

Baby's Name

Birth Date

Birth Time

Birth Weight

Baby's Sex

Everyone please ...

in every place, for every sleep, check that I am safe.

- ✓ face up
- ✓ face clear
- ✓ smokefree

atawhaitia ahau i roto moemoea

from my earliest beginnings, pursue protection so that I may dream

This is why ...

Like all babies, I need to breathe even when I sleep. If air is stopped from reaching my lungs I suffocate. I need whoever cares for me to be sure I am safe **every time I sleep**.

Face up: I am designed to sleep face up (on my back). My wake-up (arousal) response works best in this position. It reminds me to breathe. You may worry I will choke when I sleep on my back, but my gag and swallow reflexes protect my airway if I spill.

Face clear: My face needs to stay clear all through my sleep. Things can change. If you prop me on pillows I may slip off, roll to face-down, or slide down under bedding. If there are others in the bed, they may tip the mattress or even roll onto me. I may get wedged into gaps on couches and chairs. Soft things, like pillows, may smother me. A safe place for me is one where my face stays clear and these things cannot happen.

Smokefree: Smoking, especially in pregnancy, takes oxygen away from me. It weakens my vital systems as they develop. My breathing is not so strong, so I need extra protection when I sleep. Like all babies, I do need to be close to you, day and night, but **if you smoke (or I am premature or low birth weight)** I also need my very own 'baby bed' (such as a cot) every time you put me down to sleep. This is **essential protection** for me.

If people use alcohol, drugs or they party, I need to have a sober person with me.