



TUMUNU EI FANSOUN AI MEUR

Keep Me Safe While I Sleep (Chuukese)

En mei sinei nge monukon iir mei tongeni mano ren itiitingawen ika tumunungawen atun aar méur?
(Did you know that babies can die because of unsafe sleeping conditions?)

Kose mochen kopwe opwonuweta ekkei memmef ren túmwúnún ái usapw feiengaw:
(Please follow these tips to keep me safe:)

Akkónaeitiw wón séékúri iteitan fansoun ái méür.
(Put me on my back to sleep, even for naps.)

Ika ngang mei nennenó, achappaeitiw wón "nukei" (amwékútükútú fetánei ei, kékén ngeni ei, fós ngeni ei, ánnéá ngeni ei, me urumwot ngeni ei).

Túmwúnú nón imwei we me nón waai we esapw neenian úún supwa.
(Keep my home and car smoke-free.)

Monukón iir mei ngasangaseri supwa ika méür órun ién kewe mi úkkúún supwa, mei watte ngeni nónnómwun inisiir aar repwe pusin manó nge esapw wor popun.

Túmúnú pwe neeniei we titin semirit ika titin neenien méür, mei opwonuweta annúkkún túmúnúéechun esapw wor feiengawan semirit me nón waar kewe. Túmúnúéechú pwe epwe péchékkún, ngút me sónééch eppetin ewe, me tükútükún ewe epwe ngút me saisééch. (Be sure my crib is safety-approved, and my play yard has not been recalled. Be sure they have firm, tight fitting mattresses with sheets that fit tightly.)

Kosapw mut ngeniei ai úpwe méür wón aan watte petin méür, pet mei néénéé, ika neenien mómmót mi méngüméng. Ekkei neeni mei tongeni esenipa ngeni an epwe pachchaach mesei me aweiresi ái ngasangas.

Pinnu, ekkewe maan mei katon, fitong ika ekkewe pinangket mei watte méngüméngún ese ééch ngeni neeniei we ne méür. (Pillows, stuffed toys, futons and comforters are a danger in my sleep area.)

Kosap mut ngeniei ai úpwe méür wón ekkewe neeni mei méngüméng. Mei auchea úpwe méür wón ekkewe neeni mei péchékkún esapw wor mettóch mei méngüméng minne eppei ai úpwe ngasangasééch.

Méür ngeniei nón eew chék ruumw, nge esapw wón eew chék pet. En mei tongeni oupwuei wón ómw ewe pet, nge nupwen úwa méür, eniwinieinong nón neeniei we. (Sleep in the same room with me, but not in the same bed. You can breastfeed me in your bed, but when I'm ready to sleep, put me back in my crib.)

Ai úpwe méür ngeni ekkóch, pwusin inei me semei, fefinei me mwongeei, mei tongeni afeiengawai ika re kunnutá wóói me eppeti ái úpwe tongeni ngasangas.

Eúfélúa ngeniei ekkewe úuf esap apwichikaraei nupwen ái méür.
(Put me in clothes that will not make me feel too warm when I sleep.)

Ika úpwe koon pwichikar mei tongeni esenipa ngeni ei ái úpwe má mwáánino nge esapw wor popun.

Eit ngeni meinisin chon auchaniei me tongeiei ekkei metoch mei auchea.
(Share these tips with all who care for me.)

Ren tichikin porous: Kekeri chon The Parent Line (808) 526-1222 /Neighbor Islands 1-800-816-1222 ika chekini an

Safe Sleep we website www.safesleephawaii.org

