

Other Home Safety Tips

Your baby can be easily burned and injured by hot liquids. Never carry your baby at the same time you are carrying, drinking, or eating anything hot. Your baby may reach out suddenly and try to grasp what you are carrying.

Use wall-mounted safety gates at the top and bottom of stairs in your home. A pressure-mounted safety gate may release if your child pushes or falls against it. Remove safety gates from stairs when your child is 2 years of age, or when her chin is at the top of the gate.

Remove strings, cords, and ribbons from your baby's clothing. Do not place strings on your baby's soother or allow your baby to wear scarves, purses, or necklaces. These items can strangle your baby.

Be Prepared

Take CPR and First Aid so that you know what to do in the event of an emergency.

Plan escape routes from your home in case of a fire or other emergency. Practice the escape route with your family. Keep carbon monoxide and smoke detectors in working order; check that the batteries work once a month and replace the batteries every six months.



Home SAFETY TIPS

BIRTH TO 1 YEAR

Remember, your child is dependent on you and needs you to provide a safe, healthy, and loving home to learn and grow in.

HOME SAFETY tips

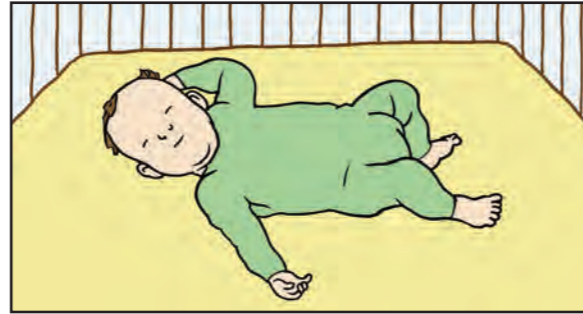
Be prepared for when your baby learns a new skill. Your baby may develop skills quickly and unexpectedly. Skills, such as rolling, crawling, and climbing will allow your baby to reach new places and items, introducing her to a variety of different hazards in your home.

When Your Baby Cries

Your baby will cry to tell you that she wants or needs something. She may be hungry, have a dirty diaper, or want to be cuddled. Sometimes your baby may cry for a reason you do not understand. At times her crying may make you feel frustrated, angry, or alone.

Remember:

- If you are unable to calm your baby it is not you or your baby's fault.
- It is **okay** to ask for help.
- Have someone you can call at anytime.
- Make a plan to deal with your feelings.
- If you are feeling upset, put your baby down in a safe place such as her crib, and walk away for 5 to 10 minutes.
- NEVER shake your baby.



Safe Sleep

Your baby needs a safe place to sleep that is meant just for him. A crib is the safest place for your baby to nap and sleep. The sleep surface needs to be firm and free from soft items such as quilts, stuffed animals, bumper pads, and pillows.

Always place your baby on his back to sleep.

As soon as your baby can push up onto his hands and knees, lower the crib mattress to the lowest height and remove mobiles and railing toys.

Travelling with Baby

A rear-facing car seat positioned in the back seat of your vehicle is the safest place for your baby. Keep your baby in a rear-facing seat until he reaches the maximum height and weight of the seat. Keeping your child in a rear-facing seat for as long as possible is the safest choice. Always install car seats according to the manufacturer's instructions and vehicle manual.

A car seat is made for transportation and is not an appropriate place for your baby to sleep or play.

Birth to 1 Year

Constant Supervision

Constant supervision of your baby is very important. When your baby is at heights or in water, keep your eyes and a hand on him at all times. Before changing your baby's diaper or bathing him, place everything you need within arm's reach. Always take your baby with you when you leave the room, or place your baby in a safe place such as a crib.

Heights

When your baby is at a height above the floor, such as on the change table or a couch, remember constant supervision! Your baby may learn how to roll without you knowing, and he can roll off furniture in a second.

Always use available safety straps on strollers and high chairs.

Bath Time

While bathing your baby, remember constant supervision!

Bath rings and bath seats should not be used. These products have been related to a number of drowning incidents.



Your baby's skin is very sensitive, and bath water must be a safe temperature. Test water with your elbow before putting your baby in the water. Water should feel warm but never hot. Turn the hot water heater in your home down to 49°C (120°F) to help ensure your baby is not burned.

Play Time

Your baby needs to play with toys that are meant for her age. Keep toys with small parts away from your baby as she could choke on them. Keys, coins, batteries, magnets, buttons, marbles, and balloons are not appropriate for your baby and should be kept out of her reach.

Do not buy, sell, or use a baby walker. Baby walkers are very unsafe for your baby because they allow her to move quickly and reach dangerous places such as stairs that she could not reach otherwise.

Meal Time

Mash, cut, chop, or grate foods for your baby. Plug-shaped foods such as grapes and hot dogs need to be cut lengthwise, and hard foods such as carrots should be cooked and mashed to soften them. Avoid feeding your baby hard foods such as candy, popcorn with kernels, nuts, and gum as these foods can cause him to choke.