

Your Baby's Safety



Preparing for Your Baby's Safety

Items to Prepare 2-3 Months before Expected Delivery –
Places Where Baby will Spend the Most Time

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| <p>Crib</p> <ul style="list-style-type: none"> • Firm mattress that fits close to crib sides • Crib slats/bars not farther apart than 2 3/8 inches • No pillows, toys, loose blankets, or bumper pads <p>Bassinet/Cradle</p> <ul style="list-style-type: none"> • Firm, thin mattress with no space between it and the sides • Sides high enough so baby cannot fall out • Stable and cannot be knocked over • Cradle that cannot swing high enough to overturn <p>Dressing or Changing Baby
(table, crib or floor)</p> <ul style="list-style-type: none"> • Uncluttered, firm surface • Stable, not slippery | <p>Bathing Baby (in baby tub, tub placed in big tub or regular bathtub)</p> <ul style="list-style-type: none"> • Non-slippery surface • Do not use baby bath seat because it can tip over easily • Never leave baby alone or with siblings, not even for a second <p>Playpen</p> <ul style="list-style-type: none"> • If has slats, no wider than 2 3/8 inches apart • If net, closely woven • Sturdy, sides cannot collapse • Firm cushion, no bumper pads <p>Infant Car Seat</p> <ul style="list-style-type: none"> • Use seat approved by federal agency • Know history of used seat – cannot have been in a crash • Install rear-facing, 45° angle | <ul style="list-style-type: none"> • Install in back seat of vehicle • Use directions in car seat manual to install car seat securely or have it installed by a trained person <p>Infant Carrier (cannot use as car seat)</p> <ul style="list-style-type: none"> • Plastic with cushioned lining • Baby should be belted in • Use only for infants 1-6 weeks because it tips easily when baby moves • Cannot be used on shopping cart unless belted/attached <p>Safety – Environment</p> <ul style="list-style-type: none"> • Mother, or anyone around her, should not use alcohol, drugs, or tobacco • Rest and eat a healthy diet • Keep floors and stairs clear/good condition • Maintain home temperature at around 70° |
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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 care for your child.

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| <p>Crib</p> <ul style="list-style-type: none"> • Place baby to sleep on back (Reduces danger of sudden infant death syndrome (SIDS)) • Keep crib or bassinet side up so baby is protected from pets, other children and falls • Keep crib clear of loose blankets, bumper pads, toys, pillows and strings <p>Baby's Bath</p> <ul style="list-style-type: none"> • Non-slippery surface • Shallow water, test temperature on wrist • Hold baby's head up with arm around back of neck • If you feel tired or ill, give baby a sponge bath • Never leave baby alone or with siblings, not even for a second <p>Dressing or Changing Baby
(table, crib or floor)</p> <ul style="list-style-type: none"> • Do not leave baby alone on an elevated surface • Keep powder, lotion, or other uncovered materials, caps, small objects, strings and | <ul style="list-style-type: none"> • jewelry etc. out of baby's reach • Place arms and legs carefully into clothing, without bending out of normal position <p>Car Safety</p> <ul style="list-style-type: none"> • 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 <p>Carriage/Stroller</p> <ul style="list-style-type: none"> • Strong and stable so it will not tip over • Baby securely placed and strapped • At this age, stroller back should be reclined at about 45° (Keeps chin off of chest and airway from being blocked) • Keep face clear of blankets for breathing | <p>Back or Front Carry Pack</p> <ul style="list-style-type: none"> • Correct size and material for age of baby • Keep baby's head supported • Check that baby does not slide inside and have trouble breathing • Make sure pack is tied securely to person carrying baby <p>Safety – Environment</p> <ul style="list-style-type: none"> • Do not smoke or take drugs or alcohol • Do not 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 nearby emergency phone numbers for your child's pediatrician, the ambulance service, local emergency room, local hospital, fire station, Poison Control and your nearest relative handy |
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Two to Six Months

Baby begins moving more, pushing, pulling, rolling over, getting caught in things nearby, or falling off high places. Baby also is putting hands and things in mouth. Begin child-proofing your home.

Preventing Baby From Falling

- Lower crib mattress to keep baby from falling out over sides
- Keep crib free of stuffed animals and toys so baby will not stand up on them
- Support baby when sitting up to prevent head or neck injury
- Always keep one hand on baby when the baby is on high surfaces (changing tables, beds, sofas)
- When using carrier in shopping carts, hold baby in with belt and secure carrier to cart or else both carrier and baby could fall out
- Children must be seated and watched carefully if allowed to hold baby
- If you use a swing, it must be stable; baby must be belted in so as not to fall

Vehicle Safety

- Continue using rear-facing safety seat properly secured in back seat of car; never in front seat

- While baby is in vehicle, do not prop a bottle and keep small objects, cords and plastic bags out of reach
- Keep siblings from giving baby their toys

Play Pen (A safe place for baby)

- If it has slats, must be less than $2\frac{3}{8}$ inches; if it has net sides, holes must be less than $\frac{1}{4}$ inch
- No stuffed animals, plastic bags, or pillows in play pen
- Playpen floor must be secure and strong with firm padding

Keeping Baby Safe Around Water

- Always supervise babies around water
- Test bath water on your wrist to make sure it is not too hot for baby
- Do not leave alone or with siblings in tub or bathing area, even when baby is able to sit
- Remember, babies can drown in less than an inch of water in a few seconds

- Keep pails, cups and other containers with liquid away from baby
- Do not give baby water-filled plastic bags, gloves, or balloons

Keeping Environment Safe for Baby

- Check smoke alarm every month
- Make a plan for family to escape home in case of smoke or fire
- If baby is burned with hot solid or liquid, apply cool water and call doctor
- If baby falls or head is bumped, watch for unconsciousness, vomiting, unusual behavior. If so, call doctor or take to emergency room.
- Remember never to shake a baby because the brain can be injured
- Baby proof home with outlet plugs, door locks
- Call Poison Control (1-800-222-1222) or bring baby to emergency room if baby swallows poisonous material and tell what poison is suspected

Six to Twelve Months

Baby grows and develops rapidly. New personality and physical changes can be seen each day. Baby can sit, crawl and stand and will fall often. Home must be made safe.

Preventing Falls

- Install sturdy gates at top and bottom of stairs
- Install operable window guards
- Keep space in front of windows free of chests, tables
- Do not allow baby to crawl onto furniture
- Never use a baby walker because it may tip over or fall down the stairs
- Keep play area clear of hard, sharp-edged objects and toys and furniture
- If baby falls, check that baby is alright before picking baby up. If baby acts differently, call the doctor or take to emergency room.

Bathroom Safety

- Keep baby away from bathroom by keeping the door closed
- Keep toilet lid down
- Keep free of pails or other water containers
- Keep water heater lower than 120°
- Bathe baby on a non-slippery surface and hold neck and head up

Safety Habits to Prevent Suffocating and Choking

- Stay with baby while baby is eating
- Do not give baby food that could cause choking (peanuts, popcorn, carrots, grapes, hotdogs)
- Learn how to remove food or other items from choking baby
- Learn CPR and first aid
- Keep baby's crib away from windows, curtains and cords from blinds. Tie cords should be kept high and out of reach.
- Remove labels from stuffed toys
- Remove mobiles from crib because baby can reach parts, pull and put into mouth

Kitchen Safety

- Keep baby away from kitchen, especially while cooking
- Do not use the microwave to heat baby's milk bottles to avoid internal burns
- Place baby in a safe place nearby (playpen, low highchair) when you cook or work in kitchen
- Keep baby away from stoves, refrigerators

and hot appliances

- Keep pans toward back of stove; turn handles inward
- Do not hold baby and work with the stove at the same time
- Keep waste baskets closed and out of baby's reach
- Keep small fire extinguisher available in kitchen
- If child is burned, apply cool water and loose bandage and call 9-1-1

Child-Proofing Home for Safety

- Keep matches and lighters away from children
- Do not keep guns or firearms in the home, or keep guns unloaded, with a safety device and stored in a locked place
- Throw away all water, chemicals and other mixtures after use
- Check smoke alarm batteries monthly
- Keep tool chests locked so baby will not be caught or injured
- Keep baby out of garage and basement
- Apply child-proof latches to cabinets



**STOP BY, CALL
OR VISIT
OUR WEBSITE**

Preparing for a Lifetime, It's Everyone's Responsibility

<http://iio.health.ok.gov>

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