



ARE YOU PREPARED FOR:

CRYING?

- **NEVER** shake a baby.
- Know that your baby will cry and this is normal.
- Place baby in his/her own sleep space and walk away if you become frustrated.
- Identify a person you can talk to if you become frustrated.

BED TIME?

- Always place baby on his or her back to sleep, for naps and at night.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, port-a-crib, or bassinet, covered by a fitted sheet.
- Dress baby in light sleep clothing, such as a one-piece sleeper.
- Keep soft objects, toys, bumper pads, blankets, and loose bedding out of baby's sleep area.

CAR TIME?

- Always follow the manufacturer's instructions for using your car seat.
- Keep kids rear-facing as long as possible in the back seat.
- Use the car seat only for travel, not for sleeping or play time.

BATH TIME?

- **NEVER** leave a baby alone around water, even with brothers, sisters or other children.
- Water should be one to two inches deep, test temperature on wrist.
- Non-slippery surface.

PLAY TIME?

- Use age appropriate toys.
- Make time for supervised "tummy time".
- Supervise at all times.

ADDITIONAL TIPS:

- Learn infant CPR. Classes are available through the American Heart Association (1-800-AHA-USA-1) and the American Red Cross (www.redcross.org)
- Do not smoke, vapor or take illegal drugs or drink alcohol.
- Maintain a working smoke alarm. Your local fire department may have smoke alarms available free of charge.
- Keep small fire extinguisher available in kitchen.
- Install child-proof latches to cabinets.
- Place chemicals, medicines and other potential poisons out of baby's reach. Keep the number to the Oklahoma Poison Control Center handy (1-800-222-1222).
- Store all medications out of reach and follow instructions as given by your doctor or other medical professional.
- Store firearms unloaded, out of reach, and equipped with a gun lock. Your local law enforcement agency may have gun locks free of charge.

FOR MORE INFORMATION:

- Preparing for a Lifetime; It's Everyone's Responsibility (<http://iio.health.ok.gov>)
- Oklahoma State Department of Health Injury Prevention Services (<http://ips.health.ok.gov>)
- Safe Kids Oklahoma (<http://www.safekidsok.org>)