

# SAFETY TIPS FROM 4—8 MONTHS

## BREASTFEEDING

👍 Continue to breastfeed exclusively until around six months. Your milk continues to protect your child from disease and illness.

👍 Once you start solids/other fluids of any sort many moms find their baby become ill for the first time. This is because other fluids or foods raise the acidity of the baby's stomach killing SOME of the factors in your milk that fight disease.

👍 Inevitably your child will get a first illness, your baby will be LESS ill if you continue to breastfeed a minimum of 1 year.

## ♥ HEALTH TIPS ♥

♥ Immunizations (like breastfeeding) remain very important for your child's health.

Next shots are at 6, 12/13, and 18 months.

♥ Shaking, tossing, or swinging your baby playfully or in anger can cause brain damage.

♥ Keep the Poison Control number **and Syrup of Ipecac** handy. ☎ Call Poison Control before using Ipecac.

♥ Protect your child's hearing limit/avoid loud noises.

♥ Infant walkers may cause injuries.

♥ Place smoke detectors near bedrooms and in hallways.

♥ Keep all smoke away from baby~if you are a smoker ask your HCP about quitting

## SUFFOCATION, CHOKING, & SIDS

✚ BREASTFEEDING lowers SIDS risk

✚ Place baby BACK to SLEEP

✚ Co-Sleep or safely Bedshare ✚ Hold baby when feeding with a bottle.

✚ Pacifiers should not be placed on a string around babies neck. Avoid necklaces.

✚ Soft surfaces, pillows, blankets, water beds, bean bags, plastics, balloons, ribbons, and other small objects continue to be a threat.

✚ Check to be sure that babies sleeping area is away from cords, blinds, windows, and drapes.

✚ Be near baby when feeding food-feed only soft mashed food.

## CRIB SAFETY

\*Check that crib is painted with non-lead based paint and that bars are no more than 2-3/8 inches apart and have no corner posts.

\*Once baby is sitting/standing, lower crib mattress and remove crib toys.

## CAR SAFETY

Rear-facing seats may be discontinued once your baby is 20 lb. AND 6 months. Continue to use the seat EVERY time for EVERY ride. Check that seat is properly installed before EVERY ride.

The safest place for the car seat is in the middle back seat.

Serious or fatal injury may occur if baby is placed in front seat of a car equipped with an air bag.

Baby should be attended while in the car at all times.

## NUTRITION AND DENTAL

Breastmilk continues to be your baby's best food. It should be baby's only food until about 6 months and baby's main food source until about 8-9 months.

**Start offering fluids in a cup around 6 months of age.**

# SAFETY TIPS FROM 4—8 MONTHS

**Signs that your baby is ready for solids: Sitting up with minimal**

**support, reaches for food, able to grab objects and place them in mouth and lastly the "tongue retrusor reflex" disappears. This reflex is evident if you place food in infants mouth and his tongue pushes it right back out at you. If baby is 6 months and this is occurring wait another week and try**

**again.** Brush or clean gums/new teeth with a damp washcloth. Wash gums/new teeth daily.

**Bottles and the drinks placed in them (including breastMILK) may cause cavities if used incorrectly. BreastFEEDING does not cause cavities even when used to put baby to sleep.**

To prevent cavities caused by bottle feeding follow these rules:

⊖ No naptime or bedtime

bottles.

⊖ Do not allow infant to walk

around with bottle in mouth.

**Honey and corn syrup may cause botulism in your infant until about a year of age (Breastfeeding decreases but does not eliminate your child's risk of this illness.)**

Ask your Health care provider if fluoride is needed especially if you are planning to wean or if your water is not fluoridated.

## CHILDPROOFING



✓ Install childproof outlet guards on all electrical outlets. ✓ Install GFI's on all outlets near a water source. ✓ Apply safety latches to cabinets, drawers, and doors. ✓ Poisons, medications, soaps, dishwashing detergent, and cleaners should be placed well out or reach and/or locked up. ✓ Place gates at steps. Low windows or those accessible by furniture need safety gates/bars. ✓ Table cloths and cords to lamps or other appliances need to be out or reach.

✓ When cooking turn pot handles to the side out of reach. ✓ Check smoke detectors regularly and every October.

✓ Practice closing toilet lids and closing bathroom doors to prevent

Toilet drowning when older.

✓ Pools and spa's should have a self-locking gate surrounding them.

✓ Drapery and blind cords must be secured and out of reach.

## PARENTING TIPS

) Different babies grow at different rates. 

) Baby should be able to roll over, put things into mouth, and reach for and shake objects.

) Most babies can sit with support about 4-5 months and crawl at 6-8 months.

) Once crawling, allow baby to crawl in a safe clean area to develop strong legs and arms.

) Take time to play, talk, sing and read to your baby, this is how babies learn.

) Babies like to play with pots & pans plastic cups, spoons and dishes.

) Begin to teach baby the word, "No!" Remove baby from temptations/unsafe situations and/or remove the temptation and say, "NO!" Baby learns best by being shown gently and not by hitting or punishing. If you find yourself about to hit or harm your baby, call a friend, family member or a hot line for help. 