## Bedtime Hints



Always place your baby to sleep on his or her back to reduce the risk of SIDS.

Wherever your baby sleeps should be as safe as possible. Babies placed on adult beds risk suffocation from several hidden hazards such as:

• Entrapment between the bed and wall.

- Entrapment involving the bed frame, headboard or footboard.
- Falls from adult beds onto piles of clothing, plastic bags, or other soft materials resulting in suffocation.
- Suffocation in soft bedding (such as pillows).

#### **Crib Safety Tips**

To reduce the risk of suffocation. remove all soft bedding such as pillows, quilts, comforters, sheepskins and other pillow-like soft products before placing your baby to sleep.

Your crib should meet current safety standards and have a firm, tight-fitting mattress and tight-fitting bottom sheet.

If using a blanket, be sure to tuck it around the crib mattress, allowing it to reach only as far as the baby's chest.

Secure bumper pads around the entire crib and snap or tie in place at least in each corner, in the middle of each long side, and on both the top and bottom edges. Cut off any excess string length.

When using a portable crib or playpen, be sure to use only the mattress or pad provided by the manufacturer.

## **T**oy **T**ips

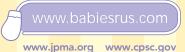
Keep balloons and toys with small parts away from your baby to help prevent choking and suffocation.

Any item with rounded edges smaller than the head of this rattle (1.68" diameter) is a choking hazard.

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Sweet Dreams... Safe Sleep For Rabies

To learn more about Baby Safety visit the following safety sources online:





If you borrow or use older nursery products or toys, make sure they have not been recalled for safety hazards. Call the U.S. Consumer Product Safety Commission's toll-free hotline at 1-800-638-2772 or visit their web site (see above)

When you buy a crib or other new

nursery products, check for the safety certification seal from the **Juvenile** 

**Products Manufacturers Association** (JPMA). This ensures that the product

meets national safety standards. See

web address above.





Jetting up baby's nursery is one of the most exciting things you'll do when expecting your new arrival. Since much of your baby's time will be spent here, it's important to keep safety in mind.



#### **C**rib Notes

To ensure crib safety, always check for the following:

No broken or missing crib slats. These pose a serious threat to baby's safety, they can cause possible injury and strangulation.

Slats must be no more than 2<sup>3</sup>/<sub>8</sub> inches apart (less than the width of a soda can). This prevents a baby's body from slipping through the slats and possibly entrapping his or her head.

No cut-out designs in the headboard or footboard.

This prevents entrapment.

No missing or broken crib hardware.

No corner posts over 1/16 inch high. This prevents a baby's clothing from catching on the post which is a strangulation risk.

A firm, tight-fitting mattress. This prevents a baby from becoming trapped between the mattress and side of the crib.

Properly mounted crib gyms and mobiles.

begins to push up on

No strings or cords should dangle into the crib.



## Changing TableWisdom

Never leave your baby unattended on a changing table - be it to answer the phone, doorbell or for any reason.

To prevent falls and other injuries, always use the safety straps on changing tables as well as on infant carriers, high chairs and strollers.

## Cord Care

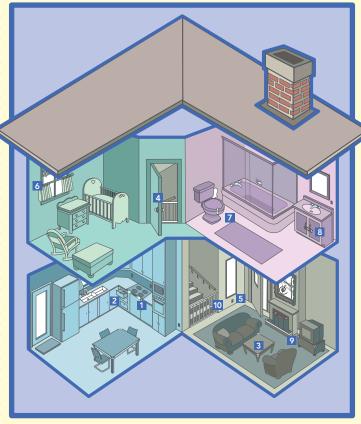
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Place the baby's crib or other furniture far enough away from window blinds or curtain cords so little hands can't reach them.

Cut the loops of blind and drapery cords and use safety tassels. Check that vertical blinds, continuous-looped blinds, and drapery cords have tension or tie-down devices to hold the cords tight.

Babies can also strangle on pacifier strings, ribbons or cords, so make sure you remove them from your baby's pacifiers.

# The Safe House



#### The Safety Shopping List ✓ Outlet plugs and covers

- ✓ Corner protectors and edge cushions
- ✓ Cabinet locks
- ✓ Bathtub soft spout covers
- ✓ Smoke, fire and carbon monoxide detectors
- ✓ Appliance locks/latches
- ✓ Stove and burner guard, knob covers

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- ✓ Cord shortener
- ✓ Non-skid mats
- ✓ Gates





door knob covers



blind wind up



cabinet slide lock



safeway gate

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Install smoke alarms and carbon monoxide (CO) alarms in your home. This will help keep your baby and family safe from fire and (CO) poisoning. Remember to change the batteries regularly.

To help prevent injuries, consider using angle braces or anchors to secure furniture, such as bookshelves or tall cabinets to the wall.

To help prevent poisoning, use safety latches on lower drawers and cabinet doors to ensure that they are not opened by children.

Use outlet covers in all unused electrical sockets to help safeguard from electrocution.

Safety-proof your home with baby gates to help safeguard your baby, especially from stairway falls. Use safety gates with a straight top edge and rigid bars or mesh screen.

Place gates at the top and/or bottom of stairs or across entryways.



toilet lock

fireplace guard

outlet plugs



