

BREASTFEEDING FRIENDLY EARLY CHILDHOOD CENTRES

SAFE SLEEP

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Place pēpi to sleep in their own safe
sleep space

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Eliminate smoking in your whānau, whare,
and waka

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Position pēpi flat on their back to sleep
with face clear of bedding

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Encourage breast/chestfeeding and
gentle handling of pēpi



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OTHER WAYS WE CAN PROTECT PĒPI FROM SUDI

Ensure arms are out for every sleep once pēpi is beginning to show signs of rolling.

Support the feeding of expressed breast milk when pēpi is unable to feed at the breast.

Ensure all sleep spaces are free from loose blankets, pillows and toys.

Ensure pēpi is dressed appropriately for the room temperature to avoid overheating.

Position pēpi to sleep on their back on a firm, flat, well-fitting mattress.

Do not use car seats as a sleeping space for pēpi. These are designed to protect pēpi whilst travelling.

*“Ko Ranginui ki runga, ko papatūānuku ki raro”;
Put pēpi to sleep facing Ranginui, embraced by the loving arms of Papatūānuku*

