

TO Maternal and infant services, all Primary Health Care Providers

FROM Marama McGrath, Pepi Haumaru,
Keeping Babies Safe Coordinator,
MDHB

DATE 27th March 2020

SUBJECT Access to wahakura and pepi pod



MEMORANDUM

SUDI prevention messaging as well as the distribution of wahakura and other safe sleep devices remains an essential health service at this time. Whānau may practice unsafe sleep practices with young babies, due to the increased stress caused by Covid-19 response. Babies who are vulnerable may be more at risk of SUDI. We request all health providers who connect with whanau and young babies support safe sleep advice. Well Child Tamariki Ora Providers and other relevant providers who usually distribute pepi pods are no longer conducting home or clinic visits. There is also a limited service for distribution of wahakura.

In the event a baby needs an urgent safe sleep space, we have identified LMCs across the district who are continuing to undertake home and clinic visits during this time; and able to distribute safe sleep devices following public health protocol.

An urgent safe sleep device should be issued if the following circumstances are present:

- Māori or Pacific Whānau who do not have a wahakura, pepi-pod or safe baby bed
- Whānau with smoking in the household
- When a vulnerable pregnancy is identified
- Whānau with limited access to resources

A small supply of wahakura and pepi pod are being stored and distributed by LMCs/midwives at the following bases across the district:

1. Pirie St Midwifery, PN
2. Awhina Midwives, PN
3. Heretaunga midwives, PN
4. Midwifery Care, Grey St, PN
5. Te Papaioea Birthing Centre, PN
6. Ruahine midwives, PN
7. Neonates, PN Hospital
8. The Trust - Tararua, Pahiatua
9. Dannevirke Community midwives, Dannevirke
10. Horowhenua Maternity Unit, Levin

Additional supplies will be provided to these areas as required.

Current online safe sleep online information and videos demonstrating safe sleep suitable to share with whānau:

<https://www.healthed.govt.nz/resource/keep-your-baby-safe-during-sleep>

<https://www.kidshealth.org.nz/safe-sleep-your-baby>

<http://sudinationalcoordination.co.nz>

<https://www.facebook.com/healthandwellbeingmamaandpepi>

Further online video resources which provide an explanation for whānau about safe sleeping and wahakura are being developed by Mokopuna Ora and will be made available on their facebook page:

<https://www.facebook.com/healthandwellbeingmamaandpepi> soon. However our immediate attention is ensuring wahakura and pepi pods are in circulation and able to be accessed.

If you require further information please contact Marama.

Ngā mihi,
Marama

Marama McGrath
Nurse Coordinator, MDHB
Pepi Haumarū/Keeping Babies Safe Programme
marama.mcgrath@midcentraldhb.govt.nz
Cellphone: 027 224 9085