



HOME SAFETY TIPS

Birth to 1 Year

All children depend on the adults around them to provide safe, healthy environments to learn, grow, and develop new skills. This booklet will support you in preparing for each stage of development, so that you can better predict and prevent injuries.

Safe Sleep

Your baby needs a safe place to sleep that is meant just for them. A crib is the safest place for your baby to nap and sleep.

In order to reduce the risk of Sudden Infant Death Syndrome (SIDS), follow the ABCs for safe sleep:



Always put your baby to sleep on their back



Don't let your baby get too warm



Breastfeed your baby, if you can



Every surface your baby sleeps on should be firm, flat, and free of pillows, comforters, and stuffed toys



Create a smoke and vape-free environment for your baby

Remove strings, cords, and ribbons from your baby's clothing and soother. These items can strangle your baby.

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



When Your Baby Cries

Your baby cries to tell you that they want or need something. They may be hungry, need a diaper change, or want to be comforted. Sometimes it might be hard to figure out why your baby is crying. This may make you feel frustrated, angry, or alone.

Remember:

- If you are unable to calm your baby, it is not your or your baby's fault.
- It is okay to ask for help.
- Create a list of family members or friends you can call for support.
- Make a plan to deal with your feelings (shower, exercise, call someone who can help).
- If you are feeling upset, gently place your baby in a safe place, such as their crib, and walk away for a few minutes. Check on your baby, but do not pick them up until you are calm.
- **NEVER** shake, hit, or throw a baby. Doing so can cause serious, long-term health problems.



Supervision

Babies are constantly learning new skills, like rolling, crawling, and climbing. Your baby will also learn to stand, reach for and grab items, and put things in their mouths. Because babies do not understand the risks associated with their new skills, active adult supervision is very important, particularly when your baby is at heights, in the bath, or eating. Remember to always take your baby with you when you leave the room or place your baby in a safe place such as their crib.

Bath Time

- If you are able to access the hot water heater, turn it down to 49°C (120°F) to lower the risk of burns.
- While bathing your baby, remember to keep your eyes and a hand on them at all times. Place everything you will need within arm's reach (e.g., wash cloths, clean clothes). Hold your baby's head and support their neck until they are able to hold their head up on their own.
- Ensure that the bath water temperature is safe for your baby's sensitive skin. Bath water should feel warm, but never hot (around 37°C or 98.6°F). You can check the temperature using a bath thermometer or by placing your elbow in the water.
- Never use bath rings or bath seats. They have been related to drowning incidents.



Mealtime

- When introducing solid foods at six months of age, always mash, cut, chop, or grate foods for your baby.
- Plug-shaped foods, such as grapes, need to be cut lengthwise. 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 them to choke.
- 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.



Travelling with Baby

- Keep your baby in a rear-facing seat in the back seat of the car until they are at least 1 year of age, 10 kg (22 lb), and can walk. In this type of car seat, your child will be facing the back of the car. This is the safest position for your baby at this age. It is best for a child to stay rear facing until they are either too tall or heavy according to their car seat's instructions.
- Use a car seat for every ride. Always follow the instructions in your car seat and vehicle manuals. For help installing your car seat, you can find a local car seat technician by visiting www.sgi.sk.ca/technicians.

Remember, a car seat is made for transportation – it is not safe for your baby to sleep or play in.



Be Prepared

- Take CPR and first aid so that you know what to do in the event of an emergency.
- Install smoke alarms and carbon monoxide (CO) detectors outside every sleeping area and on every level of the home, including the basement. Test smoke alarms and CO detectors monthly, and set reminders to replace the batteries every six months.
- Plan and practice escape routes from your home in case of a fire or other emergency.



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