

# Foundations for Safe Sleep



## Flat & Firm

Pēpi are safest in their own flat, firm bed with firm sides, like a wahiakura, cot, or bassinet.



## Face Up, Face Clear

Sleep pēpi on their back for every sleep, with nothing near their face like toys, loose blankets, cords or pillows.



## Free

Pēpi is safest and well when they are in an environment that supports breastfeeding and is smoke, vape, alcohol, drug and harm-free.



## Fathers & Family

Everyone in the whānau helps keep pēpi safe while they sleep and supports them to stay well.



HĀPAI TE HAUORA  
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