



Safe Sleep for P.E.P.E

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

