

Anatomical Diagram - English #0686

Place Babies on their Backs to Sleep.



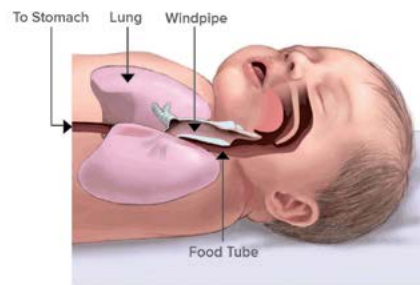
Tummy Sleeping



Babies choke when food gets in the windpipe.



Back Sleeping



Babies are safer when the windpipe is on top.

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Won't my Baby Choke Sleeping on their Back?



Tummy Sleeping

On the tummy, the windpipe is below the food tube. Anything that is spit up will flow down by gravity to the lowest point. It is now easier for spit up to be breathed into the lungs.



Back Sleeping

On the back, the windpipe is above the food tube. Anything that is spit up will be pushed back down by gravity to the lowest point. The windpipe is protected.

Adapted from the National Institute of Child Health and Human Development (NICHD)

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