

Your Newborn- 6 month old



**Keeping Your Baby Safe
From Injury**

newborn

Your baby has a large, heavy head and a small, weak neck.

She needs you to hold her head when you pick her up and when you lay her down. Make sure her head always has support.

**2
months**

Your baby will start to wiggle and push against things with her feet. She might start to roll over.

Some babies don't roll over until they are about four months old. There is always a first time though, and you need to be ready. Keep a hand on your baby when she is on top of high places, such as change tables, beds or couches.

Your baby is most at risk for injury when there is a change in her routine.

Take extra care when visiting other homes.



In Atlantic Canada, preventable injuries are the #1 cause of death for babies and children.

At home, your baby is most likely to be injured by falling. Falls are the #1 cause of home injuries to babies and children under age five. There's good news too. You can prevent these injuries and keep your baby safe.



Be careful when carrying your baby in your arms around the house.

Keep hallways and stairs free of clutter. This will keep your whole family safe from falls.

**4
months**

Your baby's head is bigger and heavier than his body.

Use a crib made after 1986. The bars are too far apart on cribs made before this year. Your baby could get her head stuck between the bars of these older cribs.

It is not safe to use bumper pads, soft comforters, pillows or stuffed animals in a crib. These things can suffocate your baby.

Soother cords are not safe in the crib or around your baby's neck. They can strangle your baby.

Your baby may begin to bounce while sitting.

Always place infant car seats or baby seats on the floor. Your baby could rock herself off the edge of a table or counter top. She can be hurt even if she is strapped into the seat. These kinds of falls can cause serious head injuries.

Your baby's skin is thin and delicate.

Hot water can scald your baby more easily than it can scald you. If possible, set the temperature of your hot water heater at 49 degrees C (120 degrees F).

Heating baby food or formula in the microwave can cause "hot spots" that could burn your baby's mouth. Stir or shake it well before you give it to your baby.

Your baby has weak neck muscles.

Babies cannot easily lift their heads. This means that they can drown quickly and quietly in as little as 2.5 centimetres (1 inch) of water. Do not use a baby bath seat or ring. Your baby could slip under water. Always stay within arm's reach when your baby is in the water. Keep everything you will need for the bath right beside you--for example, washcloths, toys, soap and shampoo. Never leave your baby alone in the bath, even for a minute.

Your baby may reach out and grab things.

Keep all hot drinks covered around your baby. This will make scalds less likely. As your baby gets older, she'll start to put everything into her mouth. Keep small items out of reach--like coins, batteries or makeup. Everyday things like these can poison or choke your baby.

You are your baby's best defense against injury.

You can reduce the risk of falls, choking, poisoning and other injuries by staying close and guiding your baby safely through her first year of life. To learn more, call 1-866-288-1388 or visit our website at

www.childsafetylink.ca

