

# Baby Safety builders



# A Safe Bed

**Y**our baby spends a lot of time alone in her bed, so it needs to be a safe place! Start by always putting your baby to sleep on her back. Then, check your baby's crib to make sure:

- The bars of the crib are no more than  $2\frac{3}{8}$  inches apart (less than the width of a soda can)
- There are no toys, stuffed animals, extra blankets or pillows in the crib that can cause suffocation
- The mattress fits snugly – less than two finger widths between the edge of the mattress and the side of the crib
- The side rail is locked in its raised position whenever you place your child in the crib. As soon as your child can stand up, adjust the mattress to its lowest position and remove the bumper pads
- A soft rug or blanket is laid on the floor in front of the crib in case of a fall
- There are no picture frames hung over the crib
- There are no cords or strings hanging near the crib
- Windows in the room are locked
- The room is a comfortable temperature (not too cold or too warm)
- Your baby is dressed to fit the room temperature
- You can hear your baby from every part of your home
- Your baby is never left alone in the house

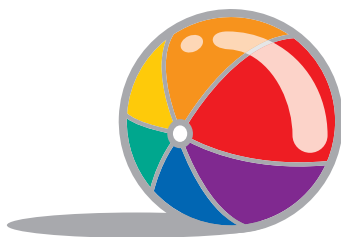
Make sure that other adults watching your child are aware of these Safety Rules.

# Tub Time, Teaching Time

**A**lways stay with your baby when she is in the tub.  
Use this time as teaching time.

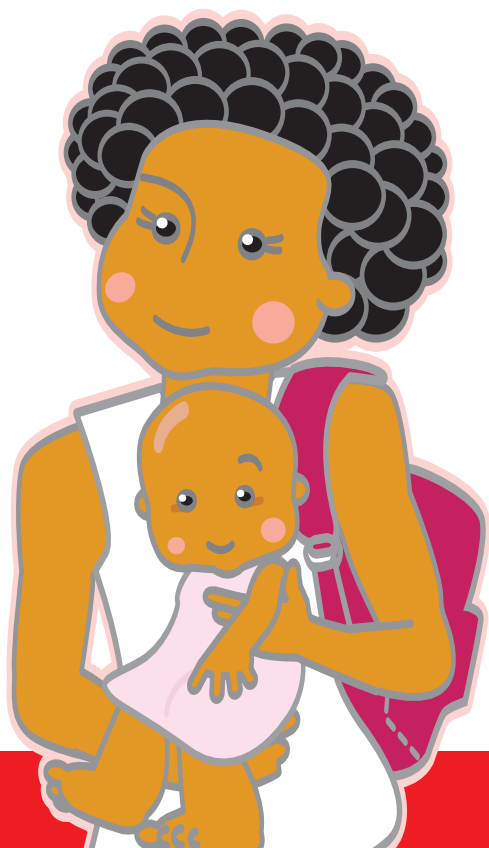
- Read to your baby, tell her a story or talk to her
- Help your baby learn new words by singing, or by using bath toys to go *over*, *under*, *up*, *down* or other action words
- See if she will repeat sounds back to you, or repeat the noises she makes to show her that you hear her
- Teach your baby about numbers by counting her fingers and toes

Don't forget that your baby can drown in seconds. If you have to leave in the middle of bath time, take your baby with you. Her safety is more important than wet clothes or extra clean up!



# A Minute is a Long Time

**I**t is so tempting to leave your baby alone for “just a minute” while you take a shower, get something out of the car, or care for another child. Unfortunately, many injuries happen in “just a minute!” So get in the habit of taking your baby with you when you move from room to room. There are very few places where your baby is safe without someone watching him. However, a correctly adjusted crib or playpen is safe, as long as you can hear your baby, there are no small objects within reach, and you are checking on him frequently. It is never safe to leave your baby alone in the house or in a car... even “for a minute!”





# Hand on My Tummy

**I**t may seem like the first few months of your baby's life are spent entirely in sleeping, eating, and having his diaper changed! Make it a habit to always keep one hand on your baby's tummy while you are changing his diaper. This will keep him from pushing, kicking or rolling himself off the changing table and getting hurt. There will come a time when you have unfastened the dirty diaper and remember that something you need is in another part of the room or place in the house. Or the phone rings, or another child wants your attention. Do not leave your baby on the changing table alone – even for a second. If you have to leave in the middle of a diaper change, take your baby with you, because it's not worth the risk of him falling! You may have to change clothes or clean up an extra mess, but your baby's safety is worth it!

# Car Safety

**M**any injuries and deaths each year could have been avoided if the child was in a car seat and that car seat was installed correctly! Every year, car seats get safer. Unfortunately, they also get more complicated. When you get a new car seat, call your local California Highway Patrol office. They will make an appointment to teach you how to install it correctly. Make sure that you bring the car seat manual and car manual with you, as well as any extra straps that come in the box.

Don't accept a hand-me-down or used car seat. There are many places where you can get a free car seat. For more information, call Infolink at 888-600-4357.

Also, make a habit of walking around your car every time you drive somewhere to make sure it is safe to back out and to drive forward. Create an easy routine when you are leaving your child: have another adult hold your baby, and wave to her as you back out. This way, you know exactly where she is!

# Remember Me!

**Y**ou have lots of activities to get done every day, and you are probably getting less sleep than before your baby arrived. Believe it or not, it might be easy to forget your child. To help you remember to take your baby out of the car every time you leave it, here are a few ideas:

- Make it a habit to put your purse or something you always take with you in the back seat of your car, or on the floor beneath the baby's seat. This way, you'll have to reach behind and you will see if your baby is still in the car
- Put a teddy bear on the front seat of your car, so that when you look at it, it will remind you that your baby is in back

Don't forget! Never leave your baby in the car, even for a minute.





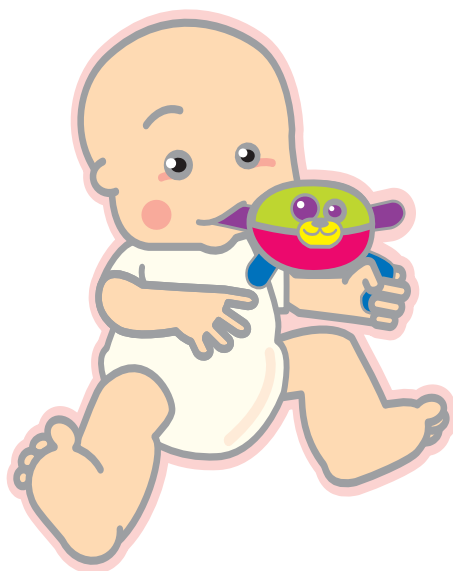
# What Do You See?

**Y**our baby has a very different view of the world than you do – she is much closer to the ground. As soon as she begins to scoot, take a look at your home from her level. Get down on the ground and scoot around your house. What do you see? What might be interesting to her? An electrical cord or socket? Some small toys or coins behind the couch? The cord of an iron hanging off the ironing board? How about a cabinet filled with cleaning supplies? Make sure to install child safety locks, put safety plugs in the electrical sockets, and take care of any dangerous conditions that you see as you make your way around your house.

It is important to repeat this activity regularly. When your baby learns to crawl, and then walk, she will see things she didn't see before, and be able to reach things she couldn't reach before. Beware of sharp corners that are above her eye level. As she grows, she may be at risk of hitting her head!

# Exploring My World

**D**uring the first months of his life, your baby will learn and explore by putting things in his mouth and tasting them. As he grows, he will move on to learning by touching the things that are around him. Knowing this, you can keep your baby's learning and exploring safe, by making sure the things he can reach and play with are safe to put in his mouth, and then to touch. It's O.K. for him to "taste" and touch soft toys, silky blankets, books, and all kinds of objects that are clean, too big for him to choke on, not poisonous (like many plants), and not too hot. Make sure you know what your baby can reach, and give him lots of safe objects to explore with his mouth and hands.



# No Smoking Please!

**I**t is never safe to smoke around a baby. Your baby will breathe in some of the smoke from your cigarette (called second-hand smoke), and it can hurt her lungs and breathing ability. There is also the possibility of cigarette-related injuries, such as burns or poisoning from eating cigarette butts or ashes. If you smoke, have someone else watch your baby while you go to another place. And always keep cigarettes, ashtrays and lighters out of your baby's reach. If you want help to quit smoking, contact the American Cancer Society. Their website is [www.cancer.org](http://www.cancer.org).



# Who Are You Going to Call?

**N**obody likes to think about an emergency happening in their home. Still, it is important to be prepared. When an emergency happens, it can be difficult to remember even the simplest information. Take a few minutes and write down important names and numbers in one place, and keep it somewhere you will easily find it – like the refrigerator, or taped to a wall or mirror. Talk to your baby's doctor about what types of supplies and medications you should have on hand in your home, and write down the instructions for how to use them. When leaving your child with another adult who you know well, make sure that they know:

- Where you are going to be and how to contact you
- The address where they are watching the child so that they can give it to the emergency operator
- Where you keep emergency medications and how to use them
- Important phone numbers like 9-1-1, Poison Control System (800-222-1222), and your pediatrician's phone number

You might want to take an Infant CPR/First Aid class. CPR stands for cardiopulmonary resuscitation. For more information on classes in your area, call the American Red Cross or your local hospital.

# Notes