

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 bassinet.

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 —