

# Van Buren Great Start Parent Coalition

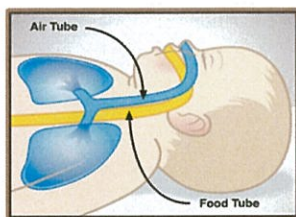
September, October & November 2018

## Babies Won't Choke When Sleeping on Their Backs

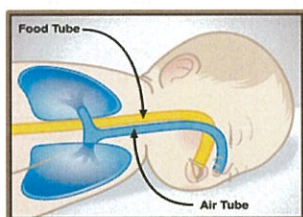
*Why don't babies choke when they are on their back?*

Babies are actually safer on their back. When a baby is on his back, the air tube (trachea) is on top of the esophagus (the tube that carries food). If a baby spits up while on his back, the food and fluid run back into the stomach and not to the lungs. When a baby is on his stomach, the esophagus (or food tube) is on top of the trachea and any food or fluid that is regurgitated or refluxed can more easily pool at the opening of the trachea, making it possible for the baby to aspirate or choke.

**I won't choke when I'm sleeping on my back!**



**SAFE:** When I'm on my back my air tube is on top of the tube to my stomach. When I spit up the liquid flows back into my stomach, not my lungs. So, I don't choke!



**NOT SAFE:** When I'm on my stomach and spit up, liquid can easily flow into my air tube and cause me to choke.

Don't miss out on **GREAT** events with your children this fall!

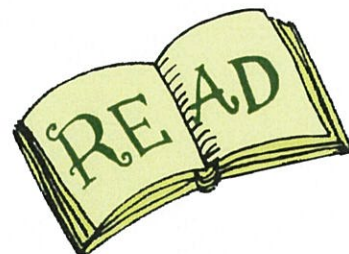
Check out the calendar page!

We can help you find services in Van Buren County.

Please contact

Angela Dickerson at 269-389-9880 or  
vanburengreatstart@gmail.com

**JIM GILL**

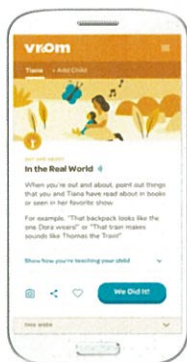


Join us for our Strong Fathers Event!

## You have what it takes to be a brain builder!

Download the Vroom app at [vroom.org](http://vroom.org) to add learning to mealtime, bath-time, bedtime, and anytime with Vroom tips.

Over 1,000+ easy activities designed to help your child's brain grow strong.



Life gets busy, Vroom tips stay simple. With fun activities, backed by science, you can turn everyday moments into brain-building moments!

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vanburengreatstart@gmail.com

Get up-to-date info on events and early childhood information on our [Facebook page](#):  
Van Buren Great Start Parent Coalition

## Family Success Guide

Some members of the **Great Start Parent Coalition** put together this fantastic **Family Success Guide** with the goal of getting **ALL children ready for kindergarten**. The book includes activities, recipes, things to do and places to go with your children. Building school readiness skills begins at birth. Please use this great book to help your child be successful. If you don't have a copy of the book yet, you can pick one up at one of our events this fall.

I WANT  
THE BEST  
FOR MY  
CHILD



A  
FAMILY  
SUCCESS  
GUIDE

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