

# Kisses for Conor: Acts of Kindness



In his 17 months of life, Conor Bowen was full of love in everything he did. He was always smiling and started blowing kisses at 9 months of age and it quickly became his trademark move. Despite being the younger sibling, any time his sister Tessa was upset, he immediately went to comfort her and give her a hug. His smile and laugh were contagious. It was impossible to spend a day with him and not instantly fall in love.

On October 25, 2016, our happy and healthy Conor passed away in his sleep. His cause of death was undetermined. In facing the devastation of the loss of our perfect boy, we were connected with the SUDC Foundation. SUDC is the sudden and unexplained death of a child one year of age or older and it affects approximately 400 children each year. It is the fifth leading category of death in children ages 1-4 and yet there is little awareness of it and no federal funding has been devoted into research to find a cause. [Learn more at sudc.org](http://sudc.org).

In an effort to raise awareness and honor Conor's loving nature, we are asking people to perform acts of kindness in Conor's name. We ask that you give the Kisses for Conor card to the recipient of your act of kindness and post a picture or a description of what you did on our Kisses for Conor facebook page ([facebook.com/kissesforconor](https://facebook.com/kissesforconor)) or post it on your social media and [#kissesforconor](#) and [#sudcawareness](#). To print your own cards or learn more, please visit [kissesforconor.com](http://kissesforconor.com).

## Some ideas:

- Pay for someone's coffee
- Leave baked goods on a neighbor's steps
- Donate clothes or food. Donate blood.
- Volunteer at a soup kitchen or another community organization
- Leave a children's book with the cashier to surprise the next customer or leave it at a playground