

Baby's name

Baby's sex

Birth date

Birth time

Birth weight

## Everyone please ... protect me by making every sleep a safe sleep

You can help protect your baby from dying suddenly in their sleep by:

- ✓ **PLACING** baby in their own bed for every sleep (and close to parents/caregivers at night)
- ✓ **ELIMINATING** smoking in pregnancy, in the whānau and in the home
- ✓ **POSITIONING** baby on their back for sleep
- ✓ **ENCOURAGING** and supporting Mum, so baby is breastfed and making sure baby is immunised on time



# Make Every Sleep a Safe Sleep

**Every year, too many New Zealand babies die suddenly during sleep.**

**Many of these deaths can be prevented.**

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

See the Ministry of Health pamphlet *Keep Your Baby Safe during Sleep* (Code HE1228) for more information about protecting your baby from dying suddenly in their sleep. This pamphlet is available from [www.health.govt.nz](http://www.health.govt.nz) or your local authorised provider.

**Te Whatu Ora**  
Health New Zealand

[New Zealand Government](http://www.health.govt.nz)

For more information, speak to your midwife, Well Child Tamariki Ora Provider, doctor or practice nurse; ring PlunketLine on 0800 933 922; or visit the Ministry of Health website at [www.health.govt.nz](http://www.health.govt.nz)