

tubes OF life

Because Oxygen Matters

What **EVERY** pregnant woman
and new parent **NEEDS** to know...



“Did you know...
when I am born I will
breathe through my **nose**
for the first three to
four months?”

“Did you know...
it is healthy for me to wake up
more often when **breastfed**
as this helps lower my risk of
Sudden Infant Death
Syndrome (SIDS)?”



“Did you know...
soft is not safe
so my cot should be
clear of soft bedding,
sleep aids or toys?”

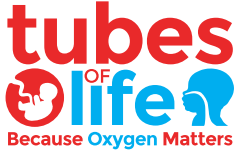


“Did you know...
my **brain** needs
oxygen to develop
properly, but
smoking takes
my oxygen away?”



Where to find further information

Notes for Parent/Carer:



Three Core Messages
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- 1 Smoke Free
- 2 Breast Fed
- 3 Own Clear Cot

www.safeathomecip.org.uk/tubes-of-life

Stop Smoking Support


Find your **FREE** local Stop Smoking Service near you:

www.nhs.uk/help-and-advice/local-support-services-helplines

Contact:

Breast Feeding Support & Infant Feeding Advice

Talk to your Health Visiting Team or Midwife for support with feeding your baby

 **NHS Breast Feeding Information:**
www.nhs.uk/start4life/baby/breastfeeding/





 **Download FREE Breastfeeding Hub App:**
www.breastfeedinghub.org/breastfeeding-hub-mk-app

Contact:

Safer Sleep Tips

- ✓ Choose nursery products that comply with British Safety Standards to help protect against accidental injury or SIDS
- ✓ Lay baby flat to sleep on their back for all sleeps and naps in same room as you - feet to foot of cot
- ✓ Use cellular blanket and tuck under mattress and under baby's arms or use a compliant baby sleeping bag BS EN 16781:2018
- ✓ Keep cot clear of pillows, cot bumpers, duvets and toys
- ✓ Follow safety warnings on product instructions i.e. *'never leave a baby unsupervised in this product'*
- ✓ Seek professional guidance before co-sleeping or bed-sharing with your baby to help minimise risk
- ✗ Never sleep with your baby on a sofa or armchair, this increases the risk of SIDS by 50 times
- ✗ Never leave baby to sleep in a baby nest/pod, bouncing chair, swing or bean bag as these products are **NOT** recommended for unsupervised sleep and can lead to oxygen depletion issues
- ✗ Never leave baby in the car seat when **NOT** travelling in a vehicle

NHS If you are concerned or think your baby is unwell

-  Contact NHS 111 Direct if you would like to speak to someone for advice
-  Contact your Midwife, Health Visitor, GP Surgery or Walk-in Centre
-  Call 999 in event of emergency or go to your nearest Accident & Emergency dept
-  Download the Baby Buddy app: www.bestbeginnings.org.uk/about-baby-buddy

Accident Prevention for Under 5s

Contact your Health Visitor or local authority for information on home safety services in your area

Lullaby Trust: www.lullabytrust.org.uk **Baby Sleep Information:** www.basionline.org.uk

RoSPA: www.rospa.com/resources/information-hubs/keeping-kids-safe