



SAFETY TIPS FOR
New Babies



*A Program to Help Keep Children
Safe and Injury-Free.*

Sponsored & Made Possible By:
Overwatea Foods
Partnering with B.C.'s Children's Hospital
since 1988



SAFETY TIPS FOR *New Babies* birth to 6 months

Babies learn new skills quickly. If you know what your baby can do at each stage of development, you can help keep your baby safe.

During the first months of life, most babies learn to:

- wriggle and roll over
- kick and push
- put things in their mouths

New babies need special protection from:

- falling off a bed, sofa, crib, or change table
- choking on small objects
- scalds
- drowning
- injuries from riding in the car

Falls

- Keep one hand on your baby during diaper changes. This will keep him or her from rolling off the bed or change table. Keep diapers and clothing within easy reach of the changing area.
- Make sure the sides of the crib or playpen are up securely.
- Baby walkers with wheels are dangerous. Do not use them.
- Use the safety strap in the high chair to keep your child from falling out.



Burns and Scalds

- It is not a good idea to use a microwave to heat a baby bottle or baby food. Food or drinks may feel fine on the outside but they will be very hot on the inside. Always shake the bottle or stir the food before you give it to your baby. Check the temperature first.
- Bottles with plastic liners can explode. Do not heat them in a microwave.
- Hot bath water can burn your baby. Always test the temperature with your hand before you put the baby in the bath. It should feel warm, not hot. Run cold water first, then hot, until you get the right temperature. Run cold water at the end to cool off the faucet.
- Lower the temperature of the hot water in your home to 49 degrees Celsius (120 degrees Fahrenheit). Hot tap water can burn your baby. To learn how to lower your water temperature, call 1-888-SAFETIPS or visit www.safekidscanada.ca
- Do not hold your baby while you are eating or drinking anything hot. Use a cup with a lid for your hot drinks.



Poisoning

- Keep poisons out of your baby's reach. This includes medicine, cleaning products, cigarettes, and alcohol.
- If your doctor has said to give medicine to your baby, check the label and measure the medicine every time you give it to your baby.

Choking and Suffocation

- Put your baby to sleep on his or her back.
- Do not use a pillow for your baby. It could smother him or her.
- Keep small objects such as coins or buttons out of your baby's reach. Teach older children to keep small toys away from babies.

- Avoid ties or ribbons on baby clothes or toys. Never leave your baby alone with a bib tied around his or her neck.
- When your baby begins to eat solid foods, make sure you give only very small pieces. Grate, blend, mash, or chop the food into very small pieces before you give it to your baby.
- Check pacifiers regularly. Make sure the nipple part is firmly attached to the handle. If it is not, the soft part could come off, causing your baby to choke. Throw out the pacifier when the nipple part has cracks or when it becomes sticky.
- Do not attach strings or cords to a pacifier.

Be ready for an Emergency

- Keep emergency numbers near your telephone (fire department, poison control, ambulance).

SAFETY TIPS FOR *New Babies* birth to 6 months



Safety Check

- Install smoke alarms (test them every month) and a fire extinguisher.
- Do not hold your baby while you are eating or drinking anything hot.
- Make sure baby equipment like cribs, strollers, toys, car seats, and high chairs meet Canadian safety standards. Check the labels for safety information. Make sure second-hand products meet safety standards, too. Don't buy unsafe items, like baby walkers at garage sales.



Car Seat Safety

- Your baby needs a car seat every time you ride in the car. Never hold your baby on your lap.
- Never place your baby's car seat in the front seat if it has an airbag. That is very dangerous.
- Read your car seat instructions carefully. They show you how to use the car seat the right way.



safestart
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Safety Tips are a series of fact sheets about children under 5 produced by Safe Start, the injury prevention program of BC's Children's Hospital, in co-operation with Save-On-Foods, Overwaitea Foods, Safe Kids Canada, and the Canadian Institute of Child Health. For more information, contact Safe Start at (604) 875-3273 or online at www.cw.bc.ca/safestart or visit www.safekidscanada.ca. These Safety Tips may be photocopied, but only in their original format. *Produced 2003.*

Safe Kids
CANADA

**Canadian Institute
of Child Health**
www.cich.ca

Test your Child Safety IQ

Which of the following plants is
poisonous?

- a) boston fern
- b) spider plant
- c) dieffenbachia

In Canada, which of the following causes
the most hospitalizations of children
under five years of age?

- a) falls
- b) poisonings
- c) burns

Which of these is responsible for the
most poisoning deaths among young
children?

- a) medication
- b) cleaners
- c) plants

Answers: 1 c, 2 a, 3 a

For all your childproofing
needs and expert advice,
visit the Safety Station,
a program of Safe Start.

www.bccchildrens.ca/safetystation



Home Safety Checklist

Did you
know?

...that most injuries
to children under 5
happen in the home?



is the injury prevention program
of BC Children's Hospital

604-875-3273
1-888-331-8100

www.bccchildrens.ca/safestart



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The injury prevention program
of BC Children's Hospital



HOME

SAFETY

CHECKLIST

Kitchen

- Chairs and step-stools are well away from the counters, sink, microwave and stove.
- Knives, scissors and other sharp utensils are in a locked drawer.
- The stove's back burners are used when cooking and hot food and drinks are kept away from edges of tables and counters.
- Appliance cords are out of reach.
- Plastic bags and food items small enough to cause choking are kept away from babies and toddlers.
- Household cleaners, medications, vitamins and other poisons are locked up.
- A fire extinguisher is conveniently located.



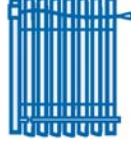
Bathroom

- Medicines, cosmetics and cleaners are stored in a locked medicine cabinet or well out of a child's reach.
- Electrical outlets are grounded and have full panel protective plug covers.
- Hair dryers, curling irons and other electrical appliances are unplugged and out of a child's reach.
- Non-slip mat or decals are placed in tub.
- A bath ring or bath seat is not used.
- The hot water tank is turned down to 49°C or 120°F



Child's Room

- The crib is in good condition, made after 1986 and has been checked for recalls.
- Beds and cribs are placed well away from the window.
- Mattresses fit snugly without gaps to prevent a small head from getting caught.
- Dresser is anchored securely.
- Diaper changing products (pins, powders, wipes, oil, etc.) are stored away from babies or small children.
- Blind and drapery cords are tied up high.
- The toy chest has ventilation holes and a lid that can be opened from the inside.
- Night lights are not toy-like and are placed in high sockets and away from bedding, draperies or hanging materials.
- No bumper pads, pillows, quilts, duvets or toys in your child's crib.



Living Room

- TV sets and other heavy furniture are anchored securely.
- Sharp corners and edges on tables have been covered with soft cushioning.
- Fireplaces and wood stoves have fixed safety guards around them.
- Matches and fire starters are out of reach of children.



- Windows and sliding doors are locked in at 4" or less.
- Poisonous houseplants have been removed.
- Blind and drapery cords are tied up high.
- Furniture (side tables, couches) are well away from windows.
- Non-slip mats are placed under area carpets.

Around the Home



- Smoke alarms are installed in bedrooms and hallways on each level and batteries are checked regularly.
- Electrical cords are secured out of reach.
- Child's surroundings have been cleared of small objects that could cause choking.
- Top of stairs are protected with a gate that hardware-mounts to the wall.
- Door knob covers are placed on doorknobs to deter a child from opening doors to unsafe areas.
- Your child knows how to call for help in an emergency
- Your child knows his or her full name, address and telephone number, as well as your name.
- Ponds and swimming pools are completely surrounded by fences and a locking safety gate (between the house and pool).

