

Keeping Pēpi Safe During Every Sleep



Flat & Firm

Pēpi needs their own safe bed that is flat with a firm surface and sides, like a wahakura, Baby-Pod, or bassinet.



Face Up, Face Clear

Always place pēpi on their back, with no pillows, toys, loose blankets, or cords.



Free

Keep pēpi sleep space free from smokes, vapes, alcohol, drugs and free from harm at all times.



Fathers, Partners & Family

All the whānau help keep pēpi safe during sleep.



HĀPAI TE HAUORA
— MĀORI PUBLIC HEALTH —