Your Baby’s Safety

Birth to Two Months

Write down all the new physical, language and social advances baby has made.

If your baby was born early or has a disability, carry out the doctor’s orders and advice on how to take care of baby.

Crib
- Place baby to sleep on back.
  - Reduces danger of sudden infant death syndrome (SIDS).
- Do not use a drop-side crib.
- Keep crib or bassinet side up so baby is protected from pets, other children, and falls.
- Keep crib clear of loose blankets, bumper pads, toys, pillows, and strings.

Baby’s Bath
- Non-slippery surface.
- Shallow water, test temperature on wrist.
- Hold baby’s head up with arm around back of neck.
- If you feel weak or ill, do not bathe baby in tub, give baby a sponge bath.
- Never leave baby, even with siblings.

Dressing or Changing Baby – Table, Crib or Floor
- Don’t leave baby alone on an elevated surface.
- Keep lotion, or other uncovered materials away from baby. Do not use powder.
- Keep caps, small objects, strings and jewelry out of baby’s reach.
- Place arms and legs carefully into clothing. Bending out of normal position can cause fracture or joint displacement.

Car Safety
- Use directions for installing car seat securely or have installed by trained person.
- Use rear-facing infant car seat and place in back seat of vehicle.
- Vehicle should be safe and in good condition.
- Baby must always be in properly buckled car seat, which should be reclined.
- Keep objects in car secured so as not to injure baby during sudden stops.

Carriage/Stroller
- Strong and stable so it won’t tip over.
- Baby securely placed and strapped.
- At this age, stroller back should be reclined at about 45°
  - keeps chin off of chest and stopping airway.
- Keep face clear of blankets for breathing.

Sling or Front Carry Pack
- Correct size and material for age of baby.
- Keep baby’s head supported.
- Check that baby doesn’t slide inside and have trouble breathing.
- Make sure pack is tied securely to person carrying baby.

Safety – Environment
- Do not smoke or take drugs or alcohol.
- Don’t drink or handle hot liquids while holding baby.
- Keep area around baby clear of food, toys, small items, strings, jewelry.
- Maintain a functioning smoke alarm.
- Keep home clean and temperature about 70°.
- Learn Infant CPR.
- Keep emergency phone numbers handy for:
  Doctor: ________________________________
  Ambulance: ___________________________
  Emergency room: _____________________
  Hospital: ____________________________
  Fire station: _________________________
  Poison Control: ______________________
  Nearest relative: ______________________