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National SIDS Awareness Month: Frederick County Holds Crib Crawl 5K to Promote Safe Sleeping Practices

Frederick, Md.—Please join the Frederick County Department of Social Services (FCDSS) and the Maryland Association of Social Services Boards (MASSB) for the annual Crib Crawl 5k on October 8, 2016 at Ballenger Creek Park. The Crib Crawl is sponsored in part by the Pediatric Center of Frederick.

During National SIDS Awareness Month in October, we are once again shining a light on the dangers of co-sleeping.

Research shows that infant deaths can be reduced through safe sleeping practices such as ABC: Alone, on their Back, and in a Crib

FCDSS will provide families in need with a free pack-n-play to ensure safe sleeping practices. In addition, to reduce risk of accidental poisoning, we are also providing families a free lockbox to ensure harmful medications stay out of the hands of little ones.

The itinerary is as follows:

7:00 am Event Registration/Pre-Registered Packet Pickup
7:30 am Pre-Race Warm-up
8:00 am Race Begins
9:00 am Awards Ceremony
9:30 am Fun Run & Children's Activities
10:00 am Silent Auction Ends

Registration for the 5K and 1 mile Fun Run can be completed at www.Localraces.com/cribcrawl. Please share the event information with our community. PSAs and social media postings are appreciated.

Questions about event details or sponsorship and donor opportunities can be directed to CribCrawl@outlook.com or 301-600-2636.

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