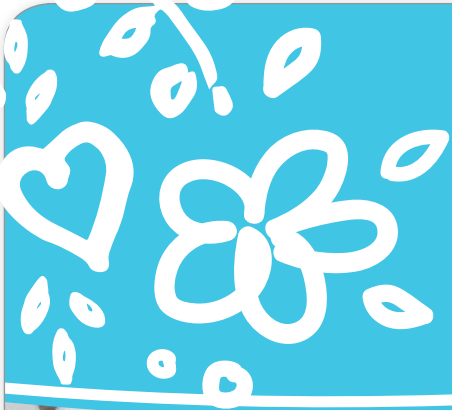


Safe Sleep

C1163



Make every sleep a safe sleep

Sudden unexpected death is a risk to babies until they are about 12 months old, but most deaths can be prevented. There are things we can do to protect our babies. Although for some babies the cause of death is never found, most deaths happen when the babies are sleeping in an unsafe way.

Remember the ABCs of safe sleep

- A: alone
- B: on their backs
- C: in a cot every time.

You can check your baby is warm but not too hot by feeling the back of their neck or their tummy (under the clothes). Baby should feel warm, but not hot or cold. Your baby will be comfortable when their hands and feet are a bit colder than their body.

If you don't have a baby bed, and you are on a low income, you may be able to get a Special Needs Grant from Work and Income to buy a bed.



Always follow these safe-sleep routines for your baby and your baby's bed.



Make sure your baby's bed is safe

Baby's bed is safe when:

- it has a firm and flat mattress to keep your baby's airways open
- there are no gaps between the bed frame and the mattress where your baby could get wedged or trapped
- the gaps between the bars of baby's cot are between 50 mm and 95 mm – try to get one with the gaps closer to 50 mm if you can
- there is nothing in the bed that might cover your baby's face, lift their head or choke them – no pillows, toys, loose bedding, bumper pads or necklaces (including amber beads and 'teething' necklaces)
- baby is in the same room as you or the person looking after them at night for their first six months of life.

It is never safe to put your baby to sleep in an adult bed, on a couch or on a chair. If you choose to sleep in bed with your baby, put them in their own baby bed beside you – for example, a pēpi-pod* or wahakura. This will help to reduce the risk of your baby suffocating while they are asleep. Information about using a pēpi-pod* or wahakura is available online;

<http://www.whakawhetu.co.nz/>

http://www.changeforourchildren.co.nz/pepi_pod_programme

Make sure your baby is safe

- they always sleep on their back to keep their airways clear
- they are in their own bassinet, cot or other baby bed (e.g. a pēpi-pod* or wahakura) – free from adults or children who might accidentally suffocate them
- they are put back in their own bed after feeding – don't fall asleep with them (to protect your back, feed your baby in a chair rather than in your bed)
- they have someone looking after them who is alert to their needs and free from alcohol or drugs
- they have clothing and bedding that keep them at a comfortable temperature – one more layer of clothing than you would wear is enough; too many layers can make your baby hot and upset them
- they are in a room where the temperature is kept at 20°C.

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See the Work and Income website or call 0800 559 009.