

Safe to Breathe

protecting babies where they sleep

essential education for communities

A programme of

Change for our Children

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Sleeping babies need to breathe



Four ways babies can suffocate

1. Covered face
2. Pinched nose
3. Chin-to-chest position of the neck
4. Pressure on, or against, the chest

Use a tube to demonstrate to others



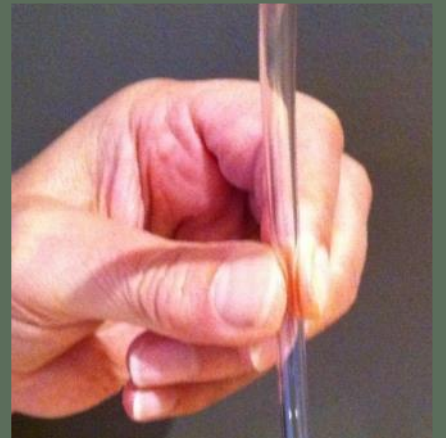
1. cover



2. pinch

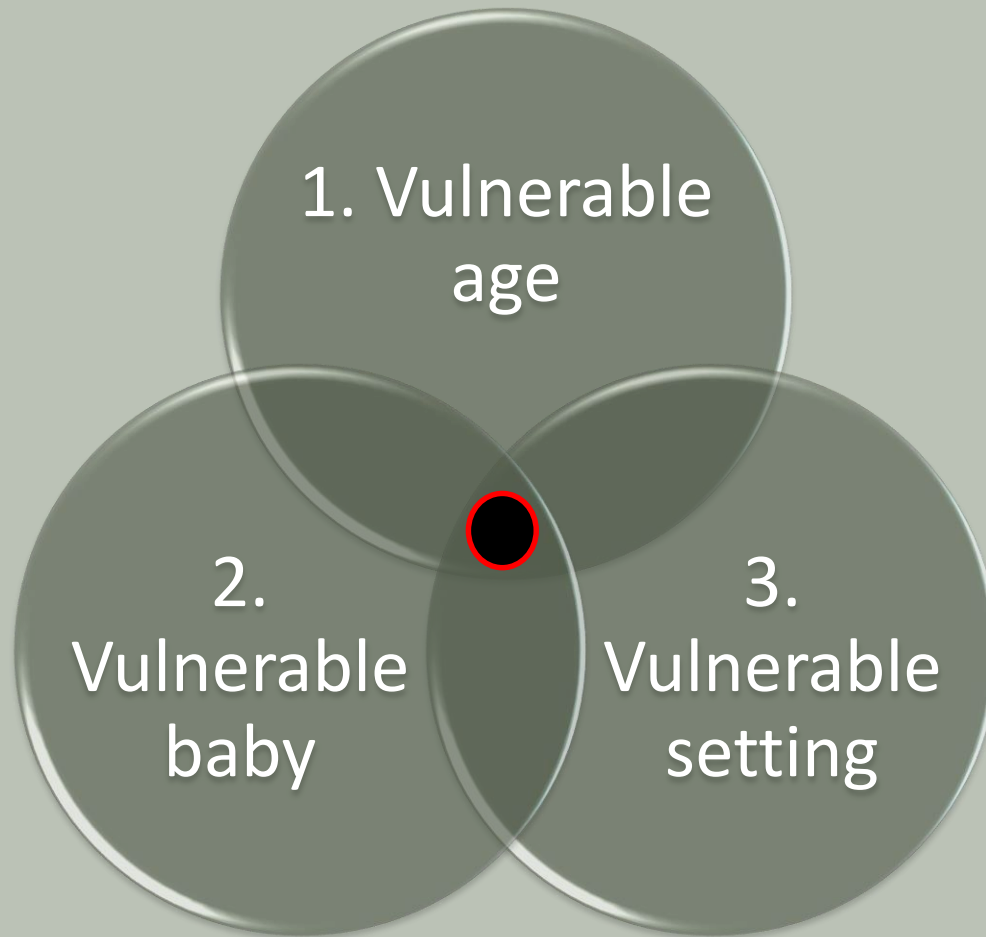


3. bend



4. press

Triple risk for SUDI



Consider all three factors when checking the safety of sleep.

1. Consider age of development



Young babies have

- large heads
- bulge behind
- loose jaws
- short necks
- big tongues

and

- only breathe through their noses

2. Consider vulnerability

Babies are stronger when

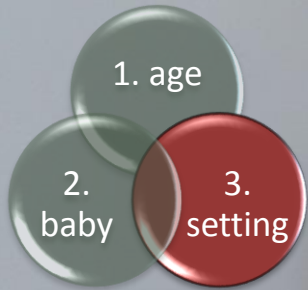
- **Breastfed**
- **Smokefree**
- **Immunised**
- **Handled gently**

1. age

2.
baby

3.
setting

3. Consider the sleep setting



Sleep is safer for babies

- **On the back**
- **With airways clear**
- **In own space**
- **With carer near**

P.E.P.E principles

- **P**lace
- **E**liminate
- **P**osition
- **E**ncourage

Whakawhetu
SUDI messages



Spot 10 potential hazards to airways



How would you improve safety?



Protection for the older baby



Option 1: Covers firmly tucked

Bare is best for cots



**Option 2:
No covers
and baby in
a sleep suit**

‘That sleep’ scenarios



Risks can build in situations that are different from usual ‘that sleep’.

Always in safe hands?



Arrange a sober carer

This simple sleep space may help



Nature models protection

Please share your
knowledge with others.

Thank you.

