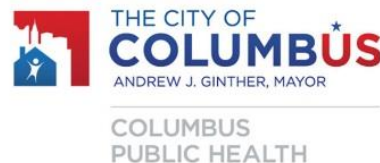




# Happy Dads. Healthy Babies.

Infant Vitality Toolkit

## Protecting Your Baby



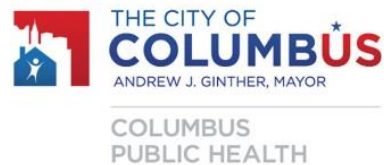
# Agenda

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- Test Your Knowledge Pre Test
- A Focus on Safe Sleep
- Passenger Safety
- Fall Prevention for Babies
- Medication Safety
- Burn Prevention for Babies
- Toy Safety for Babies
- Swimming and Water Safety
- Test Your Knowledge Post Test



# Pre-Test



# Question 1

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True or False: My baby should always be put to sleep alone, on their back, and in an empty crib.

A. True

B. False

## Question 2

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Your child should remain in a rear-facing car seat until when?

- A. They are at least 2 years old
- B. They weigh at least 40 pounds
- C. As long as possible

# Question 3

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Which of the following is a tip to keep your baby safe from burns?

- A. Check bath water with your wrist or elbow before bathing your baby
- B. Install barriers, such as safety gates, around fireplaces, ovens, and furnaces
- C. Avoid using microwaves to heat baby formula or breast milk
- D. All of the above

# Question 4

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What is one way to keep your baby from being hurt by a fall?

- A. Keep babies strapped in when using high chairs, infant carriers, swings, and strollers
- B. Secure approved safety gates at the tops and bottoms of stairs
- C. Always supervise your child
- D. All of the above

# A Focus on Safe Sleep

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There is nothing more beautiful than a sleeping baby, especially for overtired parents.

**By following a few simple tips, you can create a safe sleeping environment for your baby.**

- Follow the ABCs of Safe Sleep: always put baby to sleep **A**lone, on their **B**ack, in an empty **C**rib.
- Keep soft bedding, stuffed animals, and bumpers out of baby's crib. A firm mattress covered with a tight-fitted crib sheet is all you need.
- Share the room, but not the bed, with baby for at least 6 months.
- Beginning at 1 month, offer baby a pacifier at naptime and bedtime.
- Avoid sleep positioning devices.
- Don't smoke around baby.
- Only allow baby to sleep in a safe sleep environment, such as a crib, bassinet, or pack 'n play, and not on a bed, sofa, recliner, or other soft surface.



# Passenger Safety

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Your baby is going places. Here are tips on how to get there safely in the right car seat.

**Your child should be in a rear-facing car seat for as long as possible.**

- Install your rear-facing car seat in a back seat using your car's lower anchor attachments or a locked seat belt (but not both).
- Check to make sure the car seat's recline angle indicator (on the seat) is correct. This is critical for infants who can't yet lift their heads to breathe.
- Get a snug fit. Make sure the car seat is snug enough to pass the [Inch Test](#). A properly-installed car seat should not move more than one inch side to side/front to back.

# Fall Prevention for Babies

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When babies first learn to walk, stumbles and falling on their bottoms is inevitable.

**Here are some tips to help make sure these falls are harmless.**

- Keep babies strapped in when using high chairs, infant carriers, swings, and strollers.
- Move chairs, cribs, and other furniture away from windows to prevent window falls.
- Try using a stationary activity center instead of a walker.
- Always supervise your child.
- Secure TVs and furniture to the wall to prevent tip-overs.
- Properly install window guards to prevent window falls.
- Secure approved safety gates at the tops and bottoms of stairs.
- Always use a harness or safety belt when placing your child in a shopping cart.

# Medication Safety

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Many medications for babies and small children look and taste like candy or food.

**Here are some simple tips to ensure your baby's safety when it comes to medications.**

- Put all medicines up and away and out of sight, including your own.
- Close medicine caps tightly after every use.
- Talk to grandparents about being extra mindful with medicine or pillboxes when children are around.
- Consider places where kids get into medicine, like purses or nightstands.
- When you have guests in your home, offer to put purses, bags and coats out of reach of children.
- Use the dosing device that comes with medications.

# Burn Prevention for Babies

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Babies can sometimes be burned by hot liquids, steam, or electrical appliances.

**Here are a few tips that can help keep your baby safe from burns.**

- To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or to the manufacturer's recommended setting.
- Check bath water with your wrist or elbow before bathing your baby.
- Install barriers, such as safety gates, around fireplaces, ovens, and furnaces.
- Microwaves can heat unevenly and create hot spots, so avoid using them to heat baby formula or breast milk.
- Heat baby bottles by placing them in warm water. Make sure they have cooled to the appropriate temperature before feeding your baby.

# Toy Safety for Babies

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Toys, stuffed animals and games are great for babies and make wonderful gifts.

**But before your baby plays with any toy, help keep them safe with the following tips.**

- Consider your baby's age when purchasing a toy or game.
- Check to make sure toys don't have any small parts or other potential choking hazards.
- Keep a special eye on small game pieces that may be a choking hazard for young children.
- After play time is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that can hurt little fingers.
- Never put toys in baby's crib.
- Go to [www.recalls.gov](http://www.recalls.gov) for information about product recalls related to kids.

# Swimming and Water Safety

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It may be some time before baby is swimming, but that doesn't mean you can't enjoy time in the pool.

**Here are a few easy tips to make the water experience safe.**

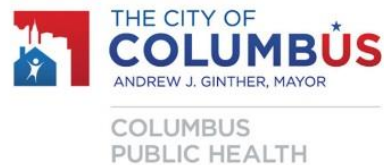
- Begin introducing your baby to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.
- Learn to perform CPR.
- When using inflatable or portable pools, empty them immediately after use. Store them upside down and out of children's reach.
- Never leave your child unattended in or around water.



**QUESTIONS**



# Post-Test





# Question 1

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True or False: My baby should always be put to sleep alone, on their back, and in an empty crib.

A. True

B. False

## Question 2

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- A. They are at least 2 years old
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- C. As long as possible

# Question 3

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# Question 4

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What is one way to keep your baby from being hurt by a fall?

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- C. Always supervise your child
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# Local Resources

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## Columbus Public Health

- Childhood Injury Prevention Program: <https://www.columbus.gov/Templates/Detail.aspx?id=2147492880>
- Car Seats: (614) 645-7748
- Cribs: (614) 645-3111
- Safe Sleep Ambassador Training: (614) 645-5872
- Pack 'n Play Set-Up: <https://vimeo.com/194981104>

## CelebrateOne

- A Healthy and Safe First Year of Life: <https://www.columbus.gov/Celebrate-One/Celebrate-One-homepage/>
- Safe Sleep Video: <https://vimeo.com/230629619>