

SAFETY TIPS FROM 0-4 MONTHS

BEASTFEEDING

Optimally protect your child against illnesses including SIDS, DIABETES, Diarrhea, Ear infections, Lung infections, Leukemia, Colitis, Childhood Lymphoma, Bladder infections, Muscular Sclerosis, Asthma, Allergies...

by **breastfeeding** exclusively for a minimum of 6 months.

Nurse baby on demand to ensure adequate growth.

SUFFOCATION, CHOKING & lowering the risk of SIDS:

- 1. Breastfeed for at least 8 months.**
- 2. Place baby on back to sleep.**
- 3. Co-Sleep. IF BED-SHARING SEE THE CO-SLEEPING HANDOUT FOR SPECIFIC SAFETY TIPS.**
- 4. Never place baby on waterbed, beanbag, or other surfaces that are soft enough to cover the face and block air to the nose and mouth.**
- 5. Remove all pillows, thick or heavy blankets, and padding from sleeping area.**
- 6. Keep plastics, balloons, ribbon, and small objects out or reach.**
- 7. Bottles can lead to choking if propped.**

FALLS

Attend baby at all times while on an elevated surface such as a bed, sofa, chair, or changing table. Put your baby in a safe place (another adults arms, a bassinet or a playpen) if unable to hold him.

Using a sling or infant carrier can allow you to keep baby close and lessen the need to search for another safe place.

CAR SEATS

- 1. Read and follow the directions that come with the car seat.**
- 2. Install the rear-facing seat correctly and check that it is properly installed before each trip.**
- 3. Use the seat EVERY time for EVERY ride.**
- 4. Car Seats encourage children to behave better allowing you to be a safer driver. Car Crashes are a great threat to your child's life and health. Properly installed car seats prevent most injuries and deaths.**

TOYS

Select toys that are unbreakable, without small detachable parts, age appropriate, too large to swallow, and have smooth edges.

BABY WALKER & JUMPERS

WALKERS are dangerous allowing infants access to places they would not normally be able to reach at an earlier age. They may tip and baby will fall. If they have access to a staircase this fall can cause permanent injury (think brain) to your child. JUMPERS may also tip, bump into other objects and/or may allow the infant to fall out.

DENTAL

Gently cleanse mouth and gums with a wet wash cloth daily. Pacifiers have been associated with a higher rate of ear infections, improper tooth development, recurrent oral yeast infections. However, they have been used to improve oral muscle development in children with poor sucks. Additionally, they may decrease the risk of SIDS IN THE NON-BREASTFED infant when used at bedtime.

BURNS

Turn water heater to less than 120°F and test bath water.

Refrain from cooking or drinking hot liquids near baby.

Serve expressed breastmilk at room temp or warm in tepid water--not the microwave..

Microwaving breastmilk can burn baby and it will destroy SOME of its ability to fight illness.

PARENTING TIPS

BABIES, LIKE ADULTS, ARE ALL DIFFERENT AND UNIQUE! Babies like to look at faces.

Babies cry when...

The early signs of hunger have been ignored. The diaper is wet or dirty. They need to burp, pass gas or poop. They need to be held. They want to go to sleep. They are in pain from illness, tight clothing, a diaper pin, hunger ...

Since you cannot spoil an infant hold baby frequently using a sling is ideal.

Cuddle baby, talk, sing, read, massage, and play gently with your baby.

If baby is still crying and is not ill and temperature is normal try:

- ~Nursing
- ~Rocking, Singing or playing soft music
- ~A car ride or walk
- ~Bathing with baby
- ~Stroking and massaging baby.
- ~Gently folding both legs with hips and knees flexed in toward stomach to relieve gas.

If you suspect your baby has colic--try nursing longer on the first breast. If no improvement then eliminate dairy from your diet for 2 weeks and talk with your health care provider.

Health Tips

Baby needs well check ups and Vaccinations at ages 2, 4, 6, 12-13, and 18 months. There is an optional visit at 9 months.

Smoke: Keep baby away from ALL smoke. If you smoke, talk to your provider about getting help to **STOP!!!!** Never smoke in the presence of your child.

HEARING LOSS: Keep your baby away from loud noises like vacuuming and loud music.

CRYING signals distress and is a late sign of hunger. Allowing your child to "cry it out" can harm your child. Feed baby at the earliest signs of hunger.

Cleanliness: Babies do not need to be bathed every day. Soap does not always need to be used, but when used a hypoallergenic soap such as "Dove unscented" is less likely to irritate sensitive skin. Cradle cap can be prevented and treated by brushing scalp with water and an old toothbrush.

Illness: wash your hands after changing diapers or wiping noses. Keep baby away from sick people or crowds. Newborns should only be touched or held by well persons who have washed their hands thoroughly.

****REMEMBER~NO Safety measure can replace DIRECT ADULT SUPERVISION!***

OTHER

EMERGENCY NUMBERS: Keep 911 and poison control numbers handy.

Shaking, tossing, or swinging even playfully can cause injury to their developing brain.

Attend children at all times in the car and in the presence of pets or small children. FIRE : USE flame retardant pjs and place smoke detectors in the hallways and near bedrooms.