



The sale of drop-side rail cribs has been banned because they are dangerous to the baby. It is illegal to sell or donate drop-side rail cribs. Do not buy drop-side rail cribs at yard or garage sales. Call the U.S. Consumer Product Safety Commission (CPSC) to make sure your old crib is safe. CPSC Consumer Hotline: 1-800-638-2772

Keep your baby safe in the crib:

- Place your baby on his or her back when you lay him or her down to sleep.
- Make sure your baby's crib is safe:
 - ◆ The bars on the crib should be no wider than 2 and 3/8 inches apart
 - ◆ The mattress should be the same size as the crib
 - ◆ The mattress should be firm and tight fitting
 - ◆ Do not use:
 - Plastic bags to protect the mattress
 - Loose fitting sheets or blankets
 - Soft toys, pillows, or crib bumpers in the crib
 - A crib with missing, broken, or loose parts
 - A drop-side crib
 - ◆ Do not place cords, such as from a baby monitor or mini-blinds, near the crib

Keep your baby safe while sleeping:

The American Academy of Pediatrics (AAP) warn parents not to sleep with their babies. However, parents frequently fall asleep while feeding their baby. Falling asleep with the infant on a sofa, armchair, or waterbed is

particularly hazardous. When bringing the baby to bed to feed, make sure there are no pillows, sheets, blankets, or any other items that could obstruct infant breathing or cause overheating in the bed.

- Remove all soft bedding and soft objects from around your baby
- Make sure your baby does not sleep with multiple persons, anyone who is not a parent, including other children
- Do not smoke, drink, or use drugs that make it hard for you to wake up while your baby is sleeping in your bed

Keep your baby safe from falls:

- Do not leave your baby on a high surface. Your baby could roll over, jerk, or wiggle off the edge of a bed, couch, or changing table. If your baby falls, check for injuries.
- Call your doctor if the baby seems dazed, confused, or irritable after a fall
- If your baby acts normal after a fall, keep a watchful eye on your baby for 24 hours
- Call your doctor if anything makes you feel uncomfortable about your baby's fall

Keep Your New Baby Safe and Healthy

Keep your baby safe from poisons:

Call the Poison Control Center right away if your baby breathed in, swallowed, or touched a poison.

- Remove any clothing that touched the poison
- Rinse skin touched by poison with running water
- If your baby inhaled poison, go to a place with fresh air
- If your baby drank poison, do not try to make your baby throw up
- Do not give your baby home remedies
- The Poison Control Center will tell you what to do

Remember to place the Poison Control number next to your phone.

Call Poison Control at 1-800-222-1222.

If you forget the number, just call 911.

Keep your baby safe from burns:

- Do not microwave a bottle of formula or breast milk
 - ◆ It may have hot spots that could burn your baby's mouth

- After warming a bottle of formula or breast milk, test a few drops on your wrist. It should feel like the temperature of the room. It should not feel hot.
- Test bath water with your wrist
- Make sure your smoke detectors work

Keep your baby safe from choking:

- Do not let the baby have small objects, such as a button, coin, or part of a toy
- Keep the baby away from plastic bags and balloons
- Avoid foods that are:
 - ◆ The size of your baby's throat, like grapes or hot dogs
 - ◆ Hard (hard candy, raw vegetables, cheese chunks, raisins, beans, peas, popcorn, corn chips, or potato chips)
 - ◆ Soft (like gummy bears or gummy candy, caramels, or marshmallows)

Take a class on Infant CPR (Cardio-Pulmonary Resuscitation).

Classes in your community:

Keep your baby safe in the car:

- Put your baby in a safety seat every time they ride in the car, even on their first ride home from the hospital.
- Follow the manufacturer's instructions when you put the seat in the car. Place it in the center of the back seat of the vehicle, facing backwards.

Programs that lend or rent infant car seats:

Keep Your Baby Healthy:

- Keep your baby away from those who are smoking
- Take your baby in for shots
- Breastfeed your baby if possible

Have you found a good doctor for your baby? If not, ask your health care provider for help.