



Safe Sleep Essentials

Education on safe infant sleep for staff and carers
within the Child, Youth and Family service.

April 2013



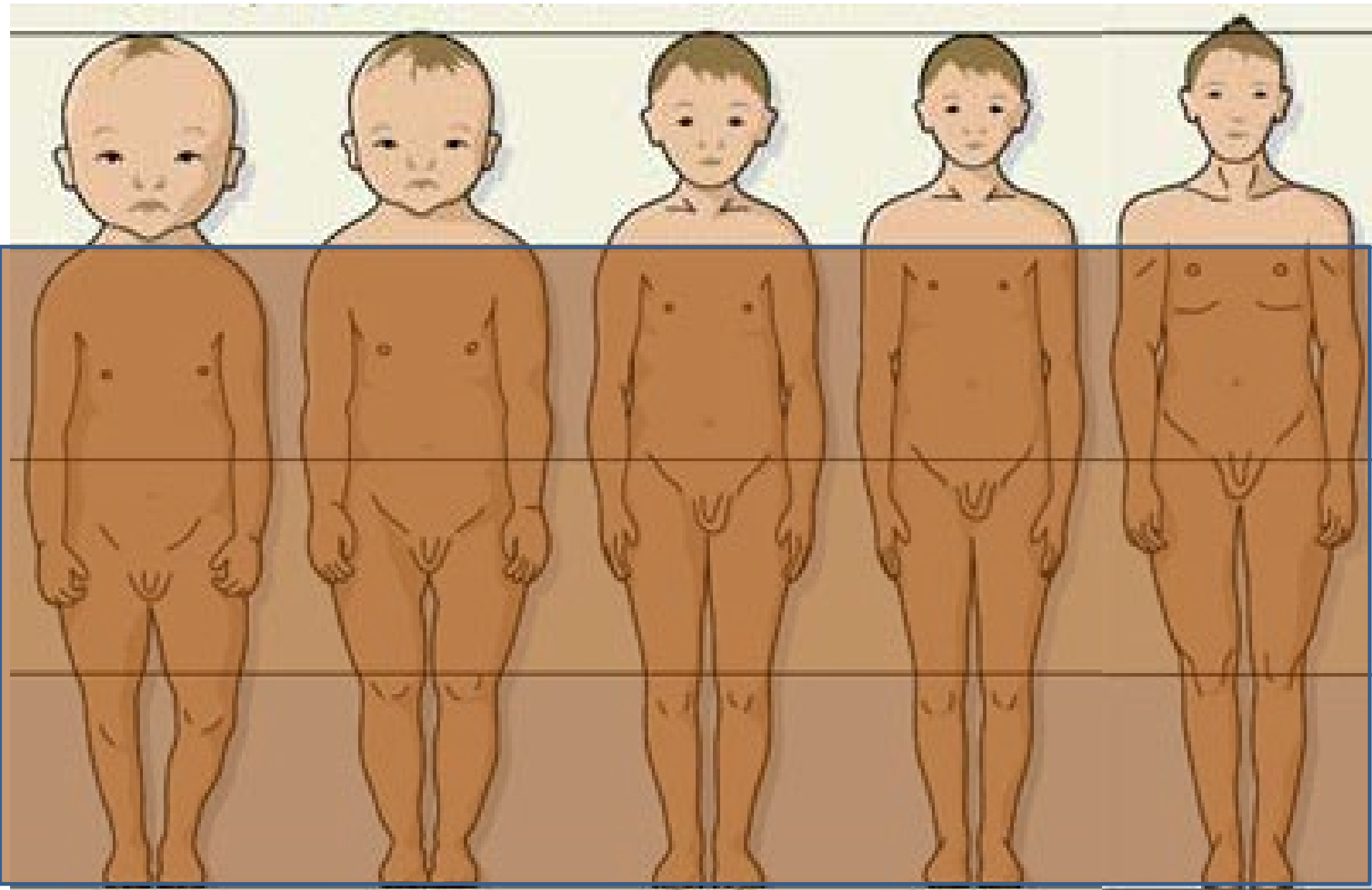




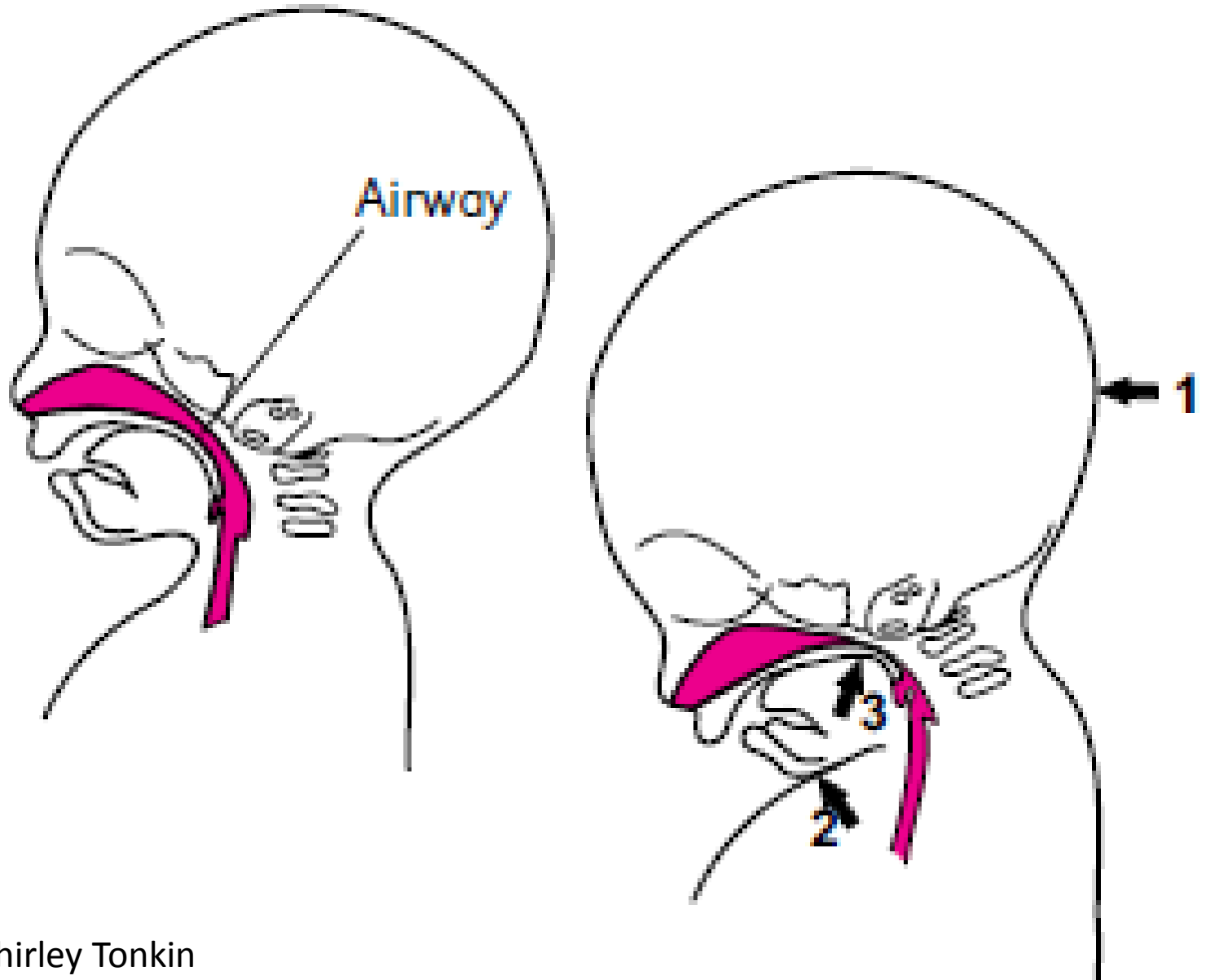




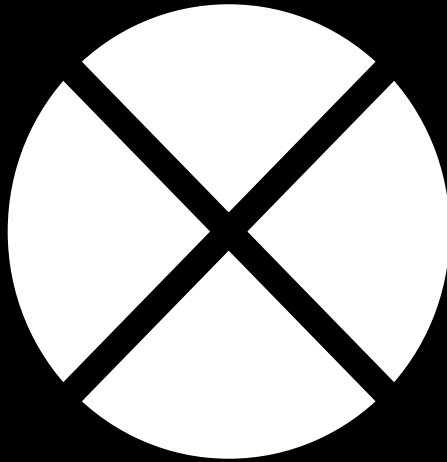








Ref: Dr Shirley Tonkin











In pregnancy

... through the tubes ...



In sleep

Tubes that carry oxygen are life lines

Babies need oxygen to grow and stay alive.

- ▶ In pregnancy, their oxygen travels in blood vessels.
- ▶ Once born, their oxygen travels through airways before it gets into the blood.

These tubes need protecting so that enough oxygen can *always* get through to your baby.

How these tubes can fail

- ▶ Smoking takes oxygen away from babies:
 - Nicotine narrows blood vessels
 - Carbon monoxide replaces O₂ in the blood.
 When babies get less oxygen they develop as if this is normal, but it's not. It weakens their 'wake-up' reflex and health. Some will die.
- ▶ Position affects breathing. Certain positions, such as being slumped in a 'chin to chest' position, or lying face down can slow or stop oxygen from getting through a baby's airways.
- ▶ Location matters, too. Sleeping arrangements that may lead to a covered face, pinched nose, or pressure against a small chest, may also stop oxygen from getting 'through the tubes'.

Ways to protect a baby's life lines ...

- ▶ Be smokefree, especially in pregnancy.
- ▶ Place baby flat and on the back to sleep.
- ▶ Set up the sleeping place to be safe. A safe space is one where the face stays clear and oxygen can get 'through the tubes'. Look out for risks from bedding, pillows, gaps or people ...















Survival