



*Baby's Name* \_\_\_\_\_ *NHI Number* \_\_\_\_\_

*Birth Date* \_\_\_\_\_ *Birth Time* \_\_\_\_\_ *Birth Weight* \_\_\_\_\_

# Foundations for Safe Sleep

*Here is how to keep pēpi safe, every sleep:*

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

**FLAT & FIRM:** Pēpi are safest in their own flat, firm bed with firm sides, like a wahakura, cot, or basinet.

**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.



# Protect Me By Making Every Sleep a Safe Sleep

*Every year in Aotearoa, around **50 babies die suddenly in their sleep.***

*Many of these losses can be prevented. Smoking while pregnant increases the risk about 6 times and when smoking in pregnancy and bedsharing happen together, the risk can be up to 32 times higher.*



**For more information,**  
speak to your midwife, Well Child Tamariki Ora Provider, Doctor, Nurse, or contact:



**Plunketline 0800 933 922**  
(Parenting Help and Advice 24/7)



**Healthline 0800 611 116**  
(Health Advice 24/7)

**Health New Zealand**  
Te Whatu Ora



**HĀPAI TE HAUORA**  
— MĀORI PUBLIC HEALTH —