





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:)


 **Akkónaetiwi wón séékúri iteitan fansoun ái méur.**
(Put me on my back to sleep, even for naps.)


 Ika ngang mei nennénó, achappaeitiwi wón “nukei” (amwékútúkútú fetánei ei, kéén ngeni ei, fós ngeni ei, áneá 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 méur 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 méur, mei opwonuweta annúkkún túmúnúééchun esapw wor feiengawan semirit me nón waar kewe. Túmúnúééchú pwe epwe péchékkún, ngút me sónééch eppetin ewe, me tókútúkún 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 méur wón aan watte petin méur, pet mei néénéé, ika neenien mómmót mi méngúméng. 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 méngúméngún ese ééch ngeni neeniei we ne méur.** (Pillows, stuffed toys, futons and comforters are a danger in my sleep area.)

 Kosap mut ngeniei ai úpwe méur wón ekkewe neeni mei méngúméng. Mei auchea úpwe méur wón ekkewe neeni mei péchékkún esapw wor mettóch mei méngúméng minne epwe eppetí ai úpwe ngasangasééch.

 **Méur ngeniei nón eew chék ruumw, nge esapw wón eew chék pet. En mei tongeni oupwuei wón ómw ewe pet, nge nupwen úwa méur, 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 méur ngeni ekkóch, pwusin inei me semei, fefinei me mwongeei, mei tongeni afeiengawaei ika re kunnutá wóói me eppetí ai úpwe tongeni ngasangas.

 **Eúféúfa ngeniei ekkewe úuf esap apwichikaraei nupwen ái méur.**
(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 aucheaniei me tongeiei ekkei metoch mei auchea.
(Share these tips with all who care for me.)

Ren tichikin porous: Kekeru chon Maternal and Child Health Branch (808) 733-9044 ika chekini an Safe Sleep we website www.safesleephawaii.org



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