



What can you do?

1. **Talk with people.** Have lots of safe sleep discussions with other grandparents (one by one, or in a group).
 - Use the “Talk Card” and the “tube” to share knowledge and facts. Talk about how babies work, what makes them vulnerable, how they can suffocate and how we can protect them.
 - Demonstrate, with the tube, the ways a baby can suffocate, and how air must get **through the tubes** to keep baby alive.
2. **Pass it on**
 - Ask the people you talk to, to “pass it on” too and help more people to understand.
2. **Complete “participation form”**

(either online or hard copy - see next page)

 - tell us about your first 10 conversations with others (and try to get them to do the same).
 - Your information helps to evaluate this work. It is important to the quality processes of the project to complete and return forms as soon as possible.



Grandparents Participation form

A. Name (first name)..... M / F : Grandparent Y / N: Ethnicity.....

B. Name of person who spoke with you about this project.....

C. Details of safe infant sleep discussions you have had:

People (first name)	Date of each discussion	Comment
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

D. How much have you enjoyed being part of this project

circle to rate 1 = low & 9 = high 1 2 3 4 5 6 7 8 9

E. Describe a high point or best moment in your discussions, eg a time when a discussion went well, when you felt confident, or, felt that what you are part of is important.....

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F. We value your feedback and your participation

Return this form to either, the person who first spoke with you about this project or, to Change for our Children, PO Box 36406, Christchurch 8146.

Thank you for taking this lead to protect the lives of New Zealand Babies