

What is the Pepi-Pod® Program?

The Pepi-Pod® program includes a safe sleeping space and education about how to sleep your baby safely.

We are running a research project in SA to see if the Pepi-Pod® way works for Aboriginal families.

We invite you to join us and give it a go.



Introducing The Research Team:

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Contact

Contact one of our Aboriginal Research

Assistants: **Rikki** in Adelaide on 0434 700 103

Wilhelmine in Port Augusta/Whyalla on 0427 416 400

or the project leader **Julian Grant** on 8201 2126

Website: <https://sites.flinders.edu.au/ssabsa>

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Find us on Facebook soon!

This research project has been approved by the Aboriginal Health Research Ethics Committee (AHREC) Project number 04-18-799, Women's and Children's (WCHN) Hospital Human Research Ethics Committee project number HREC/18/WCHN/169, and Flinders University Social and Behavioural Research Ethics Committee (SBREC) project number OH-00213. For more information regarding ethical approval of the project please contact the Executive Officer AHREC at 08 8273 7200 or email Gokhan.ayturk@ahcsa.org.au, WCHN at 08 8161 6521 or email luke.fraser2@sa.gov.au, and SBREC at 08 8201 3116 or human.researchethics@flinders.edu.au

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Would you like to try sleeping your baby the Pēpi-Pod® way?

The Pēpi-Pod program is coming to South Australia



Aboriginal Health Council
of South Australia Inc.



Government
of South Australia
SA Health



Women's
& Children's
Hospital

The study

There are too many Aboriginal and Torres Strait Islander babies dying of Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Death (SUDI) in Infants. In New Zealand and Queensland the Pepi-Pod[®] program has been tried and it seems to work well for families, and to reduce SIDS and SUDI. We are now trying this program in SA. We are doing this as research to see if it helps families learn about sleeping safely, and to see if the program works for Aboriginal families in SA. If you meet the following criteria we'd love you to take part:

- You identify as Aboriginal or Torres Strait Islander
- You are expecting to have a baby from June through to November 2019
- You are planning to have your baby at the Women's and Children's Hospital, Lyell McEwin Hospital, Port Augusta Hospital or Whyalla Hospital
- You are happy to learn about safely sleeping your baby and
- You are willing to share how you find using the program with an Aboriginal researcher

If this is you, here's a bit more information...

What will I be asked to do?

If you agree to take part in the study an Aboriginal Research Assistant will meet with you some time after 37 weeks of pregnancy to give you your own Pepi-Pod[®] pack. You can keep this. She will explain how to use it and teach you about how to sleep your baby safely. She will answer any questions you might have.

She will also ask for some information about you and what you already know about safe sleep for babies.

This initial yarning session will take about 1-1½ hours.

You will keep seeing your Aboriginal Cultural Consultant and/or Child Health Nurse after your baby is born. They should know all about the Pepi-Pod[®] program so can help you with it.

What to expect

Before contacting you again, the Aboriginal Research Assistant will check your medical records to ensure that we don't disturb you if there has been a significant health concern with your baby. If everything is OK she will contact you not long after you and your baby have come home. She will ask if you still want to take part in the project or if you have changed your mind. If you still want to take part and use the Pepi-Pod[®] she will check in to see if you have any more questions about the project or about safely sleeping your baby in the Pepi-Pod[®]. She can do this over the phone or come to your home if you prefer. Her final yarning session with you will be when your baby is around 6-8 weeks. During this yarning session she will ask how you are going and work with you to fill out a questionnaire about using the Pepi-Pod[®]. The questions are about things like how you found the Pepi-Pod[®], how you are feeding your baby, if you are smoking and some other things around safely sleeping your baby. If you haven't used it, it doesn't matter. We just want to find out what you think so we can work out if it's worth offering it to everyone. This session will go for about 1/2 an hour.

Who will find out my information?

Please don't worry about who will find out the information you have shared with the Aboriginal Research Assistant. None of the information will have your name attached to it. Anything we write about the project will not have your name on it or share anything that might identify you or your family.

The only time that anyone from the team might need to pass on your information is in the case of a legal requirement when your information has to go to authorised third parties. This is standard. It happens when any information is collected for research and other things. It only happens rarely, but we still want to let you know that it is possible.

The information gathered by the Aboriginal Research Assistant will be entered into an electronic data form.

Your identity will be safe because no personal information is entered into this data form. In addition, what you say will be combined with what everyone else says so it won't be possible to identify any single person.

Are there any risks in taking part of the project?

We don't think that there are many risks if you take part. You might feel shamed if you don't use the Pepi-Pod[®] once you've got it, but please don't worry about this. If you change your mind and don't want to answer any questions when the Aboriginal Research Assistant contacts you, you can just let her know and you can still keep the Pepi-Pod[®]. Sometimes when you have a baby it can bring on sadness. If you feel sad when the Aboriginal Research Assistant talks with you or visits, please let her know and she can give you some phone numbers of places that might help.

How do I give it a go?

This is completely voluntary. This means you don't have to do this if you don't want to. But if you do, all you need to do is let the Aboriginal Research Assistant know. She will give you a consent form.

You will need to sign this once you feel that you understand all of the information in this brochure.

Once you have signed it, the Aboriginal Research Assistant will make a time with you to get started and deliver your Pepi-Pod[®]. Please make sure you take time to yarn with family before saying yes.

How can I find out about how the project turns out?

We will be giving presentations to communities. If you are interested we can let you know when they are on. We will also have eNewsletters. Just let the Aboriginal Research Assistant know and she can make sure you can access them. Thanks for reading this through!

We hope you can join us and give the Pepi-Pod[®] way a go!