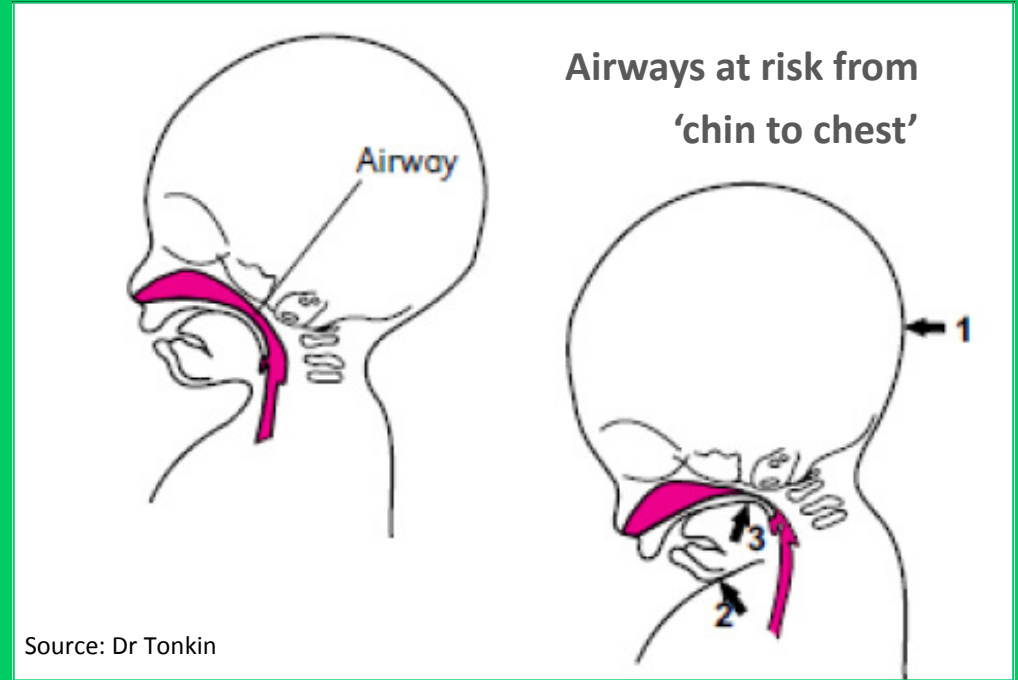


Important ways in which babies are different from adults.

- ▶ Large, heavy heads
- ▶ 'Bulge' behind spine
- ▶ Loose jaw connections
- ▶ Short neck
- ▶ Small lower face
- ▶ Large tongue
- ▶ Only breathe through their noses



Source: Dr Tonkin

Safe Sleep Check for Babies

- Position:** placed flat and on the back for sleep
- Face:** cot stays bare so the face can stay clear (no pillows, toys ...)
- Space:** own sleeping place e.g. bassinet or cot
- Location:** close to a carer (same room at night, but not same bed))
- Bedding:** mattress a snug fit, 1-3 light blanket layers, firmly tucked
- Clothing:** 1-3 layers, no hat inside (watch for over bundling)
- Feeding:** held for feeding (as if breastfed)
- Smokefree:** smokefree carer, home and car
- Exceptions:** managing safety when away from home, baby cries ...

Rules of Protection

- On the back, face clear
- Own space, carer near
- Breastfed, smokefree
- Every sleep, protect me





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 ...

