



Birth to 6 Months

Make Your Home and Vehicle Safe for Your Baby

Never Shake a Baby

Shaking a baby in a moment of frustration or anger can cause blindness, brain damage or death.

Make a plan to deal with your baby's crying. It is more important to stay calm than to stop the crying. **Never Shake a Baby.**

Ways to Soothe Your Baby

- Gently rock your baby in your arms, a stroller or carrier
- Play music, hum or sing a lullaby
- Run the vacuum or dishwasher
- Give your baby a warm bath
- Take away excessive distractions such as lights, noises and movement

Parents and caregivers may become frustrated, angry or upset when caring for a crying baby. You are not alone, many people feel this way. It is OK to ask for help when your baby is crying.

Ways to Calm Your Self

If you feel like you may not be able to control your emotions, you need to take a break. Place your baby in a safe place, like a crib, and leave the room to calm yourself. Set an alarm for 10 to 15 minutes and try the following:

- Take a shower
- Exercise
- Count to 100
- Squeeze something soft such as a pillow
- Call someone you can trust such as a neighbor, relative or friend

Car Seat Safety

To make sure you are using a **rear-facing car seat** correctly in your vehicle, check the following:

- The car seat is in the back seat and faces the rear.
- The seat belt or Universal Anchorage System (UAS) is tightened so the car seat cannot be moved by more than one inch. Do not use both the seat belt and the UAS at the same time.
- The chest clip is at armpit level.
- The harness straps are tightened so that no more than one finger can fit between your baby's collarbone and the harness.
- The harness straps come out of the car seat at or below your baby's shoulders.
- The seat back has a 45 degree recline so your baby's head does not fall forward.
- The carry handle is in the correct position for travelling in a vehicle, as stated by the manufacturer.

Always install a seat following the manufacturer's instructions and the



How to Prevent Drowning

Drowning can happen in less than 5 cm (2 in.) of water. Never leave your baby alone in the bath or in the care of another child. If you have to leave the room, take your baby with you.

Choking and Suffocation

- Always place your baby on his/her back to sleep.
- Do not put baby quilts, pillows or stuffed toys in the crib.
- Avoid ribbons, cords or buttons on your baby's clothing and toys.
- Check soothers regularly. The nipple must be firmly attached to the handle. Do not attach cords or strings to a soother.
- Keep small objects (small toy parts, coins, keys) out of your baby's reach.