

INFANT SAFETY

In an effort to assist you in keeping your infant safe, here are some topics to consider. We encourage you to speak at length with your pediatric provider regarding these issues.

Safe Sleep

Please use sleep sacks, as opposed to blankets to facilitate a safe sleep environment for your baby. Avoid use of bumper pads, stuffed animals and pillows in the crib. The crib should only have a baby in it! Babies should sleep on their backs and be in their own sleeping area, whether that is a crib, cradle or pack n play. Ideally, baby does share your room, but again not your bed. Breastfeeding assists in decreasing the risk of SIDS as well.

<http://www.odh.ohio.gov/safesleep/>

Follow the ABCs
of Safe Sleep
Alone. Back. Crib.



Car Seats

Please remember to bring a car seat to the hospital that is appropriately sized and that has been properly installed in your vehicle. Call your local police or fire department to see if they will check it for you. Please remember that your infant should be rear facing and remain that way until 2 years of age. We do not advise using anything in the car seat, such as extra padding or positioners unless it was purchased with that particular seat. We generally do not advise that an infant remains in the car seat for more than 30-60 minutes at a time, due to poor head and neck control. Please refer to your state's laws and your car seat's manual.

<http://www.cincinnatichildrens.org/health/c/car-seat-vehicle/>

Water

Please be sure that baby is never left unattended around water. Do not leave baby alone in the bath and be sure that they are not burned by hot bath water.

Falls

We never know when baby is going to start rolling over! Please don't leave baby unattended on elevated surfaces, such as beds, couches or changing tables. Please be mindful of stairs as your infant becomes more mobile. Use gates at the top and bottom of the steps to keep babies safe.

Toys

Please use age appropriate toys and do regular checks to look for cracks or loose pieces. Choking hazards are all around, please be mindful.

Poison Control

Please have the number for poison control posted in your home 1-800-222-1222 and keep medications, cleaners, pesticides, gasoline and other poisons locked away out of the reach of children.

Fire

Please be sure that you have working fire alarms and carbon monoxide detectors in your home. As your children get older, have planned safety drills to practice getting out in case of a fire.

Ultimately there is no substitution for supervision. Please keep your baby safe by exploring these topics further and educating your child care providers as well. Grandma and Grandpa and other family members may need an update on current recommendations.