

# Help keep your baby's airway clear

the  
lullaby  
trust

Your baby's airway (breathing tube) is very delicate and in some situations it can block, narrow or fold. This can make it difficult for baby to breathe. It's important to:

- Keep your **baby's face clear**. Loose bedding, or soft-sided pods and pillows can block your baby's airway.
- Place your baby **on their back** in their own cot or Moses basket. Sleeping on their tummy, or becoming wedged against an adult, can block or narrow your baby's airway.
- Always place your baby to **sleep on a firm, flat surface**. Your baby's airway can fold if their chin touches their chest when sleeping in a sitting position.

## Things you can do:



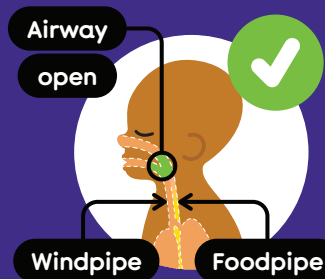
Keep baby's nose and mouth clear



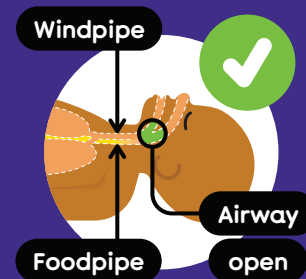
Keep your baby's sleep space clear of items like loose bedding, toys and pillows



Place baby to sleep on a clear, firm, flat, separate space



Keep your baby's chin off their chest

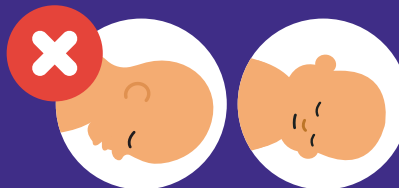


Always place your baby on their back to sleep

## Things to avoid:



Avoid using loose bedding that could cover your baby's face



Never place your baby to sleep on their tummy or on their side



If your baby falls asleep in a sitting position move them onto a clear, flat, firm surface

If your baby falls asleep in a product like these move them onto a clear, flat, firm space.



Bouncer



Baby swing



Baby bean bag



Sleep positioner and pillow



Pod/nest



Hammock

It is very important that babies are placed on their back to sleep on a clear, flat, firm sleep surface such as a Moses basket, crib or cot.

It is very important to keep your baby's airway clear when using a sling or car seat.

To learn more, visit:  
[lullabytrust.org.uk](http://lullabytrust.org.uk)