



Safe sleep for P.E.P.E

- Place*** Place pēpi (baby) in their own baby bed in the same room as their parent or caregiver.
- Eliminate*** Eliminate smoking in pregnancy and protect pēpi (baby) with a smokefree whānau (family), whare (home) and waka (car).
- Position*** Position pēpi (baby) flat on their back to sleep – face clear of bedding.
- Encourage*** Encourage and support breastfeeding and gentle handling of pēpi (baby).



Te Hā – Waitaha

www.stopsmokingcanterbury.org.nz/

- Free stop smoking support
- A Pregnancy Incentive Programme is available for pregnant smokers
- Access to free Nicotine Replacement Therapy – patches, gum and lozenges.



CanBreastFeed

Canterbury Breastfeeding Advocacy Service

CanBreastFeed

canbreastfeed.co.nz/

- Help & support for breastfeeding
- Find breastfeeding friendly cafes and places
- How family can help support breastfeeding
- Workplace information



www.healthinfo.org.nz

Health Info

www.healthinfo.org.nz/

- Canterbury specific website for health information
- Search on SUDI, safe sleep, breastfeeding or any other health concerns to get more information



MANATŪ HAUORA

Ministry of Health – Safe Sleep

www.health.govt.nz/your-health/pregnancy-and-kids/first-year/helpful-advice-during-first-year/safe-sleep

- Information about safe sleep for your pēpi (baby) and other information about your pēpi (baby) as it grows.

Please talk to your midwife, Tamariki Ora or Well Child provider if you have further questions about safe sleeping.

Canterbury

District Health Board

Te Poari Hauora Ō Waitaha



**ST GEORGE'S
HOSPITAL**

MATERNITY CENTRE



Pregnancy · Infancy · Parenting · Support