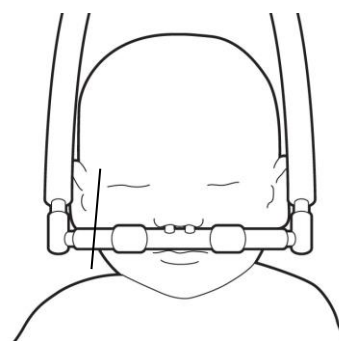


Your baby's breathing

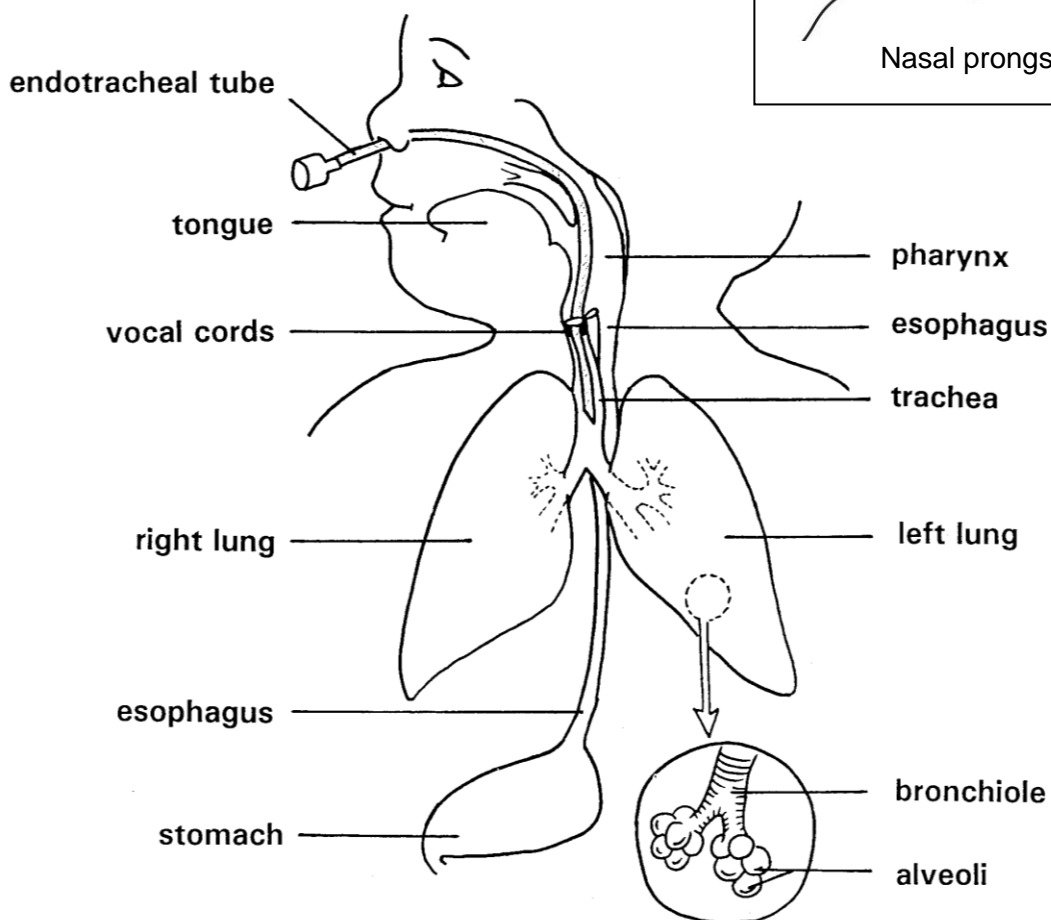
Many babies in Neonatal and Special Care Nurseries need help with breathing. This information can help you learn about breathing and some of the treatments that can help your baby. For more information, please talk to your baby's nurse or doctor.

This baby has CPAP to help with breathing



Nasal prongs

This baby has an endotracheal tube to help with breathing



Word list

Alveoli	<ul style="list-style-type: none">• Tiny, hollow sacs in the lungs that fill with air when we inhale.
Blood gas test	<ul style="list-style-type: none">• This test shows how much oxygen and carbon dioxide are in your baby's blood.• The results help the doctor decide how much help your baby needs with his/her breathing.
Carbon dioxide	<ul style="list-style-type: none">• Carbon dioxide is a gas made by our bodies.• Our lungs move carbon dioxide from the blood into the air in our lungs. The carbon dioxide leaves our bodies when we breathe out.
CPAP Continuous positive airway pressure or NIPPV Non-invasive positive pressure ventilation	<ul style="list-style-type: none">• CPAP and NIPPV deliver air and/or oxygen to your baby through a thin, plastic tube with 2 small ends (nasal prongs) that fill the nostrils.• Both treatments provide a gentle pressure that keeps the alveoli open and makes breathing easier.• NIPPV adds a small puff of air and/or oxygen to the gentle pressure several times a minute.
Endotracheal tube (ETT)	<ul style="list-style-type: none">• A small plastic tube that lets air into and out of your baby's lungs. This tube is gently passed down your baby's nose or mouth, in between the vocal cords, into the trachea.• Air, oxygen and some medications can be put into your baby's lungs through this tube. You cannot hear your baby cry with this tube in place.
High Flow Nasal Cannula (HFNC)	<ul style="list-style-type: none">• HFNC delivers a steady flow of warm, humidified air and/or oxygen through loose fitting nasal prongs in your baby's nostrils.

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 air and/or oxygen to those alveoli that are harder to open.
- During treatment, it will look like your baby's chest is shivering. This is normal.

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.

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.

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.

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.

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 (air sacs in the lungs). 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.

Trachea

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

Ventilator

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

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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