



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 fast*, 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 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 air bag.

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.

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 head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.

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

(over)

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



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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.** Your baby can get burned. You can't handle both! To protect your child from tap water scalds, reduce the maximum temperature of your hot water heater to 120°F.

If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water until he or she stops crying. Then cover the burn loosely with a bandage or clean cloth and call your doctor.

To protect your baby from house fires, be sure you have a working smoke alarm in your home. Test the batteries in your smoke alarm every month to be sure that they work. Change the batteries once a year on a date you'll remember, such as daylight savings time.



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. NEVER put your baby on a water bed, bean bag, 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.

first visit...

newborn

Food for Thought

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

- 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 different feedings, it's acceptable if your baby does not finish their bottle at each feeding.
- Your baby knows how much breastmilk or formula to take. When your baby releases the nipple and turns attention to other things, or falls asleep, they are 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!

Be Active

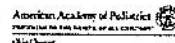
- Limit time in swings and infant seats.
- Use crib mobiles.
- Encourage kicking, stretching and belly play time.
- Screen time (TV, computer, electronic games) not recommended under age 2.

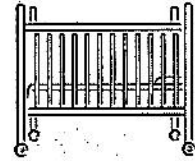
Notes:

Child's name _____

Height _____ Weight _____ Date _____

Weight for Height percentile _____ %





NEW GUIDELINES FOR INFANT SLEEP TO DECREASE RISK OF SIDS (For infants age birth to 1 year)

1. Infants should be placed on **their backs** for every sleep. Side sleeping is not safe. Even infants with reflux are able to clear their airways when sleeping on their backs. Elevating the head of the bed is not recommended because babies might slide to the foot of the bed into a position that interferes with their breathing. Once an infant can roll over, they can be allowed to remain in the position they choose.
2. Use a firm sleep surface covered with a fitted sheet. Use a mattress that has been approved for that specific crib or bassinet so that it fits the bed well.
3. No soft objects or loose bedding in the crib. No bumper pads, extra blankets, pillows or stuffed toys.
4. Keeping infants in a bassinet or crib in the bedroom with parents is recommended.
5. No bed sharing. Infants are at risk of suffocation when sleeping with parents.
6. No sleeping with parents in easy chairs or on couches.
7. Do not place infants to sleep in swings, car seats or other upright infant seats. If infants fall asleep in such a device, they should be moved to their crib as soon as possible.
8. No smoke exposure during pregnancy or after birth.
9. Breast feeding is recommended for at least 6 months, although for the first year is even better. Exclusive breastfeeding is best for preventing SIDS, but any breastfeeding is better than none.
10. Consider using a pacifier at bedtime and nap time. Breastfeeding infants can be offered a pacifier once breastfeeding is well established (usually 3-4 weeks of age). Pacifiers have been shown to decrease the risk of SIDS.
11. Avoid overheating. Generally infants should have on 1 more layer of clothing than an adult would wear in a similar environment.
12. Infants should be immunized according to recommendations of the Center for Disease Control and the American Academy of Pediatricians.
13. Babies should have tummy time everyday to encourage normal development and to avoid flatness to the back of the head.
14. Do not use home cardiorespiratory monitors or commercial devices to decrease risk of SIDS. They have not been shown to help.

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.