

Six principles for protecting a baby's life



Face-up



Face clear



Smokefree



Breastfed



Close to a parent



Handled gently

Baby Essentials Safe Sleep Check

1. **From the very start**, make babies as strong as possible.

How strong is my baby?

- Was my baby smokefree in pregnancy?
- Was my baby born after 36 weeks?
- Did my baby weigh more than 2500 grams at birth?
- Is my baby breastfed?

For more vulnerable babies, the extra protection of their very own 'baby bed' (a bed designed for babies) is **essential** every time they sleep.

2. **For every sleep**, make it as easy as possible for babies to breathe freely.

Can my baby breathe freely?

- Have I put my baby down to sleep face-up? (not side, front or propped on pillows)
- Is there plenty of space around the face?
- Is there no chance of getting onto the tummy, near pillows, under covers or into gaps? (i.e. is in a safe space)
- Does my baby breathe only smokefree air?

3. **In every place they sleep**, make the environment as safe as possible.

How safe is the sleeping place?

- Is my baby in the same room as me when I am asleep?
- Is my baby in a 'baby bed' (bassinet or cot), or, in a pēpi-pod or wahakura if sleeping with me in my bed?
- Have I noticed and removed, or avoided, possible hazards?
- Does my baby have a sober person with them when there is alcohol, drugs or partying?

Hidden Sleep Hazards

Ordinary things can become sleep hazards for babies as they pass through a critical stage of development. Placing babies in unsafe positions can be why they get into trouble later in their sleep. Hazards may come from: pillows, soft items, loose covers, adult bedding, a soft surface, mattress tipping sideways, being propped, couches, people in the same bed, bulky or tight wrapping, an unusual neck position, pressure on a tiny chest, alcohol, drugs and partying.