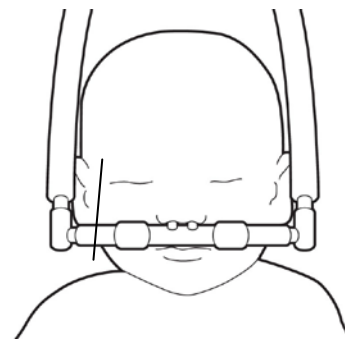


## Your baby's breathing

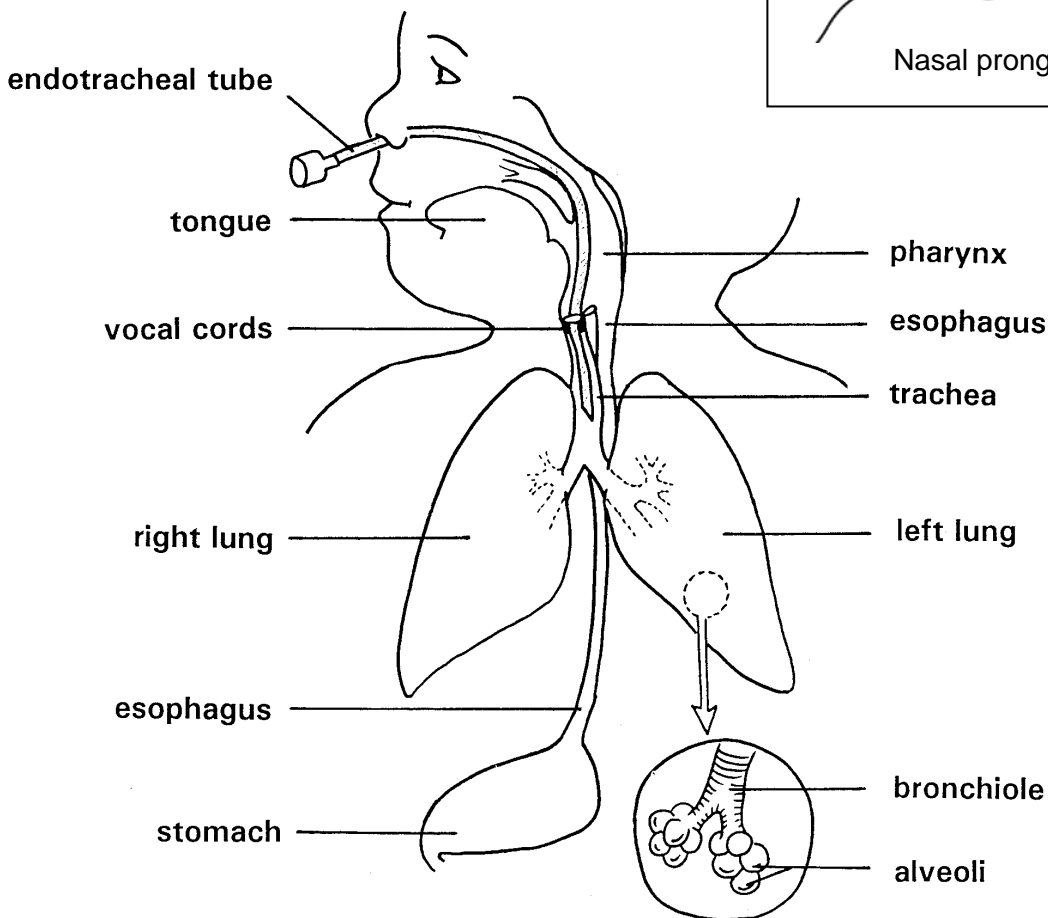
Many babies in Neonatal and Special Care Nurseries need help with breathing. This information can help you learn about breathing and some of the treatments that can help. For more information, please talk to your baby's nurse or doctor.

**This baby has CPAP to help with breathing**



Nasal prongs

**This baby has an endotracheal tube to help with breathing**



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**High Frequency Oscillation**

- A ventilator provides a gentle pressure that keeps the alveoli open, and then applies a gentle 'wiggle' to keep the air moving.
- This breathing treatment opens collapsed alveoli evenly throughout your baby's lungs, getting oxygen to those alveoli that are harder to open.
- During treatment, it will look like your baby's chest is shivering. This is normal.

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**Lungs**

- Lungs are the part of the body responsible for breathing. There are 2 lungs in the chest.
- As we breathe air in and out of our lungs, oxygen and carbon dioxide are exchanged or traded. Oxygen enters the blood and carbon dioxide is removed from the blood.

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**Nasal prongs**

- Two small ends (prongs) of a thin, plastic tube that fit in your baby's nostrils. Air and oxygen can flow to your baby through the tube and prongs.

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**Oxygen**

- Oxygen is a gas that our bodies **need**. It is found in the air we breathe. The amount of oxygen in the air is 21%.
- Our lungs move oxygen from the air, into our blood, so it can be used by our bodies.

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**Oxygen saturation monitor**

- This monitor shows how much oxygen is getting into your baby's blood. It works by shining a red light through the skin.

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**Premature**

- Babies born before 37 weeks gestation are called premature. A mature or "term" baby is born at about 40 weeks gestation.
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**Surfactant**

- Surfactant is a fatty substance that coats the alveoli. When air is inhaled into the lungs, surfactant helps the alveoli expand and fill with air. When air is exhaled, it prevents the alveoli from collapsing and sticking together.

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**Trachea**

- The trachea (windpipe) is an air passage like a tube that connects the nose, mouth and throat with the lungs.

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**Ventilator**

- This machine helps your baby breathe by moving air in and out of the lungs. It gently blows oxygen into your baby's lungs with each breath.
- In between breaths, the ventilator keeps the alveoli slightly open, so they do not collapse.

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**Vocal cords**

- Vocal cords vibrate to make sounds like crying or speech. They are found in the trachea. This area may also be called the voice box.
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