

# FAMILY ADVICE

# SUDC★UK

Sudden Unexplained Death in Childhood

an affiliate of the SUDC Foundation



**SUPPORT FOR FAMILIES  
EXPERIENCING THE SUDDEN  
AND UNEXPECTED DEATH OF  
A CHILD AGED 1-18**

**SUDC UK is a registered, national charity dedicated to raising awareness, funding research and supporting families affected by Sudden Unexplained Death in Childhood (SUDC).**

## **A MESSAGE FROM SUDC UK**

*We are very sorry for your loss and having been in this position ourselves we would like to do all we can to help.*

*If you have experienced the sudden and unexpected loss of a child over 1 year old and without a clear explanation, please visit our website [www.sudc.org.uk](http://www.sudc.org.uk) for more information and family registration.*

*SUDC UK was founded in 2017 by three bereaved mothers and is an affiliate of the SUDC Foundation, a global organisation based in the U.S. Our two charities collaborate to help families, with extensive resources including professional support, advice, closed on-line community groups, peer support and events where families can connect.*

**Support is available to any parent bereaved suddenly without explanation - you are not alone.**



*Alex*      *Nikki*      *Camilla*

THE SUDC UK CO-FOUNDERS

## WHAT IS SUDC?

- **SUDC stands for Sudden Unexplained Death in Childhood.** It is the sudden and unexpected death of a child between 1 and 18 years of age.
- **You have probably never heard of SUDC.** Sadly most people have not because awareness is currently very limited.

## HOW OFTEN DOES SUDC OCCUR?

- Sudden and unexpected deaths in children account for nearly a fifth of all infant and child deaths in the UK, however most of these do go on to be explained after the post-mortem and investigation. In every sudden death a strict national protocol is followed to try to find out why the child has died.
- About 16% of these deaths of children over 1 year will remain unexplained (SUDC) and thus SUDC is rare with an incidence of less than 1 death per 100,000 children.
- 40 children in the UK die every year without reason; more young children than to traffic accidents, drowning or fires.
- SUDC is most prevalent in toddlers and children in their late teens.
- SUDC is a 'category of death', not a cause of death. There are most likely multiple reasons why these children are dying.

(Source for all statistics NCMD/ONS & more info on our website)

## CAN SUDC BE PREDICTED OR PREVENTED?

No. Through research, it is our hope that we will be able to discover the risk factors and underlying causes of SUDC that will lead to its prevention.

SUDC is different to Sudden Infant Death Syndrome (SIDS), which affects babies under 12 months. Although they are both terms used for an unexplained, sudden death, one important difference is that there is currently nothing parents can do to mitigate the risk of SUDC. Research into SIDS has resulted in important 'safer sleep' guidance for babies. More research into SUDC is crucial to determine whether there is anything that can be done to protect older children from dying without reason.

## THE WORK OF SUDC UK:

- Supports registered families from the beginning with information, advocacy and community support.
- Funds research and helps families understand their options for medical screening, genetic investigation and research (including referrals).
- Education and training for UK medical professionals.
- Collaborates with other professional organisations to raise the profile of SUDC and improve policy.



## IN MEMORY OF ALL CHILDREN AFFECTED BY SUDDEN UNEXPLAINED DEATH IN CHILDHOOD

We hope by shining their light on SUDC, we can better understand these tragedies in order to prevent them in the future.

PLEASE VISIT [WWW.SUDC.ORG.UK](http://WWW.SUDC.ORG.UK) TO REGISTER,  
FIND OUT MORE OR DONATE



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OUT MORE

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Medical professionals please visit [www.sudc.org.uk/professionals](http://www.sudc.org.uk/professionals)  
to refer a family or access resources. [info@sudc.org.uk](mailto:info@sudc.org.uk).

Registered charity in England and Wales 1175413

SERVICE GRAPHICS 