

A baby's airway sits above the food tube when lying on the back.

The back is safer than other positions if babies spill. They have strong gag and swallow reflexes to protect their airways. These work best when babies sleep on their backs.

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Babies need time in all positions for a rounded head shape.

Flat heads come from pressure on a soft skull. Gravity helps spread the pressure, so ...
'Back for sleep, front for play, upright for cuddles and hugs.'

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Safety depends on what might change as a baby sleeps.

Babies can fall off pillows and get into danger they cannot get out of. They may suffocate if they get a covered head or face, slip under bedding or get a slumped neck.

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A baby's 'wake-up' response is weakened on the tummy.

A healthy 'wake-up' response protects a baby's life. It may be convenient for a parent if a baby sleeps longer on the tummy, but it is always dangerous.

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Babies can be warm, close and safe even in cold houses.

Wherever they sleep, babies need to be in the same room as their sleeping parent. They also need their own space, free from any hazards that may block their breathing.

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Smoking weakens babies, including their 'wake-up' response.

Babies who most need their own protected 'face-up, face clear' space to sleep in, are those **not** smokefree in pregnancy or at home, **not** full term, **not** breastfed and recently **unwell**.

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Babies only breathe through their noses for the first months.

If air cannot enter the nose, because it is pressed into something, babies suffocate. This can happen on couches, if a mattress is near a wall, or a poor fit in the cot.

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Yes you can use NRT when pregnant!

Experts agree that using nicotine replacement products (NRT) in pregnancy is **far safer** for a baby than if a mother continues to smoke. They both get more oxygen.

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Breast milk is brain food, too.

Human milk helps babies grow **safer**. It helps their brains develop those vital controls, (e.g. for breathing and heart rate), that protect babies during the critical early months.

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The recovery position is important for unconscious people.

Sleeping babies are not unconscious. They have strong reflexes to protect them as they develop. Back is best when they sleep. The side doubles their risk of death.

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I'm scared she will choke on her back.

'6+1' Knowledge Match-up cards

He's on his side so he won't get a flat head.

'6+1' Knowledge Match-up cards

I prop her on pillows to help her wind, but she is always on her back.

'6+1' Knowledge Match-up cards

I know back is best, but she settles better on her tummy.

'6+1' Knowledge Match-up cards

We all sleep together to keep warm. Our house is freezing.

'6+1' Knowledge Match-up cards

I know I smoke, but when my baby is sick he always sleeps in bed with me.

'6+1' Knowledge Match-up cards

We fall asleep together feeding on the couch, never in our bed.

'6+1' Knowledge Match-up cards

You can't use patches when you're pregnant. That's why I'm still smoking.

'6+1' Knowledge Match-up cards

Can't see what breastfeeding's got to do with cot death. They just say what they like.

'6+1' Knowledge Match-up cards

People in the recovery position are on their sides so it must be safe for babies.

'6+1' Knowledge Match-up cards