

# Safety Tips:

## Newborns (0-6 Months)



### Newborn Safety Best Practices Bedtime Precautions

- Lay your baby on his or her back to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Avoid soft bedding and stuffed animals. Use a firm mattress covered with a tight-fitting crib sheet.
- Make sure there are no gaps wider than 2 fingers between the side of the crib and the mattress.
- The slats of the crib should be narrower than a soda can.

### Bath Time Safety

- Never leave your child unattended around water, even if they are in a baby bath seat or ring. Babies can drown in as little as one inch of water.
- Check your baby's bath water with your wrist or elbow before placing your baby in the bath to prevent burns.

### Avoiding Falls

- Keep babies and young kids strapped into their high chairs, infant carriers, swings and strollers. When placing your baby into a carrier, place the carrier on the floor, not on top of a table or other furniture.
- Install window guards and place chairs, cribs, and other furniture away from windows to prevent unintentional window falls.

### Safety In and Around Cars

- Do not ever leave your child alone in a car to avoid heatstroke-related injuries and death.
- Choose soft toys for babies to play with in the car. Secure loose objects and toys to protect everyone in case of a crash.
- Only buy a used car seat if you know its full crash history. Once a car seat has been in a crash, it needs to be replaced.
- Look at the label on your car seat to make sure it's appropriate for your child's age, weight and height. Make sure to check the car seat's expiration date.
- Children under age 2 should sit in a rear-facing car seat.
- Use either the car's seat belt or LATCH system to lock the car seat in place. Don't use both at the same time.

- Make sure the harness of your car seat is tightly buckled and coming from the correct slots (check your car seat manual). The chest clip should be placed at armpit level. If you are unable to pinch any excess webbing when pinching the strap at your child's shoulder, your baby is secure in the seat.
- Once your car seat is installed, give it a hard tug at the base where the seat belt goes through it. The car seat should not move more than one inch.
- For more car seat guidelines and information, visit <http://www.safercar.gov/parents/CarSeats.htm> or visit one of Stanford Children's Health's free car seat checks.

### Preventing Scalds/Burns

- Set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting.
- Heat bottles by placing them in warm water rather than using a microwave. Make sure they have cooled to the appropriate temperature before feeding them to your baby.
- Install barriers such as safety gates around fireplaces, ovens and furnaces as well as at the tops and bottoms of stairs.
- Don't carry or hold a child while cooking on the stove.
- Avoid direct sunlight as much as possible for the first 6 months. If your baby will be exposed, use protective clothing and apply sunscreen before you leave and every two hours while you are out.

### Preventing Choking

- Before buying a new toy, check to make sure there aren't any small or sharp parts or other potential choking hazards. Look out for small game pieces.
- Children under 5 should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or chunks, hard candy, nuts, grapes, marshmallows or popcorn.
- Keep plastic bags out of reach of your baby.

### Battery Safety

- Keep small electronics or devices that use button batteries (including remote controls, key fobs, watches, pocket calculators, musical greeting cards and flameless candles) out of reach.
- If you suspect your child has ingested a battery, go to the hospital immediately. Do not induce vomiting or have your child eat or drink anything until assessed by a medical professional.
- Keep the National Battery Ingestion Hotline 202-625-3333 on hand.

### Bike Safety

- Infants should never sit on a rear bike seat or be carried on a bicycle, even in a backpack or front carrier.

### Calming Your Baby

- Do not ever shake your baby. This could cause serious brain injury.