

Safe sleep

Sudden Unexpected Death in Infancy (SUDI; includes SIDS (sudden infant death syndrome)) is a sleep related death in the first year of life.

Pēpi who are exposed to smoking, drugs or alcohol are at an increased risk of Sudden Unexpected Death in Infancy.

Anything that makes you sleep deeply will make it hard for you to respond properly to your pēpi needs and ensure their safety.

Safe sleep for P.E.P.E.



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

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

Position pēpi flat on their back to sleep – face clear of bedding.

Encourage and support breastfeeding and gentle handling of pēpi.

Useful contacts

Meth Help 0800 METH HELP
(0800 638 433)

Alcohol and Drug Helpline
0800 787 797

Christchurch Central Service (CCS) 03 338 4437

Christchurch Alcohol and Drug Service (CADS) 03 335 4350

Lifeline 0800 376 633

Plunket line 0800 933 922

Healthline 0800 611 116

In an emergency, dial 111



Methamphetamine and your Pēpi

Whānau/Family Information

www.cdhb.health.nz/matatiki

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Health New Zealand
Te Whatu Ora

MATATIKI
CHILD & YOUTH HEALTH
WAITAHA CANTERBURY

Effects on pregnancy

Using methamphetamine (P, meth) can affect the development of your pēpi brain and nervous system before birth.

Methamphetamine use in pregnancy may:

- Affect your pēpi growth
- Lead to miscarriage and stillbirth
- Cause bleeding/separation from the site of the placenta (placental abruption)
- Reduce blood flow and oxygen to your pēpi
- Increase your blood pressure and increase the risk of stroke or heart attack

Effects on childhood

Methamphetamine use in pregnancy has also been linked to an increased risk of the following challenges to a developing tamariki:

- Smaller head size
- Behavioural problems
- Delayed motor development
- Changes to brain development
- Poor growth following birth
- Learning problems

Ways to support your pēpi

Remain calm – take deep breaths and try to radiate comfort and security

Talk before you touch – use a soft, calm voice to greet your pēpi before you touch them.

Turn it down – help create a soothing environment by keeping the lights low. Keep any music or voices soft

Respond calmly and immediately to your pēpi – it's easier to soothe a pēpi who is just starting to fuss than when they are crying.

Use gentle hands and swaddle your pēpi – swaddling helps your pēpi to feel safe, making them feel reassured and soothed. Your nurse/midwife can show you how to swaddle your pēpi with a sheet or blanket should you wish. Encouraging your pēpi hand-to-mouth sucking or use of a pacifier can also be soothing.

Hold your pēpi skin-to-skin – holding your pēpi closely, with bare skin touching, is good for you and your pēpi.

Keep movements slow and rhythmic – when you are holding your pēpi, try gently swaying rather than jiggling or bouncing.

Breastfeeding

Some studies have suggested that babies exposed to methamphetamine may have impaired growth, learning problems and behavioural difficulties.

Methamphetamine can pass into your breastmilk and can build to higher quantities.

For this reason, breastfeeding is **not recommended** if you are currently, or have recently used methamphetamine. Talk to your midwife or doctor about ways for you to safely breastfeed.

Care for your pēpi

Some pēpi withdrawing from methamphetamine can be very sleepy, may not feed well and may have poor muscle tone (floppy). Others may be over-active, irritable, sleep poorly and could be unsettled. If a pēpi shows significant signs of withdrawal, they may need to be cared for in a Neonatal Intensive and Special Care Unit.

Support for you

Some people find it hard to talk about their methamphetamine use with health professionals.

Seeking information and advice in pregnancy and attending your antenatal appointments will help you and your pēpi.

The health team involved in your pregnancy care can support you with stopping your drug use, and initiate referrals to limit further use.

