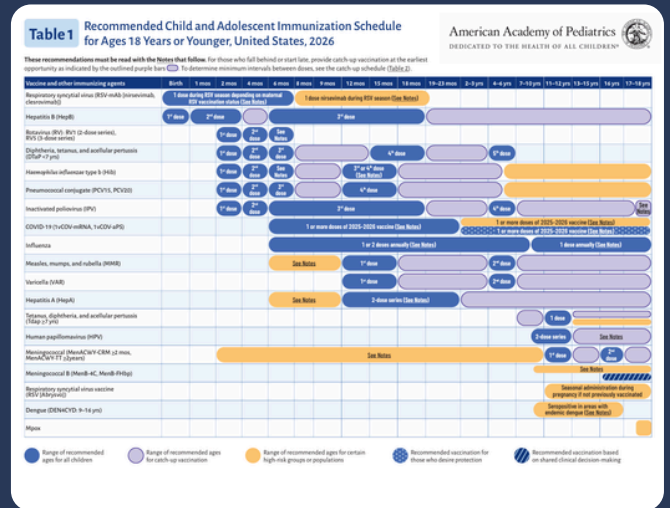
[Learn More About Urgent Maternal Warning Signs](#)



American Academy of Pediatrics (AAP) 2026 Immunization Schedule

The American Academy of Pediatrics has released its 2026 Childhood and Adolescent Immunization schedule, giving families an easy-to-follow guide to keeping kids healthy from birth through adolescence. This year's schedule includes clearer charts, updated vaccine options, and helpful notes that make it simple for parents to understand what vaccines their child needs and when. Updates like expanded respiratory syncytial virus (RSV) protection options, refreshed COVID-19 guidance, and improved age-range recommendations are all designed to support parents in making confident, informed decisions about their child's health.

The AAP continues to recommend a full set of routine vaccines, emphasizing their long-proven safety and effectiveness in preventing serious diseases. Parents can feel reassured knowing that the 2026 schedule is backed by experts and grounded in research focused on what keeps children safest. Following the recommended timeline helps ensure children receive the right protection at the right age, building a strong foundation for lifelong health. Families are encouraged to review the updated schedule and stay informed about the vaccines that help protect children and communities from preventable diseases.



[Click Here to Read More on the Recommended Childhood and Adolescent Immunization Schedule](#)

Vaccines during Pregnancy

Getting recommended vaccines during pregnancy is one of the safest and most effective ways to protect both you and your baby. During pregnancy, the immune system changes in ways that can make infections such as pertussis, influenza, COVID-19, and RSV more likely to cause serious illness or pregnancy complications.

Vaccination lowers these risks by helping your body build strong defenses that keep you healthier throughout pregnancy. Vaccines also provide an important benefit for your baby. After you are vaccinated, your body creates antibodies that pass through the placenta and offer your baby early protection in the first weeks of life, when their immune system is still developing and they are too young to receive many vaccines themselves.

By staying up to date with recommended vaccines during pregnancy, you support your own well-being and give your baby a healthy start during a time when they need it most.

[Learn More About Vaccines During Pregnancy](#)



IMPORTANT



Public Health
Maternal, Child, and Adolescent Health

DEVELOPMENTAL MILESTONES

Birth Through 5 Years

Quick Reference Guide

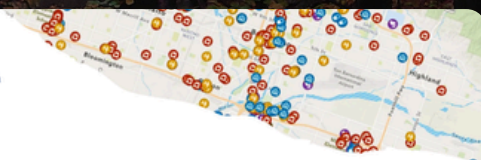
This developmental milestone flipbook helps families track appropriate milestones and recommended immunizations, promoting healthy development and timely preventive care.



bit.ly/SBCMilestones



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PERINATAL RESOURCE GUIDE

Our digital Community Resource and Referral Guide provides families and providers with easy access to perinatal health care services and resources that support healthy pregnancies through a baby's first year and beyond.

The guide is available on both computers and mobile devices.



bit.ly/MCAHGuide



October 25-31, 2026

Lead Poisoning Prevention Week

No amount of lead is safe for your child.
Ask their provider for a blood lead test.

For more information, visit
go.cdph.ca.gov/LeadFreeKids



Holding Hope & Fear: Pregnancy After Loss

Building Skills and
Confidence for Birthworkers

Thursday
October 22, 2026
2:00 - 4:00 PM

FIMR CAT
Meeting

Location:
Virtual



Dr. Kiley Hanish,
workshop presenter

Pregnancy after loss can bring hope and joy alongside grief, fear, and uncertainty. Explore grief-informed approaches and compassionate communication to better support families throughout pregnancy and postpartum.

Topics Covered:

- Grief & Mental Health
- Trauma-Informed Care
- Compassionate Communication
- Bonding & Connection

Annual Wave of Light Event



15TH OCTOBER, 2026
5:00PM - 8:00PM

AGAPE CHRISTIAN WORSHIP
CENTER 14725 7TH ST #1000
VICTORVILLE, CA 92395

Holding Hearts: A Safe
Place to Remember
Together

ALL AGES ARE WELCOME

This year, we invite you to join us for the second annual Wave of Lights event—a global observance to honor and remember the babies we've lost during pregnancy, childbirth, or infancy.

JOIN US »

You are not alone in your grief. In the light of remembrance, we find strength and healing together. Let's create a wave of light—a powerful symbol of love, support, and unity.

Food & Crafts

Safe Space



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ANTICIPATING YOUR NEW ARRIVAL



BABIES SLEEP SAFEST
ALONE,
ON THEIR **BACK,**
AND IN A BARE **CRIB.**



Complete the safe sleep training
with a provider for a gift!

bit.ly/SBCsleepRegister



Safe Sleep Resource Guide

bit.ly/SBCsafesleep



WE'RE PARTNERING WITH **COUNT THE KICKS!**

We're partnering with *Count the Kicks* to educate expectant parents in San Bernardino about paying attention to movement in the third trimester of pregnancy!

CountTheKicks.org



Public Health
Maternal, Child, and Adolescent Health



Public Health

Family Health Services Section

Quarterly Newsletter is an internal publication for local healthcare providers, and others interested in improving maternal, child, and adolescent health.

For more information about MCAH, please email us at askMCAH@dph.SBcounty.gov or call 800-227-3034.