



BRIGHT FUTURES HANDOUT ► PARENT

FIRST WEEK VISIT (3 TO 5 DAYS)

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Tobacco-free spaces keep children healthy. Don't smoke or use e-cigarettes. Keep your home and car smoke-free.
- Take help from family and friends.

✓ FEEDING YOUR BABY

- Feed your baby only breast milk or iron-fortified formula until he is about 6 months old.
- Feed your baby when he is hungry. Look for him to
 - Put his hand to his mouth.
 - Suck or root.
 - Fuss.
- Stop feeding when you see your baby is full. You can tell when he
 - Turns away
 - Closes his mouth
 - Relaxes his arms and hands
- Know that your baby is getting enough to eat if he has more than 5 wet diapers and at least 3 soft stools per day and is gaining weight appropriately.
- Hold your baby so you can look at each other while you feed him.
- Always hold the bottle. Never prop it.

If Breastfeeding

- Feed your baby on demand. Expect at least 8 to 12 feedings per day.
- A lactation consultant can give you information and support on how to breastfeed your baby and make you more comfortable.
- Begin giving your baby vitamin D drops (400 IU a day).
- Continue your prenatal vitamin with iron.
- Eat a healthy diet; avoid fish high in mercury.

If Formula Feeding

- Offer your baby 2 oz of formula every 2 to 3 hours. If he is still hungry, offer him more.

✓ HOW YOU ARE FEELING

- Try to sleep or rest when your baby sleeps.
- Spend time with your other children.
- Keep up routines to help your family adjust to the new baby.

✓ BABY CARE

- Sing, talk, and read to your baby; avoid TV and digital media.
- Help your baby wake for feeding by patting her, changing her diaper, and undressing her.
- Calm your baby by stroking her head or gently rocking her.
- *Never hit or shake your baby.*
- Take your baby's temperature with a rectal thermometer, not by ear or skin; a fever is a rectal temperature of 100.4°F/38.0°C or higher. Call us anytime if you have questions or concerns.
- Plan for emergencies: have a first aid kit, take first aid and infant CPR classes, and make a list of phone numbers.
- Wash your hands often.
- Avoid crowds and keep others from touching your baby without clean hands.
- Avoid sun exposure.

Helpful Resources: Smoking Quit Line: 800-784-8669 | Poison Help Line: 800-222-1222

Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

FIRST WEEK VISIT (3 TO 5 DAYS)—PARENT



SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Make sure your baby always stays in his car safety seat during travel. If he becomes fussy or needs to feed, stop the vehicle and take him out of his seat.
- Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving.
- Never leave your baby in the car alone. Start habits that prevent you from ever forgetting your baby in the car, such as putting your cell phone in the back seat.
- Always put your baby to sleep on his back in his own crib, not your bed.
 - Your baby should sleep in your room until he is at least 6 months old.
 - Make sure your baby's crib or sleep surface meets the most recent safety guidelines.
- If you choose to use a mesh playpen, get one made after February 28, 2013.
- Swaddling should be used only with babies younger than 2 months.
- Prevent scalds or burns. Don't drink hot liquids while holding your baby.
- Prevent tap water burns. Set the water heater so the temperature at the faucet is at or below 120°F /49°C.

WHAT TO EXPECT AT YOUR BABY'S 1 MONTH VISIT

We will talk about

- Taking care of your baby, your family, and yourself
- Promoting your health and recovery
- Feeding your baby and watching her grow
- Caring for and protecting your baby
- Keeping your baby safe at home and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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Developmental Milestones: Ages 2 Months to 5 Years

Although no 2 children develop at the same rate, most babies should be able to do certain things at certain ages. Learning to sit up, walk, and talk are some of the major developmental milestones your child will achieve.

Here is information about how babies and young children typically develop. Examples of developmental milestones for ages 2 months to 5 years are listed.

NOTE: If you see large differences between your child's age and the milestones listed, talk with your child's doctor.

By 2 Months

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Calms down when spoken to or picked up • Looks at your face • Seems happy to see you when you walk up to them • Smiles when you talk to or smile at them <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Makes sounds other than crying • Reacts to loud sounds 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Watches you as you move • Looks at a toy for several seconds <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Holds head up when on tummy • Moves both arms and both legs • Opens hands briefly
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By 4 Months

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Smiles on their own to get your attention • Chuckles (not yet a full laugh) when you try to make them laugh • Looks at you, moves, or makes sounds to get or keep your attention <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Makes sounds like "ooh" or "aah" (cooing) • Makes sounds back when you talk to them • Turns head toward the sound of your voice 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • If hungry, opens mouth when they see breast or bottle • Looks at their hands with interest <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Holds head steady without support when you are holding them • Holds a toy when you put it in their hand • Uses their arm to swing at toys • Brings hands to mouth • Pushes up onto elbows/forearms when on tummy
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By 6 Months

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Knows familiar people • Likes to look at self in a mirror • Laughs <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Takes turns making sounds with you • Blows "raspberries" (sticks tongue out and blows) • Makes squealing noises 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Puts things in their mouth to explore them • Reaches to grab a toy they want • Closes lips to show they don't want more food <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Rolls from tummy to back • Pushes up with straight arms when on tummy • Leans on hands to support themselves when sitting
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By 9 Months

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Is shy, clingy, or fearful around strangers • Shows several facial expressions, like happy, sad, angry, and surprised • Looks when you call their name • Reacts when you leave (looks, reaches for you, or cries) • Smiles or laughs when you play peekaboo <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Makes a lot of different sounds like “mamamama” and “babababa” • Lifts arms up to be picked up 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Looks for objects when dropped out of sight (like a spoon or toy) • Bangs 2 things together <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Gets to a sitting position by themselves • Moves things from one hand to their other hand • Uses fingers to rake food toward themselves • Sits without support
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By 12 Months (1 Year)

<p>Social/Emotional Milestone</p> <ul style="list-style-type: none"> • Plays games with you, like pat-a-cake <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Waves “bye-bye” • Calls a parent “mama” or “dada” or another special name • Understands no (pauses briefly or stops when you say it) 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Puts something in a container, like a block in a cup • Looks for things they see you hide, like a toy under a blanket <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Pulls up to stand • Walks, holding on to furniture • Drinks from a cup without a lid, as you hold it • Picks things up between thumb and pointer finger, like small bits of food
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By 15 Months (1 ¼ Years)

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Copies other children while playing, like taking toys out of a container when another child does • Shows you an object they like • Claps when excited • Hugs stuffed doll or another toy • Shows you affection (hugs, cuddles, or kisses you) <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Tries to say 1 or 2 words besides <i>mama</i> or <i>dada</i>, like “ba” for <i>ball</i> or “da” for <i>dog</i>. • Looks at a familiar object when you name it. • Follows directions given with both a gesture and words. For example, they give you a toy when you hold out your hand and say, “Give me the toy.” • Points to ask for something or to get help. 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Tries to use things the right way, like a phone, cup, or book • Stacks at least 2 small objects, like blocks <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Takes a few steps on their own • Uses fingers to feed themselves some food
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By 18 Months (1 ½ Years)

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Moves away from you but looks to make sure you are close by • Points to show you something interesting • Puts hands out for you to wash them • Looks at a few pages in a book with you • Helps you dress them by pushing arm through sleeve or lifting up foot <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Tries to say 3 or more words besides <i>mama</i> or <i>dada</i> • Follows 1-step directions without any gestures, like giving you the toy when you say, “Give it to me” 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Copies you doing chores, like sweeping with a broom • Plays with toys in a simple way, like pushing a toy car <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Walks without holding on to anyone or anything • Scribbles • Drinks from a cup without a lid and may spill sometimes • Feeds themselves with their fingers • Tries to use a spoon • Climbs on and off a couch or chair without help
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By 24 Months (2 Years)

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Notices when others are hurt or upset, like pausing or looking sad when someone is crying • Looks at your face to see how to react in a new situation <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Points to things in a book when you ask about them, like “Where is the bear?” • Says at least 2 words together, like “More milk” • Points to at least 2 body parts when you ask them to show you • Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Holds something in one hand while using the other hand, for example, holding a container and taking the lid off • Tries to use switches, knobs, or buttons on a toy • Plays with more than one toy at the same time, like putting toy food on a toy plate <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Kicks a ball • Runs • Walks, not climbs, up a few stairs with or without help • Eats with a spoon
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By 30 Months (2 ½ Years)

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none"> • Plays next to other children and sometimes plays with them • Shows you what they can do by saying, “Look at me!” • Follows simple routines when told, like helping pick up toys when you say, “It’s cleanup time” <p>Language/Communication Milestones</p> <ul style="list-style-type: none"> • Says about 50 words • Says 2 or more words, with 1 action word, like “Doggie run” • Names things in a book when you point and ask, “What is this?” • Says words like “I,” “me,” or “we” 	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none"> • Uses things to pretend, like feeding a block to a doll as if it were food • Shows simple problem-solving skills, like standing on a small stool to reach something • Follows 2-step instructions like “Put the toy down and close the door” • Shows they know at least 1 color, like pointing to a red crayon when you ask, “Which one is red?” <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none"> • Uses hands to twist things, like turning doorknobs or unscrewing lids • Takes some clothes off by themselves, like loose pants or an open jacket • Jumps off the ground with both feet • Turns book pages, one at a time, when you read to them
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By 3 Years

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none">• Calms down within 10 minutes after you leave them, like at a child care drop-off• Notices other children and joins them to play <p>Language/Communication Milestones</p> <ul style="list-style-type: none">• Talks with you in conversation by using at least 2 back-and-forth exchanges• Asks who, what, where, or why questions, like “Where is mommy/daddy?”• Says what action is happening in a picture or book when asked, like “running,” “eating,” or “playing”• Says first name when asked• Talks well enough for others to understand, most of the time	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none">• Draws a circle when you show them how• Avoids touching hot objects, like a stove, when you warn them <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none">• Strings items together, like large beads or macaroni• Puts on some clothes by themselves, like loose pants or a jacket• Uses a fork
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By 4 Years

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none">• Pretends to be something else during play (like a teacher, superhero, or dog)• Asks to go play with children if none are around, like “Can I play with Alex?”• Comforts others who are hurt or sad, like hugging a crying friend• Avoids danger, like not jumping from tall heights at the playground• Likes to be a helper• Changes behavior based on where they are (like a place of worship, library, or playground) <p>Language/Communication Milestones</p> <ul style="list-style-type: none">• Says sentences with 4 or more words• Says some words from a song, story, or nursery rhyme• Talks about at least 1 thing that happened during their day, like “I played soccer”• Answers simple questions like “What is a coat for?” or “What is a crayon for?”	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none">• Names a few colors of items• Tells what comes next in a well-known story• Draws a person with 3 or more body parts <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none">• Catches a large ball most of the time• Serves themselves food or pours water, with adult supervision• Unbuttons some buttons• Holds crayon or pencil between fingers and thumb, not a fist
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By 5 years

<p>Social/Emotional Milestones</p> <ul style="list-style-type: none">• Follows rules or takes turns when playing games with other children• Sings, dances, or acts for you• Does simple chores at home, like matching socks or clearing the table after eating <p>Language/Communication Milestones</p> <ul style="list-style-type: none">• Tells a story they heard or made up with at least 2 events. For example, a cat was stuck in a tree and a firefighter saved it.• Answers simple questions about a book or story after you read or tell it to them.• Keeps a conversation going with more than 3 back-and-forth exchanges.• Uses or recognizes simple rhymes (like <i>bat-cat</i> or <i>ball-tall</i>).	<p>Cognitive Milestones (learning, thinking, problem-solving)</p> <ul style="list-style-type: none">• Counts to 10• Names some numbers between 1 and 5 when you point to them• Uses words about time, like <i>yesterday</i>, <i>tomorrow</i>, <i>morning</i>, or <i>night</i>• Pays attention for 5 to 10 minutes during activities, for example, during story time or making arts and crafts (Screen time does not count.)• Writes some letters in their name• Names some letters when you point to them <p>Movement/Physical Development Milestones</p> <ul style="list-style-type: none">• Buttons some buttons• Hops on 1 foot
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Well-Child Visits

Remember to take your child to their recommended well-child (health supervision) visits. At each visit, your child's doctor will check their progress and ask you about the ways you see them growing.

Visit [HealthyChildren.org](https://www.healthychildren.org) for more information.

Adapted from the American Academy of Pediatrics patient education brochure *Your Child's Growth: Developmental Milestones* © 2022. Developmental milestones are adapted from Centers for Disease Control and Prevention. Milestones <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>.

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In all aspects of its publishing program (writing, review, and production), the AAP is committed to promoting principles of equity, diversity, and inclusion.

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newborn

Child's name _____

Length _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

How is breastfeeding going?

How many times per day is your baby eating?

*How do you tell when your baby is hungry;
when your baby is full?*

Feeding Advice

- **Breastfeeding is highly recommended.**
The *best* food for your baby is breastmilk.
- If you use formula, make sure it is iron-fortified.
- Expect to feed your newborn every 2-3 hours.
- Babies will take different amounts of breastmilk or formula at each feeding.
It's acceptable if your baby does not finish his or her bottle at each feeding.
- Your baby knows how much breastmilk or formula to take. When he or she releases the nipple and turns attention to other things, or falls asleep, he or she is full.
- Not all crying means hunger, sometimes babies have a fussy time, this is normal. Comfort your baby by rocking, massage, cuddling or playing music.
- Always hold your baby at feeding times – this makes your baby feel loved and secure.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.

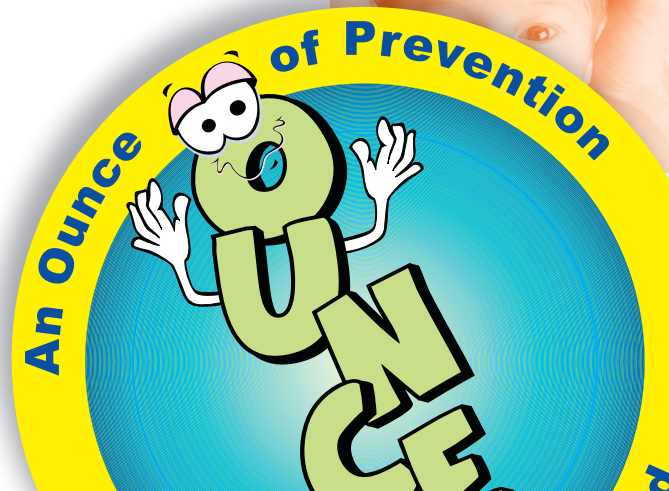
Be Active

- Limit time in swings and infant seats.
- Use crib mobiles.
- Encourage kicking, stretching and belly play time.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics—Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010



FREE

All classes will be held virtually via *MyChart*. Call (614) 508-6601 extension 3 to register.

Pediatric Nutrition Classes

Facilitated by Our Pediatric Registered Dietitian Nutritionists



Breastfeeding Confidence

Learn about the basics of latching, understanding your baby's feeding cues, and navigating the first weeks of feeding.

Mondays at 12 pm



Breastfeeding Copilots

Breastfeeding takes a team! Learn all the ways to support Mom and Baby.

Mondays at 12 pm



Breastfeeding Transitions

Prepare for return to work, pumping, and nursing on the go.

Mondays at 12 pm



Starting Solids

Learn the most updated information on introducing solid foods

Thursdays at 12 pm



Toddler Meal-time Battles

This class will teach parents how to navigate meal-time battles and promote a positive environment for trying new foods.

Tuesdays at 12 pm

Healthy Eating for School-age Children and Teens

As your child gains more independence and heads off to school and sports, learn how to teach them healthy habits and nutrition.

Wednesdays at 12 pm



Learn more online at copcp.com/HealthServices/PediatricNutrition



Pediatric Nutrition

VITAMIN D

All breastfed and partially breastfed infants need supplemental vitamin D 400 IU per day.

All formula fed infants should receive supplemental vitamin D 400 IU per day unless the baby is taking 32 ounces of regular formula per day or 26 ounces of Newborn formula per day.

Vitamin D is available in liquid solutions such as Tri-Vi-Sol, Poly-Vi-Sol, D-Vi-Sol, or Vi-Daylin ADC. The recommended dose is $\frac{1}{2}$ or 1 ml per day according to the package instructions. There are also vitamin D drops available which require only 1 drop per day for 400 IU units. You can put the vitamin drop on your finger or the baby's pacifier and have the baby suck the vitamin off the finger or pacifier.

Be sure to follow the instructions on the package so that you give the correct dose. Use only the dropper that came with the solution, and store the product in its original packaging. As with all medications and supplements, vitamin D supplements should be kept out of a child's reach. The risk is that other children in the house could ingest a dangerous amount of vitamin D from the liquid or drops.



BIRTH TO 6 MONTHS

Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries—most of which could be prevented?

Often, injuries happen because parents are not aware of what their children can do. Children *learn quickly*, and before you know it, your child will be *wiggling* off a bed or *reaching* for your cup of hot coffee.

Car Injuries

Car crashes are a great threat to your child's life and health. Most injuries and deaths from car crashes **can be prevented** by the use of car safety seats. Your child, besides being much safer in a car safety seat, will behave better, so you can pay attention to your driving. Make your newborn's first ride home from the hospital a safe one—in a car safety seat. Your infant should ride in the back seat in a rear-facing car safety seat.

Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owners' manual of your car on using car safety seats correctly. Use the car safety seat EVERY time your child is in the car.

NEVER put an infant in the front seat of a car with a passenger airbag.



Falls

Babies *wiggle* and *move* and *push* against things with their feet soon after they are born. Even these very first movements can result in a fall. As your baby grows and is able to roll over, he or she may fall off of things unless protected. **Do not leave your baby alone** on changing tables, beds, sofas, or chairs. **Put your baby in a safe place** such as a crib or playpen when you cannot hold him or her.

Your baby may be able to crawl as early as 6 months. **Use gates on stairways and close doors** to keep your baby out of rooms where he or she might get hurt. **Install operable window guards** on all windows above the first floor.

Do not use a baby walker. Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his or her head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves. A better choice is a stationary activity center with no wheels.

If your child has a serious fall or does not act normally after a fall, call your doctor.



(over)

Burns

At 3 to 5 months, babies will wave their fists and grab at things. **NEVER carry your baby and hot liquids, such as coffee, or foods at the same time.** You can't handle both. Your baby can get burned! To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth and call your doctor.

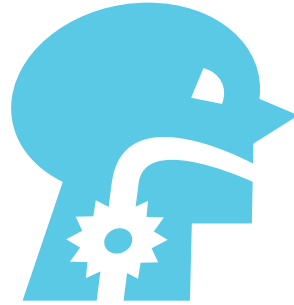
To protect your baby from house fires, be sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

Choking and Suffocation

Babies explore their environment by putting anything and everything into their mouths. **NEVER leave small objects in your baby's reach, even for a moment.** NEVER feed your baby hard pieces of food such as chunks of raw carrots, apples, hot dogs, grapes, peanuts, and popcorn. Cut all the foods you feed your baby into thin pieces to prevent choking. **Be prepared if your baby starts to choke. Ask your doctor to recommend the steps you need to know. Learn how to save the life of a choking child.**

To prevent possible suffocation and reduce the risk of sudden infant death syndrome (SIDS), **your baby should always sleep on his or her back. Your baby should have his or her own crib or bassinet with no pillows, stuffed toys, bumpers, or loose bedding. NEVER put your baby on a waterbed, beanbag, or anything that is soft enough to cover the face and block air to the nose and mouth.**

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your baby.



From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?



The following image shows a safe sleep environment for baby.



Room share:
Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet*.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.



Use a wearable blanket to keep baby warm without blankets in the sleep area.



Place babies on their backs to sleep, for naps and at night.

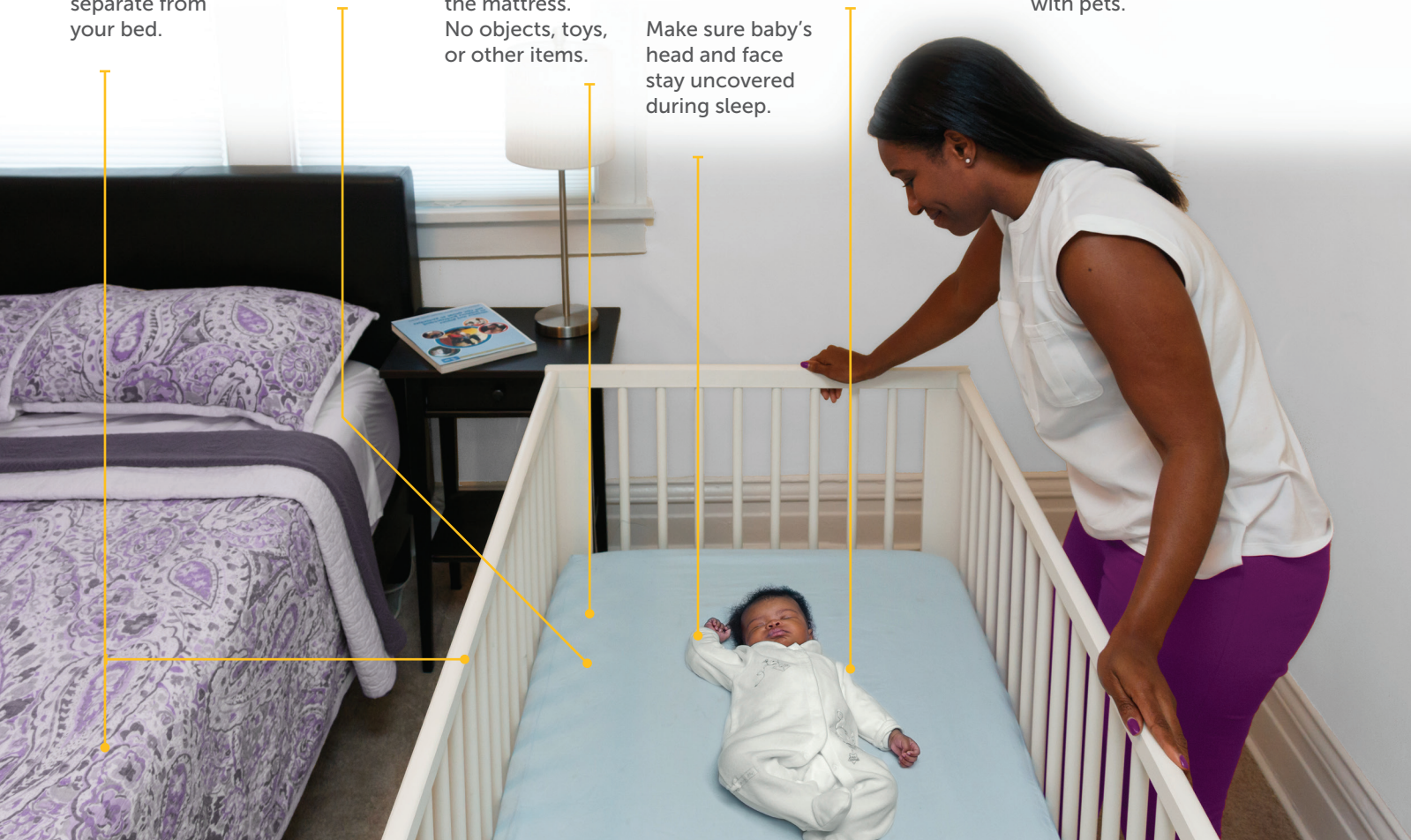


Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.

Make sure baby's head and face stay uncovered during sleep.



*The Consumer Product Safety Commission sets safety standards for infant sleep surfaces (such as a mattress) and sleep spaces (like a crib). Visit <https://www.cpsc.gov/SafeSleep> to learn more.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Infant Deaths



Place babies on their backs to sleep for naps and at night.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Feeding babies human milk by direct breastfeeding, if possible, or by pumping from the breast, reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection from SIDS.

Use a sleep surface for baby that is *firm* (returns to original shape quickly if pressed on), *flat* (like a table, not a hammock), *level* (not at an angle or incline), and covered only with a fitted sheet.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby human milk, like by breastfeeding.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, bassinet, or portable play yard) in your room, separate from your bed.



Get regular medical care throughout pregnancy.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Keep things out of baby's sleep area—no objects, toys, or other items.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Give babies plenty of "tummy time" when they are awake, and when someone is watching them.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



For more information about the Safe to Sleep® campaign, contact us:

Phone: 1-800-505-CRIB (2742) | Fax: 1-866-760-5947

Email: SafetoSleep@mail.nih.gov

Website: <https://safetosleep.nichd.nih.gov>

Telecommunications Relay Service: 7-1-1

SUGGESTED SCREEN TIME USE BY AGE



18 MONTHS AND YOUNGER

Avoid use of screen media other than video-chatting.



18 - 24 MONTHS

Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.



2 - 5 YEARS

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.



6 - 12 YEARS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.



12 YEARS AND OLDER

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

FREE BOOKS EACH
MONTH

CHILDREN AGES
0-5

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TODAY

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