

*An update for grandparents on sudden infant death*

‘It didn’t happen in my day’



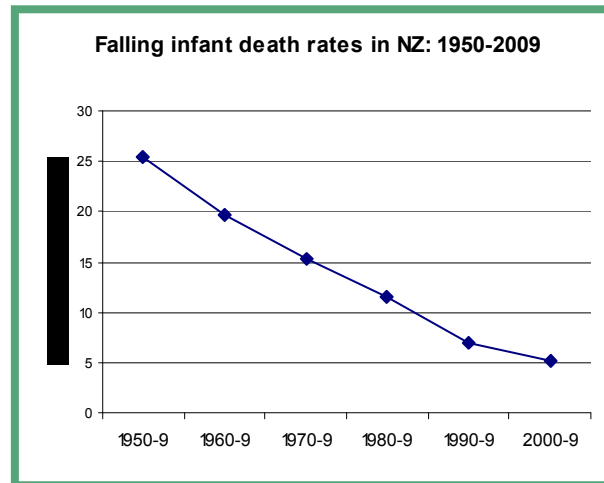
*More NZ babies reached their first birthday in 2009 than ever before.*

*Thirty years ago the death rate for NZ babies was three times higher.*



## It is a safer world for babies now

The graph below shows the falling death rates for babies over the past 60 years. (NZ Statistics)



However, the fall has slowed and we continue to lose 60-70 babies every year from sudden infant death. **Smoking** and **unsafe sleep** are the main reasons.

We need grandparents behind the advice to sleep babies on their backs, be smokefree in pregnancy and in families, and prevent accidental suffocation.

**To update yourself go to**

[www.changeforourchildren.co.nz/  
Safe\\_Start\\_Programme/Baby\\_Essentials\\_Online](http://www.changeforourchildren.co.nz/Safe_Start_Programme/Baby_Essentials_Online)

and take the 15 minute course that midwives and doctors take