

Newborn to 6 months



Your Baby Depends On You

It may be hard to tell why your baby is crying or uncomfortable.

- Gently holding and comforting your baby while you try to understand what he needs is the best thing for him.
- Shaking or hitting your baby to stop him from crying can seriously hurt and possibly kill him.
- If you ever feel you may hurt your baby, call a relative, friend, or **1-800-4 A CHILD (1-800-422-4453)** for help.
- Learn child CPR and first aid. Contact your local hospital or the American Red Cross for class information.

Keeping Your Baby Safe

Your baby is a wonderful new addition to your life. He brings with him many surprises, many changes, and many new experiences. You may not know what to expect, or how to keep him safe. These tips may help keep your baby safe and happy.

Here are some things you can expect as your baby grows:

As your baby grows, expect the unexpected. Be aware of your baby's surroundings and **never** underestimate what he can or might try to do.

Newborn to 2 Months

- Very fragile
- Can not hold head up – needs head and body support
- Wiggles, moves, kicks and is active
- Hard to tell if he is hurt or sick
- Hard to tell why he is crying

4 to 6 Months

- Raises head and chest when lying on stomach, but still needs head and body support
- Rolls over
- Learns to scoot and move around
- Grabs at things and puts them in mouth
- Curious about new environment

2 to 4 Months

- Still needs head and body support
- Wiggles, kicks and moves more actively
- Starts to roll over
- Easier to understand why he is crying or uncomfortable



American Academy of Pediatrics

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Orange County Chapter



Children & Families
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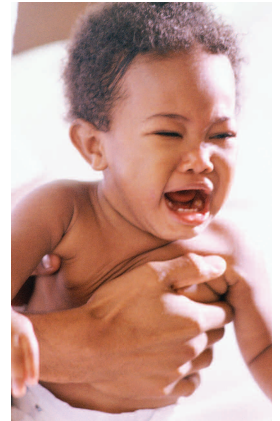
Common injuries in children 0-6 months

FALLS



Your baby will be wiggling, kicking his legs, and moving his arms, and he will be able to roll from side-to-side.

- **Always** keep a hand on your baby when you place him on a changing table (use a safety strap), bed, couch, or any other place above the ground, even if you think he cannot roll over.
- Don't use a baby walker. The walker can tip over, and your baby can fall out of it and fall down the stairs. Use a stationary "activity center" instead.



THE RIGHT SEAT: SAFETY IN A CAR

Rear Facing Infant Seats (Up to 22 to 40 lbs) • Convertible Seats (Up to 40 to 50 lbs)

Every time your baby is in a car, she needs to be in the back seat properly buckled in a child car safety seat that is right for her weight, height, and age.

- Rear facing is recommended until highest height or weight is reached as allowed by their car safety manufacturer.
- Harness snug at or below shoulders.
- Chest clip at armpit level.
- Attach to car with seat belt or lower anchors.
- Add nothing to or behind harness.
- Convertible seat should have 5-point harness attached at the shoulders, hips, and between legs.
- **Never** put your child in the front seat of the car if there's a passenger-side air bag. The air bag in the front seat can seriously hurt or even kill her.
- Don't leave your child alone in the car, even for a minute. It's very dangerous and against the law in California.
- Always read car seat and vehicle manuals for specific directions.



Infant Seat
Up to 22 to 40 lbs



Convertible Seat
Up to 40 to 50 lbs



POISONING

Your baby is extremely sensitive to anything that you feed her or put on her skin.

- Don't give your baby any medicines, or put anything on your baby's skin, unless your doctor tells you to. **Always** check the instructions.
- If your baby swallows something harmful, or if something harmful gets on her skin, immediately call the California Poison Control System at **1-800-222-1222** for instructions. Ask your pediatrician for a Poison Control sticker for your phone.



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SLEEP SAFETY



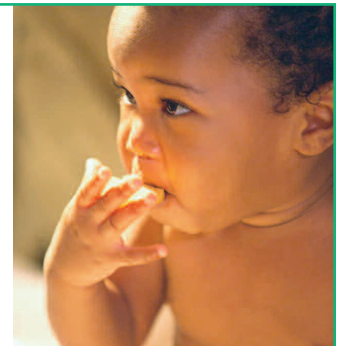
Your baby is safest when you put him on his back to sleep.

- To help prevent suffocation and SIDS (Sudden Infant Death Syndrome), place your baby on his back in his crib, on a firm, tight-fitting mattress.
- Don't use pillow, quilts, comforters, thick blankets, crib bumper pads, or stuffed toys in his crib, as these things could smother your baby.
- Make sure the slats on his crib are less than 2 3/8 inches apart.
- Don't smoke, or allow others to smoke in your home, or anywhere else your baby is.

CHOKING

Your baby's throat and airway are very small, and he can easily choke on even very small things.

- Check all of your baby's toys to be sure that there are no loose parts or parts that could break off.
- Pieces of food can make your baby choke.



BURNS



Your baby will try to reach, grab or touch anything, even if it's hot.

- **Never** heat baby formula in the microwave because the liquid may become very hot.
- When you cook, drink hot liquids, or hold hot objects, put your baby in a playpen or another safe place away from the kitchen, or have someone watch him for you.
- Make sure your baby's clothing and bedding are made of flame-retardant material.
- Set your water heater no higher than 120 degrees, or to "warm," and **always** test the water temperature before you use it on your baby.
- Place a smoke detector in each bedroom of your house.

BATHTUB AND WATER SAFETY

Your baby could drown without a sound. If your baby falls over in the bathtub, he won't be able to lift himself back up, and can drown very quickly, even in a few inches of water.

- **Never** leave your baby in the bathtub alone, even for a second. If you must leave the bathroom, take your baby with you.
- Don't use a bath chair to help your baby sit up in the tub. Your baby can easily fall out of the chair and get caught under the water.



Suggestions for keeping your baby safe

As your baby gets older, she will be moving around more. Here is a list of safety devices that can help to keep your baby safe where she lives and is cared for:



Stairways and Doorways

- Stair gates



Bathrooms

- Bathtub thermometer
- Child resistant containers
- Medicine Cabinet latch



Living and Dining Areas, and Bedrooms

- Door latches and locks
- Window locks
- Cabinet locks
- Furniture padding
- Smoke detectors



Pool Areas

- Pool fencing (around all four sides)



Kitchen Areas

- Cabinet locks
- Range guards for the stove



Vehicles

- Sensors or mirrors to detect objects behind your vehicle

