

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 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