

Information for parents and whānau

*pēpi-pod*<sup>®</sup>  
SLEEP SPACE

for babies more vulnerable  
to accidental suffocation

### **Rules of Protection**

On the back, clear face

Only baby in this space

Breastfed, smokefree

Sober carer close by me

Own space, gentle care

Drugs and drinking nowhere near



[www.pepipod.co.nz](http://www.pepipod.co.nz)

## About this sleep space

We have developed the pēpi-pod® sleep space as support for you and protection for your baby against the risk of accidental suffocation.

### Places and times of increased risk

- in, or on, an adult bed
- on, near, or propped against pillows
- on a couch or armchair
- in makeshift beds or away from home
- recent use of alcohol or drugs by carers

### Babies only breathe through their noses

As well, they have large and heavy heads, short necks, loose jaws and large tongues. Together, these things are why position is so very important for sleeping babies - flat and on the back. This position keeps babies' airways open.

### How airways can block

If oxygen does not reach our lungs we suffocate. For babies, this may happen because of a covered face, pinched nose, 'chin to chest' position of the neck, or pressure on, or against, the chest.

### Safe and close

The pēpi-pod® sleep space is a way for your baby to be safe and close to you when settling for sleep, both in the night and during the day.

### Arrange a sober carer

If you use alcohol or drugs, arrange for someone responsible and sober to take care of your baby.

Tender Shoot Limited (2015)



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