




# KŌJBAROK IŌ ILO IEN AŌ KIKI


## Keep Me Safe While I Sleep (Marshallese)


**Kwar ke jela ke elōñ niñniñ rej jako kin an jab bolōmen jikin kiki ko aer?**  
(Did you know that babies can die because of unsafe sleeping conditions?)


**Jouj im loori naan in jibañ kein emōj kōlaajraki ijin kin wāween kejbarok iō jen jorren:**  
(Please follow these tips to keep me safe:)


 **Kōjedrelañ iō ilo aōlep ien aō kiki, bar einwōt ilo ien aō kiki in raan.**  
(Put me on my back to sleep, even for naps.)

 *Kabedroki iō ilo ien wōt aō erreik im “Bedro im Ikkure” ak “Tummy Time” (ekjerjaj, al, bwebwenato, riit, im ikkure ibba). Jab kōtlōk aō bed innem kiki lok ak ij bedro wōt.*


 **Kōjbarok mwōn jokwe eo ad kab wa eo wad bwe en jab dreton paat ie.**  
(Keep my home and car smoke-free.)


 *Elablok an kautata ñan niñniñ ro rej emenono paat aoleb ien, im bar ñan ro rej jokwe ibben drikōpaatat.*


 **Etale mokta ñe emōj kawepen ke ejjab kautata crib eo ak putoñ in kiki eo aō, im bar einwōt kein ikkure ko nejū rej bed nabōj bwe en ejelok kautata ie im enaj kōmman an aikuijin rool ñan jikin wia eo. Lale bwe jiiit ko ren kankan ilo aer ere putoñ ko kineō.** (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.)

 *Kwōn jab kakikiik iō ilo jikin kiki ko an dritto, einwōt putoñ in kiki ko, putoñ ko rej teifi kin dren, jea ak couch ko, kab jea ko rejella wōlōk liklok. Ewōr jet kōta ko ilo jikin kiki im jikin jijet ko rejjab emmōn bwe emarōñ lorak bōra ie im benjak aō emmenono.*

 **Elab an kautata ñan io ñe enaj wor pet ko, tole ko, putoñ im erren putoñ ko iloan jikin kiki eo ao.**  
(Pillows, stuffed toys, futons and comforters are a danger in my sleep area.)

 *Jab kakikiik iō ion kein kiki ko rōbūlokwojkwōj. Ña ij aikuij jikin kiki rōt ne ekwon im kankan men ko eran, im rejjab būlōkwōjkwōj bwe renaj binej aō emmenono.*

 **Kwon kiki ibbā ilo room eo ij kiki ie, bōtaab en juon wōt ne kinem putoñ in kiki. Kwo maroñ kaninnin iō ilo putoñ ne kwōj kiki ie, ak ñe ibōjak in kiki, bar bōklōk iō ñan putoñ eo kūneū.** (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.)

 *Ilo aō kiki ibben armij, einwōt jinō im jemā, ro jeū im jatū, ekōmman bwe en kautata ñan ña bwe remarōñ jibed iō im binej aō emmenono.*

 **Kanuknuk io kin nuknuk ko rejjab ñilñil im bwil ilo ien ao kiki.**  
(Put me in clothes that will not make me feel too warm when I sleep.)

 *Elablok an kautata ñan ña im emarōñ wōr jidrimkij in jako ñe nuknuk ko aō elab aer ñilñil im bwil.*

**Lelok melele kein ñan aōlep ro rej iakwe iō**  
(Share these tips with all who care for me.)

Ñan bōk melele ko rellab lok wōt: Kir ilo telephone ñan Ra eo an Maternal and Child Health ilo (808) 733-9044 ak dreloñe website eo an “Safe Sleep” ilo [www.safesleephawaii.org](http://www.safesleephawaii.org)

