

## Frequently Asked Questions: Safety at Home



### How can I make sure my baby's crib is safe for sleeping?

Cribs made after 1986 meet today's standards for safety. Check that the bars of the crib are no more than 6 cm (2 3/8 inches) apart. Make sure the mattress fits tightly in the crib. You should not be able to fit more than two finger widths between the mattress and crib bars. Always keep side rails on the crib locked in place when your baby is inside. Move the crib mattress to the lowest position once your baby is able to sit up.

Bumper pads are not recommended for use at any age because they can cause a baby to suffocate. Keep pillows, stuffed animals, toys and heavy blankets out of your baby's crib. Do not have soother cords in the crib or around your baby's neck.

Always put your baby to sleep in the crib on his or her back. Drop-side cribs are illegal in Canada and should not be used.



### Where can I safely put my baby when he or she is not being held?

You can put your baby on a blanket on the floor for tummy time. Playpens and Pack and Plays on the floor are another safe option. You can also use a baby chair, swing or other equipment on the floor. Make sure that the equipment is okay for your baby's age and stage of development. Always use the safety straps on baby chairs, seats and swings. Babies propped up on couches and chairs are at risk for falls.



### How can I safely buy second hand baby gear?

Before buying second hand baby gear, make sure each item has all of its parts and is working well. If anything is missing when you bring it home, you can call the manufacturer for replacement parts, including instructions. Instructions for baby gear may also be found online. Check for recalls regularly at <http://healthy Canadians.gc.ca/recall-alert-rappel-avis/index-eng.php>.

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### How do I find out information about toy and baby product recalls?

Recalls can be found at <http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>. Make sure to send in the registration card, or register your baby equipment online with the manufacturer. This way, if something you own is recalled, the manufacturer can let you know.



### What can I use to help my baby with teething pain?

Use teething toys or teething rings and gentle gum massages to help your baby with teething pain. Teething jewellery is not recommended. Never place a necklace, string, ribbon or chain of any kind on a child under three years of age, on any part of their body. These items can cause choking and strangulation.



### What type of baby gate should I use?

Use a baby gate that screws into the wall at the top of the stairs. The gate should open away from the stairs rather than swing out over the stairs. You can use a pressure mounted baby gate at the bottom of the stairs and in doorways.



### How can I safely give my baby medicine?

A common way a baby could be poisoned at home is from too much medicine, or from getting the wrong medicine. Check with your doctor before giving your baby any kind of medicine. Measure all medicines and write down the amount and time it was given. Use the measuring spoon or cap that comes with medicine; kitchen spoons can give too little or too much medicine. Keep all medicines and vitamins up high or in a locked cupboard.