

# Keep Your Baby Safe *and* Healthy!



*Follow the tips in this brochure  
to help your baby grow and stay  
healthy and happy.*



# *Your baby has finally arrived. Congratulations!*

You want to keep your baby safe and healthy, but may feel there is so much to do and know.

**First off**, the most important thing you can give your new child is love and affection.

**Next**, take steps to create a safe home for baby.

## *Make sleep time safe time*

Always put your baby *to sleep or to nap on his back*. Ask your baby's caregivers to place baby on his back at nap time and bed time. This is safest for baby and lowers his risk of SIDS (Sudden Infant Death Syndrome).

Always put baby in a crib or bassinet to sleep. Don't place baby on adult beds, waterbeds, sofas, or in bean bag chairs to nap or at night. This puts baby at risk of suffocating



## Check off the things you will do to keep your baby's crib safe:

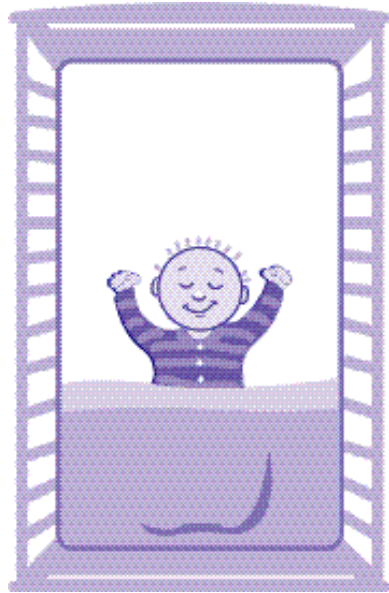
- Take out all pillows, quilts, soft bedding, stuffed animals, and toys.
- Use a firm mattress. Make sure the mattress fits tightly next to the slats of the crib so your baby won't get trapped between the mattress and the side of the crib.
- Measure the crib slats. Slats must be **no more than 2** inches apart. Grab a soda can and test that it doesn't fit through the slats. See that there are no missing or broken slats.

### If you use a blanket . . .

Only use a **light** blanket to cover your baby. Make sure the blanket does not cover your baby's head or face.

To keep your baby from sliding under the blanket, place your baby at the foot (the bottom) of the crib.

This is called the “**feet to foot**” position. Next, tuck the blanket under the crib mattress.



“FEET TO FOOT” POSITION

## Make play time fun time

When awake, put your baby on her stomach to help her neck and arms grow strong. Get on the floor and play with baby. Talk to your baby and cuddle at play time. Make sure toys have no loose or small parts.

## ***Make all times safe times***

Your baby will be rolling before you know it. Be prepared for those fast moves.

- ♥ Don't leave your baby alone on a changing table or on the bed. Have everything you need to change your baby right there before you start to change a diaper.
- ♥ Always use safety straps when baby is in an infant carrier, stroller, or high chair.
- ♥ Use a car seat the right way EVERY time you are in a car. Even for short rides!

## ***Take time to keep your baby safe and healthy***

- ♥ Get all of your baby's shots on time. Take your baby in for all well-baby checks-ups.
- ♥ Do not let anyone smoke around your baby. This second-hand smoke can raise your baby's risk for SIDS and asthma.
- ♥ Breast feed your baby to lower the risk of SIDS. Research shows it helps!

***Again, congratulations  
on the birth of your baby!***



It is great you are taking steps to keep your baby safe and healthy.  
We wish you and your family much joy!

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