

# Help protect your baby

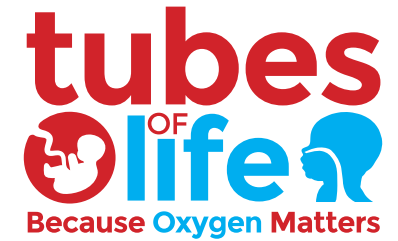
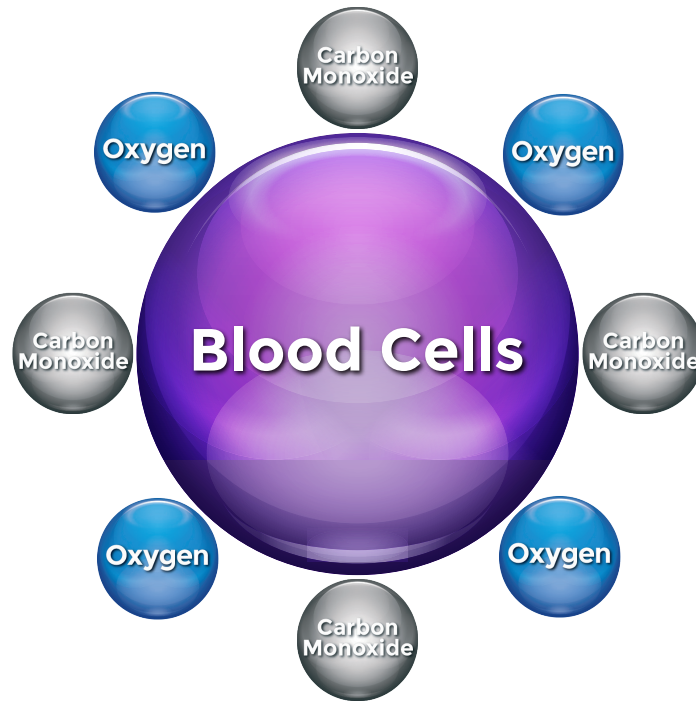


## Three Core Messages

3



# Smoking in pregnancy



When a pregnant woman smokes or even exposes herself to passive smoking (entering a room where a person is smoking or has been smoking), carbon monoxide from the tobacco is absorbed into the blood and will pass to the unborn baby through the umbilical cord (Tube of Life) this will take away the life giving **OXYGEN** to the baby not only affecting growth and brain development BUT also their natural responses to a vulnerable situation once they are born.

# Smoking in pregnancy

When you smoke, you inhale into your lungs so instead of all **OXYGEN** being absorbed into your blood, **CARBON MONOXIDE** from the tobacco is being absorbed too, therefore your body will work in a different way that will affect your baby.

This is the same **CARBON MONOXIDE** that manufacturers sell audible alarms for our homes because it is **POISONOUS** to our bodies.

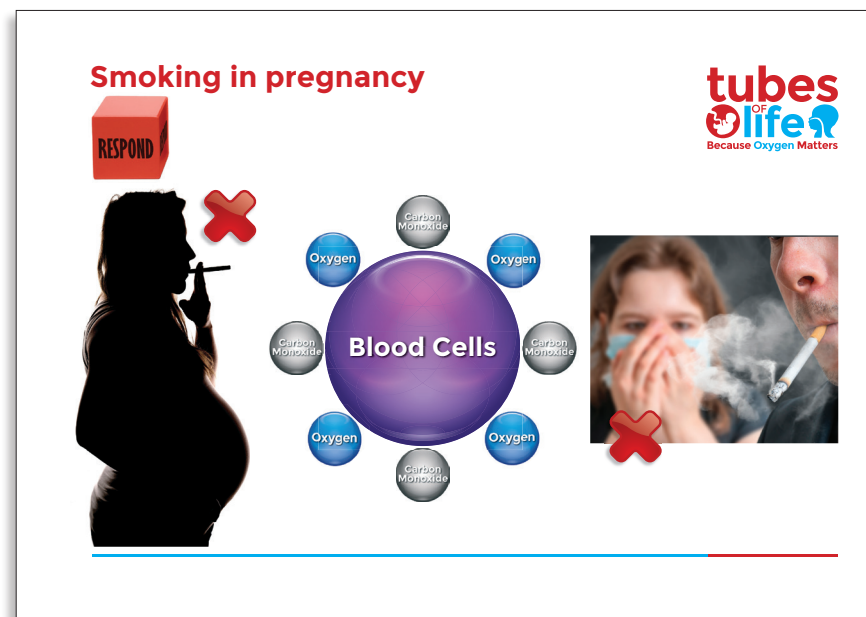
If you have any gas appliances in your home, check you have a Carbon Monoxide Alarm fitted. Did you know that you can contact the Safe at Home scheme for a free home safety check?

The **NICOTINE** in a cigarette will also narrow your blood vessels; this **SLOWS** the flow of your blood through the umbilical cord further reducing the delivery of the vital **OXYGEN** to your unborn baby.

As your pregnancy develops if you continue to smoke, or even expose yourself to passive smoking (entering a room where a person is smoking or has been smoking), your unborn baby is continually receiving this **CARBON MONOXIDE** in various amounts in your blood through your umbilical cord.

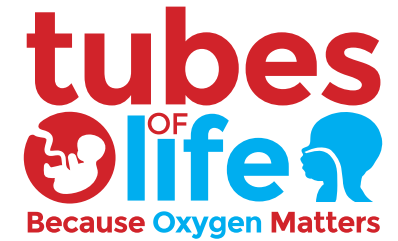
Did you know that this combination of **CARBON MONOXIDE** and lack of **OXYGEN** effects not only the baby's brain and natural development, but also their **NATURAL RESPONSES** to a vulnerable situation once they are born?

We are not here to be judgemental, simply to ensure that you understand the choices you make - it is your body, your baby, your choice.





# Can I get help if I want to stop smoking?



## Stop Smoking Support

 01582 757 635

 Text 'LIVEWELL' to 60066

 [info@livewell-luton.org.uk](mailto:info@livewell-luton.org.uk)

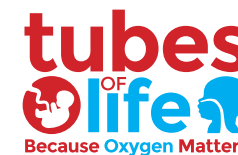
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Bedfordshire LU1 1DY  
(LU1 1HH for Sat Nav)

# Can I get help if I want to stop smoking?

It is recommended for you and your baby that you stop smoking; however we do understand that it is not always that easy. There are services locally which can offer support to help you quit completely.

Smoking replacement products which are **NICOTINE** based are certainly better for you and baby than tobacco, but you are still ingesting **NICOTINE** which apart from narrowing your blood vessels which we have discussed, is also still a **POISON**.

Your baby **WILL BE** exposed to this, so there are still potential risks to the baby's short and long term development that you need to consider.



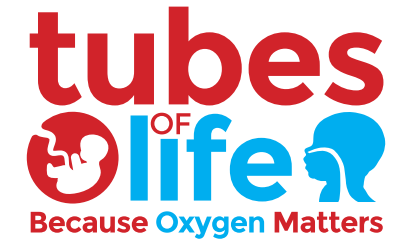
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# Feeding your baby



## Breast Feeding Support & Infant Feeding Team

-  0333 405 0083
-  Take Five Café for breastfeeding parents held in your local children's centre – breastfeeding advisor available

# Feeding your baby

Did you know that breastfeeding protects **YOUR BABY'S NATURAL AROUSAL RESPONSE** which is a 'protective' factor for your baby?

You will be aware that breastfeeding is a natural thing to do for your baby- it provides immunity and all the natural food that your baby will need for the first six months.

Breast Milk has fewer calories than formula milk - a baby will therefore **WAKE MORE OFTEN** for a feed than a formula fed baby (remember that this is a breast fed baby's **AROUSAL RESPONSE**). This is a wholly protective and natural process and is not a sign that your breast milk is lacking in some way or not rich enough for your baby; formula milk which is higher in calories **SUPPRESSES** this natural response.

You cannot over-feed your baby breast milk, but you can over-feed with formula milk due to its high calorific value.

Breast-fed babies like to suckle the breast for comfort as well as feeding and this helps them to **RELAX** and settle.

If you need advice or help in breastfeeding then there is a lot of support for you.

For help with feeding your baby contact the Infant Feeding Team.

## Feeding your baby



### Breast Feeding Support & Infant Feeding Team

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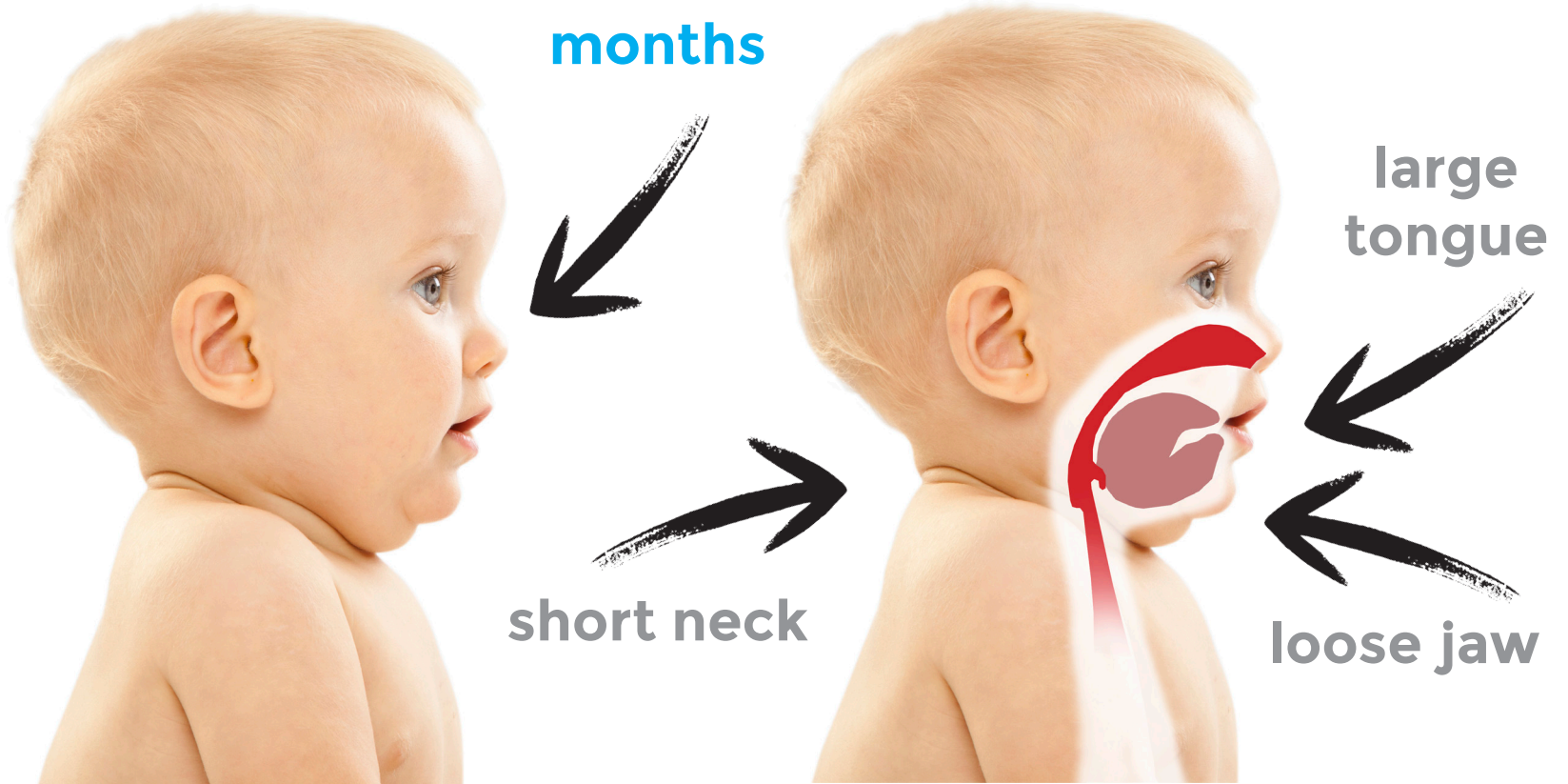


# Babies are not mini adults

Therefore their tube of life from their **NOSE** down to the lungs is very vulnerable to a situation that can restrict their **OXYGEN** supply.

All of these differences make their positioning, especially when **SLEEPING** so important.

**breathe through  
nose for first 3-4  
months**



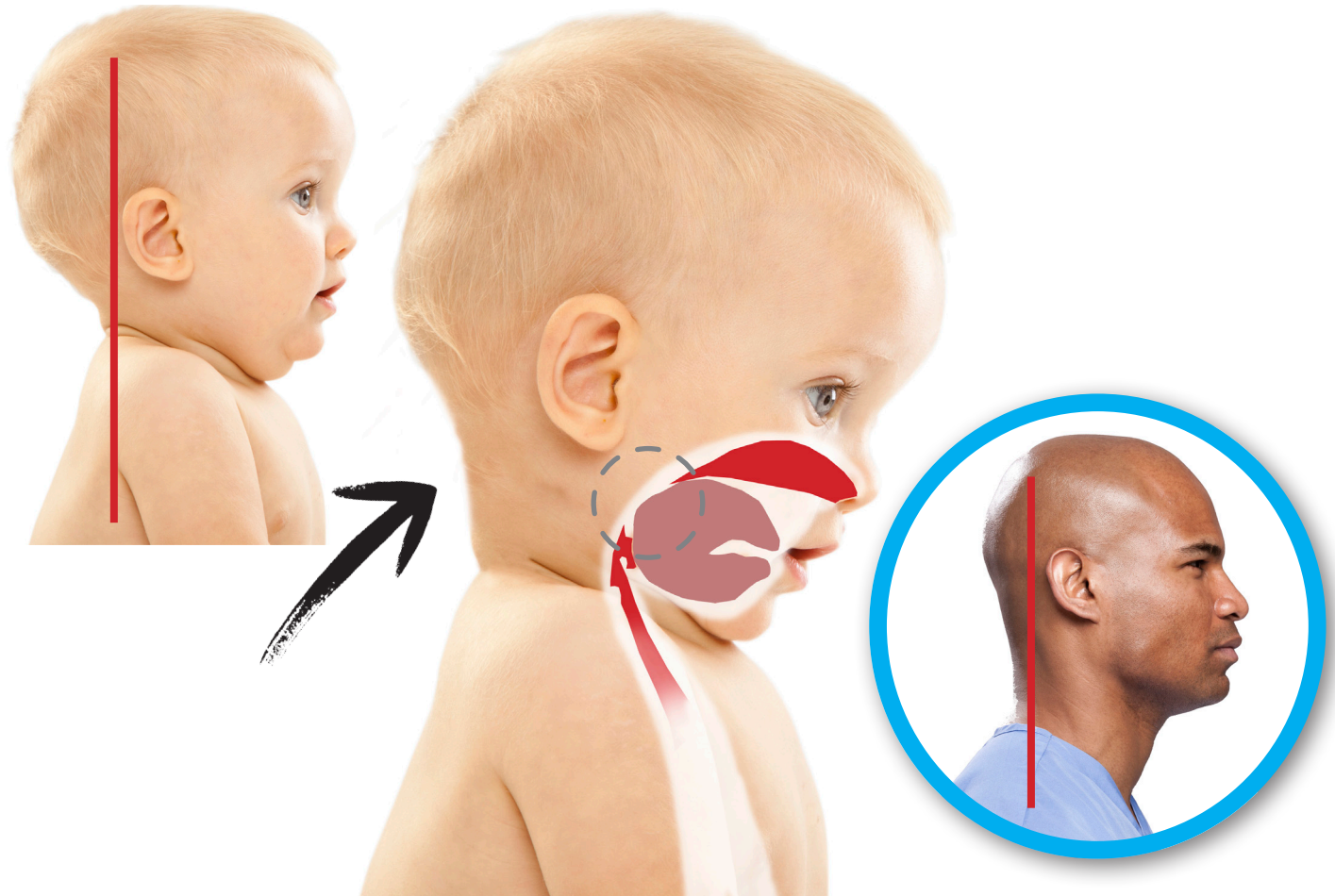


# Nature's Pillow

Your baby has a natural bulge at the back of the head unlike an adult therefore when something is placed behind baby's head and pushes it forward for example a pillow, retail product etc... it forces the baby's chin further forward than would happen on an adult and places the **Chin Onto Their Chest**.

This then pushes their larger tongue upwards against the vulnerable airway which compromises the **OXYGEN** route.

So being mindful of this important tube of life and keeping it clear is so important especially when **SLEEPING**.



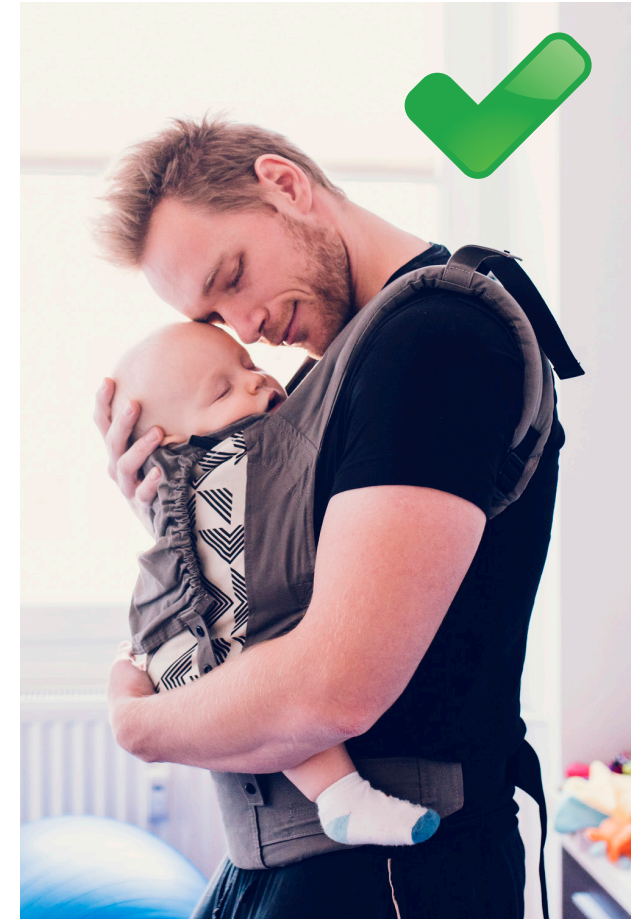
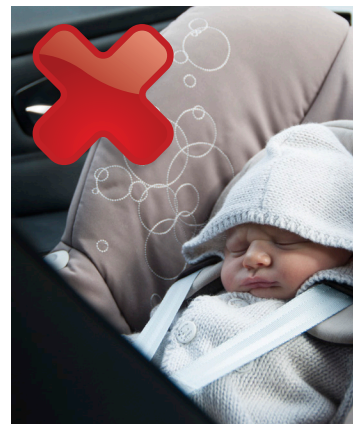
# Baby Products – not safe for all situations!

Everyday nursery products which are **NOT** designed for sleep can put your baby into a **DANGEROUS POSITION** for breathing and accessing **OXYGEN** easily if used for prolonged periods of sleep.

A cot, crib or moses basket **IS** designed for all sleeps if it is compliant to British Standards.

A car seat is safe and designed to use when travelling in a car **BUT** your baby should be placed **FLAT TO SLEEP** when not travelling in the car.

When using a sling, place baby in an **UPRIGHT** position where you can kiss baby's forehead, see that the airway is clear and baby's chin is not on their chest.





# Easy to do – but look at the risks

Cuddle time for you and baby on a sofa or chair is absolutely fine whilst you are **AWAKE** and the closeness will help your baby relax before placing in his/her own crib or cot to sleep.

... it is only when you fall asleep with your baby (even for a short nap) that there is a risk as your baby is **UNSUPERVISED** and in a vulnerable position where the airway may get covered restricting **OXYGEN** to your baby.

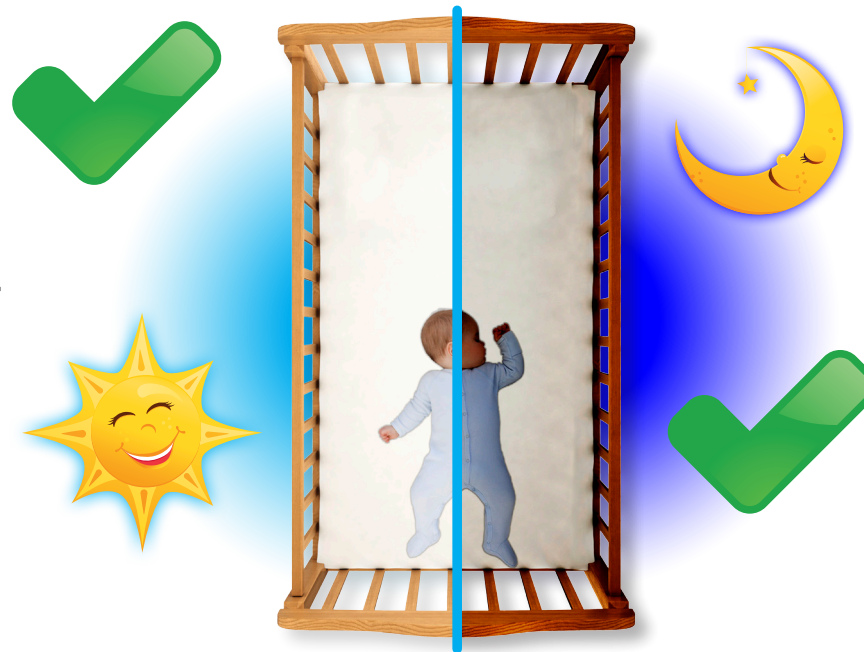


# Safe sleep space

Your baby does **NOT** need a pillow, as nature has already provided one in the bulge at the back of the head;

- Always place your baby on their back to sleep with no pillow.
- It is recommended that you have your baby in a cot, crib or Moses basket next to your bed for the first six months.
- If you are using a bedside crib which offers a drop-side feature for easy access... remember this is only access when you are awake the drop-side needs to be placed **UPRIGHT** when you are going to sleep.

**Remember your baby is 'unsupervised' when you are asleep.**



Warning never add additional mattress or softness to a travel or portable cot!