

Help keep your baby's **AIRWAY CLEAR**

Your baby's airway (breathing tube) is very delicate and in some situations it can block, narrow or fold which can make it difficult for them 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 put pressure on your baby's chest and 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 your baby's nose and mouth clear



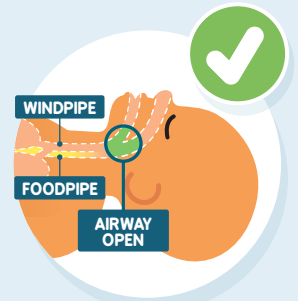
Your baby's sleep space should be clear of items such as loose bedding, toys and pillows



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



Keep your baby's chin off their chest

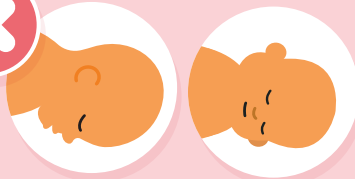


Always place your baby on their back to sleep

Things to avoid:



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

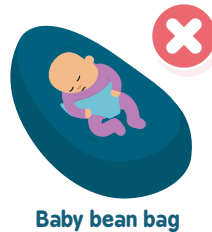


Never place your baby to sleep on their tummy or on their side



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.



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.

For more information on **car seats** visit: lullabytrust.org.uk/carseats

And for **slings** visit: lullabytrust.org.uk/slings

For more information visit: lullabytrust.org.uk/airway or call: **0808 802 6869**