



Oklahoma State
Department of Health

Your Baby's Safety

Birth to Two Months

Write down all the new physical, language and social advances baby has made.

If your baby was born early or has a disability, carry out the doctor's orders and advice on how to take care of baby.

Crib

- Place baby to sleep on back.
 - Reduces danger of sudden infant death syndrome (SIDS).
- Keep crib or bassinette side up so baby is protected from pets, other children, and falls.
- Keep crib clear of loose blankets, bumper pads, toys, pillows, and strings.



Baby's Bath

- Non-slippery surface.
- Shallow water, test temperature on wrist.
- Hold baby's head up with arm around back of neck.
- If you feel weak or ill, do not bathe baby in tub, give baby a sponge bath.
- Never leave baby, even with siblings.

Dressing or Changing Baby – Table, crib or floor

- Don't leave baby alone on an elevated surface.
- Keep powder, lotion, or other uncovered materials away from baby.
- Keep caps, small objects, strings and jewelry out of baby's reach.
- Place arms and legs carefully into clothing. Bending out of normal position can cause fracture or joint displacement.

Car Safety

- Use directions for installing car seat securely or have installed by trained person.
- Use rear-facing infant car seat and place in back seat of vehicle.
- Vehicle should be safe and in good condition.
- Baby must always be in properly buckled car seat, which should be reclined.
- Keep objects in car secured so as not to injure baby during sudden stops.



Carriage/Stroller

- Strong and stable so it won't tip over.
- Baby securely placed and strapped.
- At this age, stroller back should be reclined at about 45°
 - keeps chin off of chest and stopping airway.
- Keep face clear of blankets for breathing.

Back or Front Carry Pack

- Correct size and material for age of baby.
- Keep baby's head supported.
- Check that baby doesn't slide inside and have trouble breathing.
- Make sure pack is tied securely to person carrying baby.

Safety – Environment

- Do not smoke or take drugs or alcohol.
- Don't drink or handle hot liquids while holding baby.
- Keep area around baby clear of food, toys, small items, strings, jewelry.
- Maintain a functioning smoke alarm.
- Keep home clean and temperature about 70°
- Learn Infant CPR
- Keep emergency phone numbers handy for:

Doctor: _____

Ambulance: _____

Emergency room: _____

Hospital: _____

Fire station: _____

Poison Control: _____

Nearest relative: _____