

Whānau-centred SUDI prevention in practice

Key messages



SUDI prevention
saves lives



How we talk
matters as much as
what we say

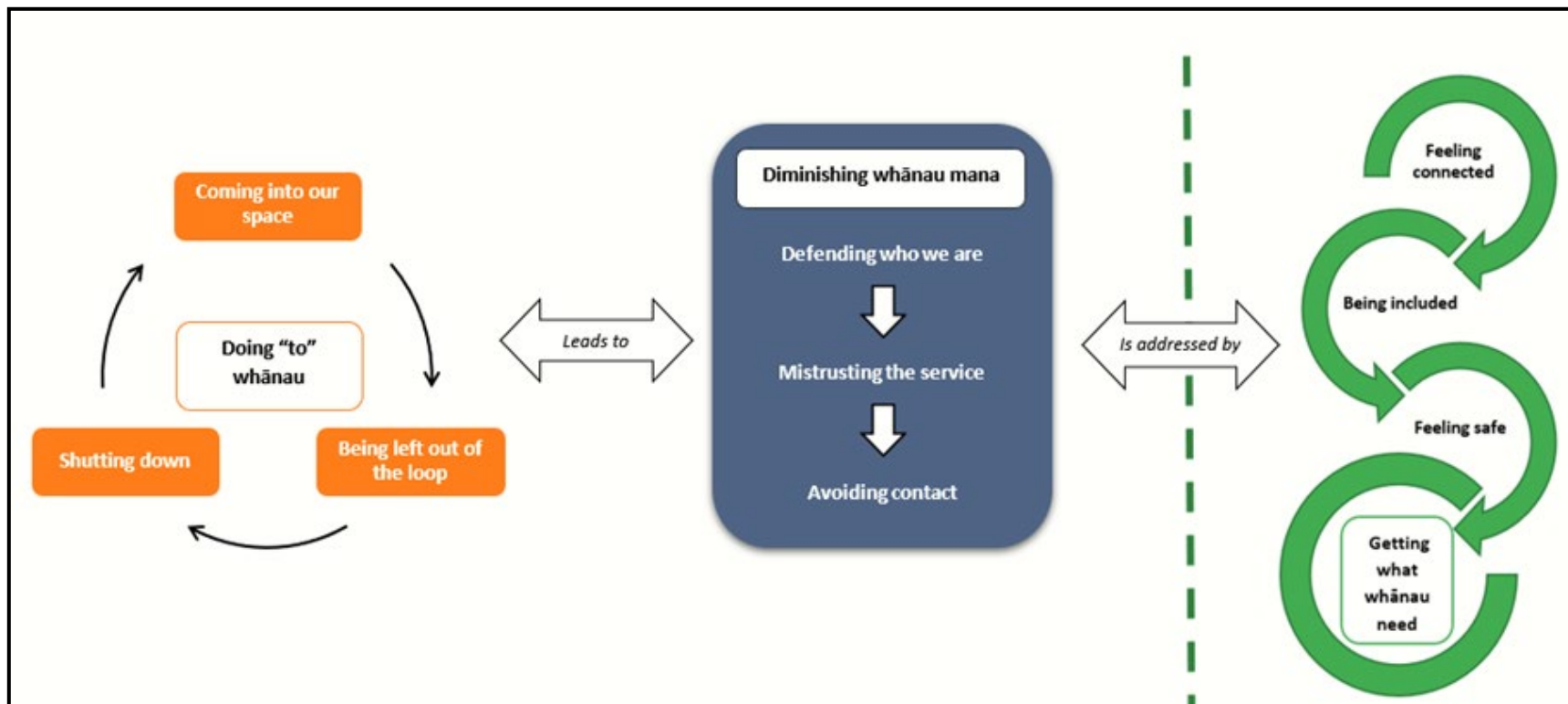


Relationships are
central to cultural
safety

What whānau experience

- Being talked at, not with
- Advice that doesn't fit their reality
- Feeling judged or monitored
- Fear that honesty has consequences





Mahi Ngātahi – A theory for culturally responsive WCTO services



Why change our approach to SUDI conversations?

- Rule-heavy messages
- Right vs wrong framing
- Risk as individual failure
- Little room for context

Safety and mana

- Pēpi safety
-

- Whānau dignity
-

- Trusting relationships
-

Safety kōrero cannot come at the cost of mana

Cultural Safety

Only one word needs to be altered in order to suitably change the old nursing philosophy to become appropriate for the end of the 20th century and onward to the 21st. That word is *irrespective*. By adjusting it to become *respect-ive*, the objective of nurses to give appropriate service delivery can be achieved. Nurses provide care, *respective* of the nationality of human beings, the culture of human beings, the age, the sex, the political and the religious beliefs of other members of the human race.

Key questions to ask ourselves

- Who is this message designed for?
- Whose realities are centred?
- Who is positioned as having the power in this interaction?
- What am I wanting to achieve? (what's my agenda)
- What do the whānau want to achieve?



Foundations for Safe Sleep

- More context-aware
- Less prescriptive
- Supports informed choice
- Practice has matured

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.

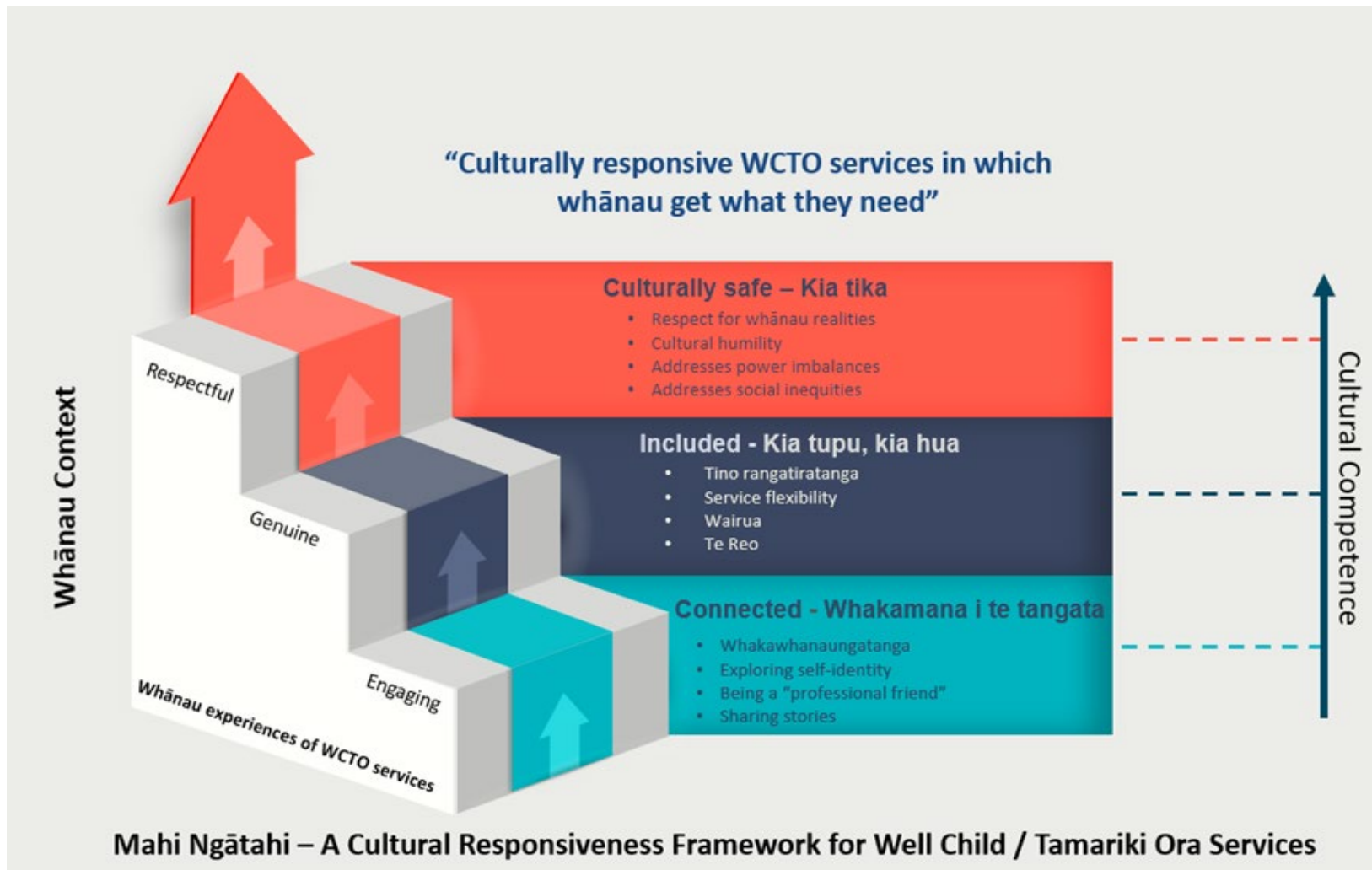
FATHERS & FAMILY: Everyone in the whānau helps keep pēpi safe while they sleep and supports them to stay well.

Reframing SUDI prevention

Rules → Relationships

Control → Collaboration

Instruction → Inquiry



<https://openrepository.aut.ac.nz/items/76b1340d-dd2a-4efe-bd8b-892e92ca1327>

Mahi Ngātahi in SUDI prevention

1. Start with connection

2. Seek to understand before advising

3. Share knowledge alongside whānau

4. Co-design safer sleep options

5. Follow-up in a timeframe determined by whānau

What this might sound like:

How is sleep going for baby and for your whānau?

What helps your baby feel safe?

What do you know already about babies and sleep?

How do your whānau sleep their babies?

Can we think together about some options to make sleep times even safer for your whānau?

What do you need to help keep baby safe when they are sleeping?

What does a typical day look like in your whare?

Who else helps you with looking after baby and what sorts of things do they do?

Key takeaways



Prioritise real relationships and real conversations



Be comfortable with complexity and not knowing



Be committed to whānau-centred practice that puts whānau in the driver's seat