

Close *and* Safe

from knowledge to enablers for preventing SUDI

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BACKGROUND

In New Zealand, the rates of sudden unexpected death in infancy (SUDI) are no longer responding to information campaigns. Coroners report that people may know the key prevention messages, but the **realities of the moment**, such as being away from home, cold houses, poverty, or an unsettled baby, compete **with safe sleep advice**, and babies die because of it.

Solutions are needed, in both hospitals and homes, that **enable** parents and babies to be **close and safe** when all are sleeping. Our Safe Sleep Enablers Project is an exploration of options for baby beds that support parents and babies to meet their shared needs for frequent breastfeeding, closeness, safety and sleep.

BABY BED OPTIONS

Hospital clip on cot: We are trialling two clip-on cots in local hospitals. Feedback on use from staff and 13 mothers at Burwood Birthing Unit, Christchurch, has been strong, positive and consistent. Words used in feedback included:

- ▶ *awesome, brilliant, fantastic, excellent, convenient, practical, reassuring*

Women's comments below highlight some of the benefits felt:

- ▶ *'found it lovely to be able to lie beside her and have her hold my finger'*
- ▶ *'made feeding and comforting a lot easier not having to get out of bed'*
- ▶ *'felt much safer than falling asleep with him in bed with me'*
- ▶ *'being able to touch and comfort baby while in bed resting was great'*
- ▶ *'It meant I could be right there beside him when he needed me'*
- ▶ *'it meant I could do more and interact better after my C-section'*
- ▶ *'brilliant to be able to reach out and touch my baby in the night'*
- ▶ *'I need one at home!'*

Home 3-sided cot: We are trialling two 3-sided cots with newborns at home and the response from the three user-families to date is also strong, positive and consistent. Parents are appreciating the closeness, safety, ease of feeding and improved rest and sleep. Fathers are also enjoying being able to 'check at a glance' through the night and enjoy 'just looking' as their babies sleep.



REALITY CHECK

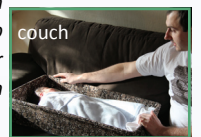
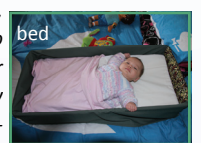
Lounge living, no room for a cot and fear from earthquake aftershocks all contributed to this high risk baby co-sleeping with mother and sibling. The Pēpi-Pod **enabled** this young mother to provide a safe space for her baby.

Wahakura: Wahakura means 'holder of what is precious' in Māori and is being promoted in Māori communities as a safe space to sleep babies both in and out of the adult bed. Wahakura are individually woven from flax, making them expensive and in short supply. New ways are being explored to overcome these barriers to access.



Pēpi-Pod: The Pēpi-Pod is a low cost 'sister' to the wahakura, currently being explored as a safe sleep option for more vulnerable babies, especially those whose mothers smoked in pregnancy. It is a multi-purpose storage container, that, when fitted with a foam mattress and an attractive cover, offers an immediate solution to the smoking + bed sharing risk and costs less than NZ\$25.

Feedback from parents highlights the value of: *'light but strong', 'easy to carry and take places', 'easy to settle her to sleep', 'can have her anywhere and know she is close and safe - couch, floor, on and in my bed', 'better sleep for me, too', 'easy for her to be right with us'.*



Hospital clip-on cot



Home 3-sided cot



Wahakura



Pēpi-Pod

BABY BEDS OF THE FUTURE



Registered concept brand

Development makes demands on how we care for babies. Their need for frequent comfort, closeness, breastfeeding and sleep must to be considered **as well as** their safety from SUDI, when designing baby beds and deciding prevention advice. To guide manufacturers, we have registered two baby bed concepts that enable closeness *and* safety: *latch-on* and *settle me safe*.



Registered concept brand



Vision: safe sleep for every baby, in every place, at every sleep