

Safe sleep for P.E.P.E.

Place Eliminate Position Encourage



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**SUDI Prevention
Coordination Service**

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Place baby in their own baby bed in the same room as their parent or caregiver.

Eliminate smoking in pregnancy and protect baby with a smokefree whānau, whare and waka.

Position baby flat on their back to sleep - face clear of bedding.

Encourage and support breastfeeding and gentle handling of baby.

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Wahakura

The wahakura is a kaupapa Māori safe sleeping space. Place pēpi in the wahakura for every sleep. 'Waha' means to carry and 'kura' refers to the treasure that is your precious pēpi.

Taking care of your wahakura:

- Always place the wahakura on a flat surface when in use.
- Regularly air and expose your wahakura to sunlight (not direct sunlight).
- Keep the wahakura free of toys or pillows.
- Use a firm mattress (2.0cm - 2.5cm thickness) ensuring there are no gaps between the mattress and sides of the wahakura.
- Cut and remove any harakeke fibres or threads that appear and return them to the whenua.
- If soiled, wash the wahakura with warm soapy cloth.
- Make sure the wahakura is wiped dry with a towel then left in the sun to completely dry before use.



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