



Create a safe environment for your baby to live, learn and play!



SLEEP SAFETY

- Follow the ABC's of Safe Sleep. Your baby should always sleep on their back, in their own bed or sleep space, without anything in the crib except for a sheet.
- Sleeping with your baby puts them at risk for injury or suffocation – make sure your baby has their own sleep space.

HOME SAFETY

- Make sure all guns in your home are locked away and stored in a separate location from ammunition when not in use. Contact your local police department for information on finding a gun storage box.
- Have the phone number for the local Poison Control by your home phone, or programmed into your cell phone in case of emergencies. Offer the number to family who may care for your baby.

CAR SAFETY

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

FIRE/BURN SAFETY

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

WATER SAFETY

- 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.

FAMILY INTERACTIONS

- Crying is a normal part of infancy. Try soothing techniques such as rocking, singing or offering a pacifier. 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.

FALL PREVENTION

- 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.
- Use wall mounted gates at the top of stairs and pressure or wall mounted gates at the bottom of stairs. Gates should be used on all flights of stairs in the home.

CHOKING

- Your child is too young to play with small objects such as coins, beads, batteries or nuts. If it fits inside a toilet paper roll, it's too small.

