

A REMINDER: BEDSHARING IS NOT RECOMMENDED

If it happens, pēpi should always be in their own safe sleep space where the **Foundations for Sleep** apply.

IT IS ESPECIALLY DANGEROUS IF:

- 01** Māmā smoked while pregnant
- 02** Anyone has been smoking, vaping, drinking or using drugs
- 03** Parents or Whānau are very tired
- 04** Pēpi was born early or small
(under 2500 grams at birth)
- 05** Pēpi is unwell



**MAKE SURE EVERY SLEEP IS
A SAFE SLEEP FOR PĒPI!**

FOR MORE INFORMATION



Healthline 0800 611 116
(24/7 Health Advice)



Quitline 0800 778 778 (or text 4006)
(Support to become Smoke free)
www.smokefree.org.nz
worldsmokefreemay.nz



Plunketline 0800 933 922
(avail 24/7 Parenting help and Advice)

SUPPORTING APPS



Mama Aroha App

Clear, practical
breastfeeding support

Google | Apple



Tuku Iho App

Info to support māmā/
pēpi wellbeing

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PREVENTING SUDI

SUDDEN UNEXPECTED DEATH OF AN INFANT



FOUNDATIONS FOR SAFE SLEEP



HĀPAI TE HAUORA
MĀORI PUBLIC HEALTH

WHAT IS SUDI?

Each year in Aotearoa, around 50 pēpi under 12 months old die from SUDI (Sudden Unexpected Death of an Infant)

This happens when a pēpi dies suddenly in their sleep, often without warning. Many of these deaths can be prevented.

WHAT INCREASES RISK FOR SUDI

- ✓ Māmā smoked during pregnancy
- ✓ Bedsharing with pēpi if Māmā smoked in pregnancy
- ✓ Unsafe sleep spaces
- ✓ Alcohol or drug use around pēpi
- ✓ Premature pēpi (born early) or very small (under 2500 grams at birth)

Smoking in pregnancy = **6** x INCREASED RISK OF SUDI

Smoking in pregnancy & bedsharing = **32** x INCREASED RISK OF SUDI

FOUNDATIONS FOR SAFE SLEEP:

Good safe sleep practices begin during pregnancy. A healthy, supported Māmā with good kai, rest, and whānau around her gives pēpi the best start. Once baby is born, here are some ways whānau can keep pēpi safe 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.

Free

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

Face Up, Face Clear

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

Fathers, Partners & Family

All the whānau help keep pēpi safe during sleep.



Keep these practices consistent as pēpi grows and becomes more active.