

0-6 months old

How to keep your child safe from injury

at home, on the road, and at play.



Top safety concerns for your newborn - 6 month old:

- Falling from beds, couches and change tables
- Choking or suffocating
- Burns from hot water or other hot liquids
- Being hurt in a car crash
- Drowning

Safety at Home

- Put your newborn to sleep in an empty crib without bumper pads, heavy blankets or stuffed animals.
- Keep one hand on your newborn when using a change table, or change your newborn on the floor.
- Always be able to see and be able to reach for your child during bathtime.
- Check bath water with the inside of your arm to make sure it is not too hot for your newborn.
- Know your local poison control number:
 - In NS or PEI, call 1-800-565-8161.
 - In NB, call 911.



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Safety on the Road

- Read the instructions to find out how to change the angle on your car seat.
- Install the seat securely. Tug firmly where the belt attaches to the car; it should move less than 1 inch (2.5 cm).
- Buckle all parts of the harness and tighten it snugly.
- Dress your newborn in light layers and add blankets over top, after your baby is safely buckled.
- Take your newborn out of the car seat once you arrive. Car seats are not a safe place for a newborn to sleep.



Safety at Play

- Use teething toys and gentle gum massages instead of teething jewellery.
- Register toys and other baby products so you will know if they are recalled.
- Place car seats or baby seats on the floor instead of high tables or countertops.
- Follow age recommendations on toys and other baby products.
- Help your baby learn and grow by enjoying playtime together.



Child Safety Link: a program of the IWK Health Centre. Here for you with helpful information to keep your children safe.

Have questions? Call us at 1-866-288-1388



childsafetylink.ca