

# Tell My Story



**Laquesta Wadsworth** experienced many challenges during her first pregnancy but thanks to help from the **Caring For 2** (Federal Healthy Start program in Columbus), she delivered a full-term baby girl named Kev'Yona, weighing 7 lbs. 7 oz. But Laquesta remembers the dreadful day in February, 2009, when she was awakened by her friend to say that Kev'Yona had stopped breathing. She recalls it as one of the most difficult days of her life. "I still remember the fear when the paramedic rescue squad informed me that my daughter was dead," Laquesta said.

When she became pregnant with her second child, she once again sought the support of the **Caring For 2** Program. She is grateful to the program for their support and education about safe sleep practices and says, "I have learned a lot about safe sleep and I want to tell my story to help save babies lives."