

NEWBORN SAFETY SCREEN—Physician Talking Points

CAR SAFETY

Q1. An infant carrier or car seat should be used to secure your baby EVERY time they ride in a moving vehicle.

Resource - <https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>

Q2. All children less than 2 years of age should be rear facing in the back seat of the car.

Resource - <https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>

Q3. 3 out of 4 car seats are not used correctly. You should have your car seat installation checked by a car seat technician/specialist.

Resource - <http://www.safercar.gov/cpsApp/cps/index.htm>

Q4. Temperatures rise very quickly in a car. You should never leave your child alone in the car, even for what you might think is just a quick errand.

Resource - <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Protecting-Children-from-Extreme-Heat-Information-for-Parents.aspx>

SLEEP SAFETY

Q5. **Location:** The safest place for your baby to sleep is in the room where you sleep, but not in your bed. A child needs their own bed or sleep space to keep them safe and to develop healthy sleep habits. Sleeping with your baby puts them at risk for injury or suffocation. Breastfeeding is recommended for all infants for as long as possible; however, after feeding, children should be placed back to sleep in their own crib.

Resource - <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Q6. **Position:** Always place your baby to sleep on their backs during naps and at nighttime. Because babies sleeping on their sides will possibly roll onto their stomach, the side position is just as dangerous as the stomach. It is important to discuss safe sleep position with anyone who cares for your baby.

Resource - <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Q7. **Environment:** bumper pads have been implicated in suffocation deaths in infants. Your baby should sleep on a firm mattress with a fitted sheet only.

Resource - <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Q8. **Environment:** pillows and blankets have both been implicated in suffocation deaths in infants. Your baby should not have anything in the crib except for a fitted sheet or sleep sack when he/she sleeps. Sleep sacks are acceptable

to keep your child warm. When done correctly, swaddling can be an effective technique to help calm infants and promote sleep. Swaddling should not be continued after 2 months of age when a child is ready to roll over, or if the blanket gets loose

Resource - <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Q9. **Environment:** Toys and stuffed animals have been implicated in suffocation deaths of infants. Your baby should not have anything in the crib except for a fitted sheet or sleep sack when he/her sleeps.

Resource - <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

WATER SAFETY

Q10. Drowning can occur quickly and in as little as 2 inches of water. Never leave your baby alone or with siblings in the bath or near any water, such as buckets or toilets

Resource - <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Drowning.aspx>

Q11. Drowning can occur quickly and in as little as 2 inches of water. Never leave your baby alone or with siblings in any water, even for a second.

Resource - <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Drowning.aspx>

FIRE/BURN SAFETY

Q12. Smoke alarms should be installed throughout the house, with at least 1 per each level of the house, especially near sleeping areas.

Resource - https://www.usfa.fema.gov/prevention/outreach/smoke_alarms.html

Q13. Batteries in smoke detectors should be changed regularly, at least twice a year. Some smoke alarms are wired with no battery. You should know what type of smoke alarm you have and make sure they work properly at least twice a year.

Resource - <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Fire-Safety.aspx>

Q14. Hot water heaters should be adjusted to 120° F or less to prevent burns from scalding water. Also, parents should check the bath water with their hand prior to inserting their baby.

Resource - <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Keeping-Safe-From-Burns.aspx>

Q15. Keep a small fire extinguisher in the kitchen, or somewhere easily accessible to put out small fires before they spread.

Resource - <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Keeping-Safe-From-Burns.aspx>



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Q16. Fire and burns are common in young children. Never carry or handle hot liquids or foods while holding your child, especially coming from the microwave or stove.

Resource - <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Treating-and-Preventing-Burns.aspx>

Q17. Every house should have Carbon monoxide detectors, especially near gas sources.

Resource - <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/How-to-Prevent-Carbon-Monoxide-Poisoning.aspx>

Q18. Besides the risk of potential fires, smoking in the home can be especially harmful to your children's health because their lungs still are developing. Infants exposed to secondhand smoke have a higher risk of SIDS, a risk of more health problems including ear infections, colds, and respiratory problems, and they may miss more school days.

Resources - <http://smokefree.gov/>

FALL PREVENTION

Q19. Babies can roll for the first time at different ages. Never leave your child on a high surface, such as a bed, changing table, exam table or counter, even if they are in a car seat or bouncy chair.

FAMILY INTERACTIONS

Q20. Be sure the babysitter or sibling watching your baby is at least 13 years old and mature enough to handle common emergencies. All sitters should know CPR, spend time with your child prior to being left alone with them, and know important contacts and resources in case there is a problem while you are not home.

Q21. There is a strong correlation between domestic violence and child abuse. If you do not feel safe with your partner, protect yourself and your baby by telling someone and seeking available resources in your community.

(Resource - <http://www.thehotline.org>)

Q22. Verbal expressions of anger, such as yelling at your baby, arguing with your spouse and cursing, may serve as a warning to others about unhappiness. If you start to feel frustrated, lay the baby in the crib and take a break, or ask another adult to help. Never scream or shake your baby when you are frustrated.

Resources in the community may help to deal with frustration, anger, and family issues. Resource - <https://www.healthychildren.org/English/ages-stages/baby/Pages/Parenting-Your-Infant.aspx>

Q23. Physical expressions of anger, such as raising a clenched fist, throwing a book on the floor, breaking a pencil or hitting a wall, can serve as a warning to others about unhappiness and anger. If you start to feel frustrated, lay the baby in the crib and take a break, or ask another adult to help. Never scream or shake your baby when you are frustrated. Resources in the community may help to deal with frustration, anger, and family issues.

Resource - <https://www.healthychildren.org/English/ages-stages/baby/Pages/Parenting-Your-Infant.aspx>

Q24. As a parent, you have a major impact on your child's health. If you are impaired due to drugs and alcohol, you will not be able to care for your child as readily and effectively as they need. Also, there is an increased risk of child death with caregivers that have problems with drugs and/or alcohol.

If you feel you may still have a problem, resource <http://www.addictioncareoptions.com/>

Q25. If you feel you should cut back on your drinking or drug intake, you likely have a problem. As a parent, you have a major impact on your child's health. If you are impaired due to drugs and alcohol, you will not be able to care for your child as readily and effectively as they need. Also, there is an increased risk of child death with caregivers that have problems with drugs and/or alcohol.

If you feel you may still have a problem, resource <http://www.addictioncareoptions.com/>

MATERNAL DEPRESSION QUESTIONS

Q26. If you are feeling depressed or hopeless, it may be a sign of a larger problem. Some mothers feel depressed and overwhelmed after giving birth. We recommend you answer a few more questions so that we can refer you to the appropriate resources if necessary.

Q27. If you have little interest or pleasure in things, it may be a sign of a larger problem. Some mothers feel depressed and overwhelmed after giving birth. We recommend you answer a few more questions so that we can refer you to the appropriate resources if necessary.

If PHQ-9 is concerning for depression, refer mother to OB and offer them this resource - <http://www.postpartum.net/>

