

# FACING THE FUTURE

## Miles for Smiles!

We hope to see you at the Foundation's Seventh Annual "Miles for Smiles" Walk-a-Thon, to be held in **Wakefield, Massachusetts, on Sunday, October 19, 2003**, beginning at 11:00 a.m. Please see further details inside.

### Correction:

We regret that two of our 2003 scholarship recipients were incorrectly identified in the last newsletter. We sincerely apologize to these young women! Congratulations to all of our talented scholarship recipients, pictured and correctly identified below.



Chantal Dewey



Elizabeth Berry



Jesse Dylan Kristin

## News About Plagiocephaly

On July 7, 2003, the American Academy of Pediatrics issued a news release (excerpted below) and announced a clinical report on deformational plagiocephaly (flattened head, or cranial asymmetry) that was published in the July issue of the journal, Pediatrics.

Attributable in part to back sleeping by babies — recommended to reduce the risk of SIDS (Sudden Infant Death Syndrome) — the incidence of deformational plagiocephaly is estimated to be as high as 48% of otherwise healthy infants. We are alarmed by this growing problem, and we encourage families to learn how to prevent and/or treat it. Torticollis (or tightened muscles in the neck that cause a tilt of the

head) is often associated with deformational plagiocephaly, and should be treated promptly with physical therapy. Although an operation is rarely (if ever) necessary, a referral for conservative measures should be made to a surgeon, or other specialist, with expertise in the use of molding helmets.

The full text of the AAP report is available at [www.aap.org/policy/s0201.html](http://www.aap.org/policy/s0201.html) and in the July, 2003, issue of Pediatrics. Additional information about deformational plagiocephaly, including a pamphlet written by John B. Mulliken, MD, is available on our website, [www.facesofchildren.org/conditions/plagiocephaly.html](http://www.facesofchildren.org/conditions/plagiocephaly.html).

For Release: July 7, 2003, 12:01 am (ET), American Academy of Pediatrics (excerpt)

"There has been an increase in the last several years in the number of children with flattened heads, according to a clinical report from the American Academy of Pediatrics (AAP) entitled, "Prevention and Management of Positional Skull Deformities in Infants." The report says the increase is probably due to recommendations by the AAP that children be put to sleep on their backs to prevent Sudden Infant Death Syndrome (SIDS). The report notes that the condition is, on the whole, preventable and treatable."...

... "A certain amount of prone positioning — or "tummy time" — while the infant is awake and being observed is highly recommended. Beginning at birth, most skull deformities can also be prevented by nightly alternating the head position while the baby is on his or her back — one night to the left, the next night to the right. In addition, parents can periodically change the orientation of the infant to the outside activity, such as is likely to occur at the door of their room. The report says infants should spend minimal time in car seats (when not a passenger in a vehicle) as this seating maintains the same head position as back sleeping."...



## American Express Charity Program

To utilize a new service by American Express that enables on-line donation to the **Foundation for Faces of Children**, please visit the American Express donation site at

[www.americanexpress.com/give](http://www.americanexpress.com/give)

Type in our legal name, "The Foundation for Faces of Children" in Brookline, MA. When information about us appears, follow the instructions on how to donate. (NOTE: certain information in this and other charitable data bases is only updated annually. For current information, contact us at [info@facesofchildren.org](mailto:info@facesofchildren.org))

On behalf of the children, thank you for your support.

See inside for  
Walk-a-Thon  
info & materials



Please Join The Foundation  
for Faces of Children  
for its Seventh Annual Walk-a-Thon:

## Directions To

### Lake Quannapowitt

**From North or South**—Take Route 93 to Exit 37 (128/95 North). Continue on Route 128/95 to Exit 40 (Route 129). The exit ramp puts you onto a rotary where you will follow signs for Route 129/Wakefield. Continue along Lake Quannapowitt for about a mile. There is limited parking along this side of the lake. We will be meeting on the common by the lights. Turn right onto Church Street at the lights. There is a small lot behind the church on the right and parking on the street as well.

**From Saugus and the East**—Take Route 129 West to Wakefield Center. Turn right onto Main Street and go through the town till you reach the lake. Turn left onto Church Street at the lights at the head of the lake. There is a small parking lot behind the church to your right and also along the street as well.

**From the West**—Take Route 2, Route 90 or other preferred route to Route 128/95 North. Follow remainder of directions from second sentence of “From North or South,” above.

### Corporate Friends



Edy's Grand Ice Cream

Redstone Liquors, Stoneham, MA

WGBH Boston

Synthes Corp.

## Miles for Smiles

**Sunday, October 19, 2003**

**Wakefield, Massachusetts**

**Registration begins at 11:00 am**

**Lake Quannapowitt, Wakefield, Massachusetts**

- Please contact the Foundation at **617-355-8299** or **jsmith@facesofchildren.org** to pre-register so that we know how many participants to expect. Leave your name and phone number so that we know how to reach you as well as the number of walkers participating.
- Feel free to make as many copies of the sponsor sheet as needed for family members and friends who may wish to participate.
- Be sure to bring your sponsor sheet the day of the walk as well as any monies already collected. Remaining monies should be mailed **no later than November 14, 2003** to:

Foundation for Faces of Children  
Miles for Smiles  
258 Harvard Street, #367  
Brookline, MA 02446

- Come meet the Marc Brown character “Arthur,” courtesy of WGBH Boston.
- Refreshments will be provided.

**Questions?** Call us at **617-355-8299** or visit our website at [www.facesofchildren.org](http://www.facesofchildren.org).

All proceeds will benefit the Foundation for Faces of Children, a New England-based organization that is dedicated to improving the lives of children with facial conditions, including cleft lip, cleft palate and other head and facial differences.

[www.facesofchildren.org](http://www.facesofchildren.org)

Visit our new site  
on the web!



## We Can't Do It Without You!

If you would like to tell your story, or would like to submit an essay or other information for our newsletter, please let us know. We regularly run a column entitled "In Their Own Words" to publish entries from friends, patients, and families. Readers like to learn about the experiences of others. So, please, get in touch with us!

### Foundation for Faces of Children

258 Harvard Street, #367  
Brookline, MA 02446  
(617) 355-8299  
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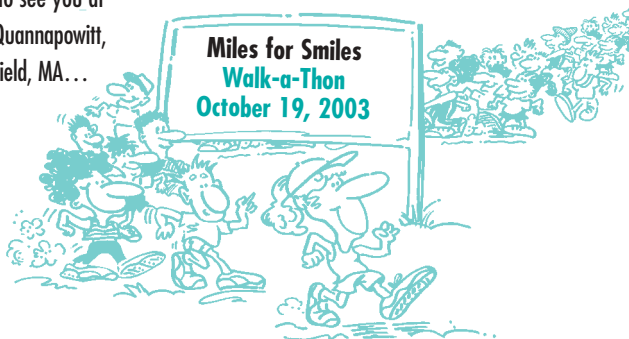
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Hope to see you at  
Lake Quannapowitt,  
Wakefield, MA...



**The Foundation for Faces of Children** is dedicated to improving the lives of children with craniofacial conditions, including cleft lip, cleft palate, and other head and facial differences. We concentrate our efforts on education, training, family support systems, and the dissemination of accurate and timely information. We also fund targeted research about the causes, treatments, and outcomes of these congenital conditions. The goals and strategies of the Foundation for Faces of Children are to...

- Provide leadership and advocacy through research and education.
- Distribute accurate and timely information as quickly and widely as possible to children, families, medical professionals, and the community at large.
- Endorse the team approach to treatment of craniofacial conditions; we believe that the best outcomes result from collaborative treatment by an experienced group of specialists.
- Partner with organizations that have similar goals and values.

We are a 501(c)3 not-for-profit organization supported entirely by private donations, grants, and fund-raising initiatives. We receive no government funding. If you are interested in having a board member speak to your group about our organization, or if you wish to participate in or sponsor a fundraising event, please write to Foundation for Faces of Children, 258 Harvard Street, #367, Brookline, MA 02446 or call us at 617-355-8299.

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