

## Situations of airways risk



Co-sleeping



Prone sleeping



Pillow



Car safety seat



Slings



Smoking adds to the risks

### For more information contact

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## Safe Sleep for Babies



Why do some babies die in their sleep?

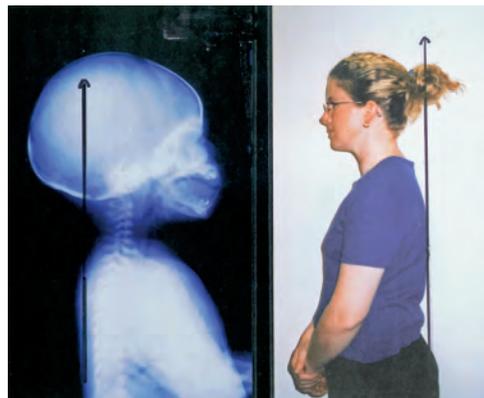
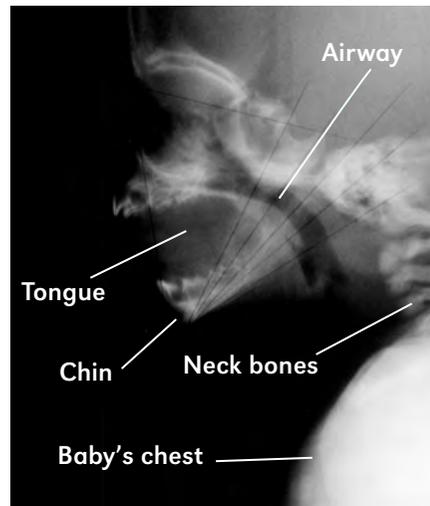
## Babies are not little adults

Babies are quite a different shape to adults and the way they breathe is different too.

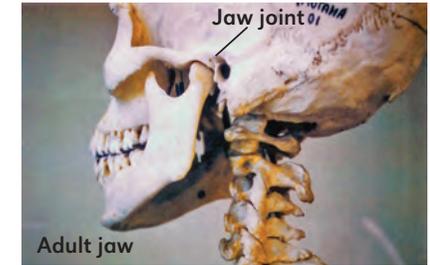


Babies have large heads, short necks, and smaller lower faces

Babies breathe through their noses unless they are crying –or gasping because their mouths are filled with their tongues. Adults can breathe through their mouths as well as their noses just by opening their lips.

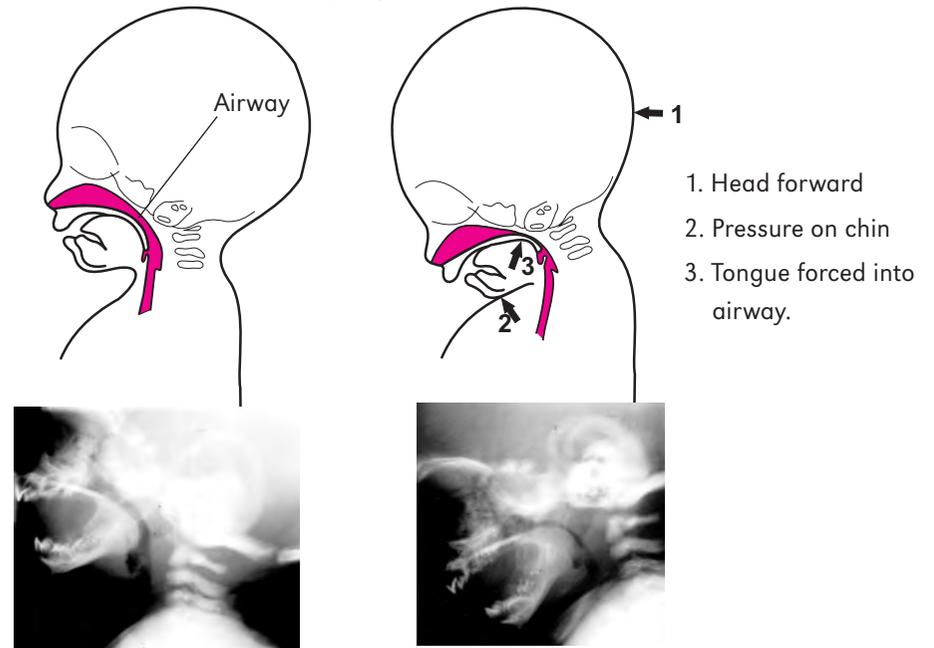


A baby's large head has 1/3 of its width behind the spine. Adult heads sit in the front of their spines, and get further forward with age. This head bulge needs to be able to sink into the mattress a little for the chin to stay away from the chest.



The baby's lower jaw is flat and has only a loose connection with the skull. So the jaw can easily be pushed back by pressure on the chin.

### Sleeping Baby



When the chin is pushed up and back, the airway can be blocked by the tongue pushing the soft palate at the back of the mouth into the airway space.

The jaw joint forms usually at about 5-6 months of age, when the teeth begin to erupt, and the upper airway is then less likely to become blocked.

**Sleep safely – sleep flat – sleep on back  
no pillows – face clear – no pressure on chin  
own cot or cradle – in room with parents**