

THE FIRST MONTH

SAFETY CHECK

Bathing

- When bathing the baby in the sink, seat him on a washcloth to prevent slipping, and hold him under the arms.
- Adjust the temperature of your water heater to less than 120 degrees so the hot water can't scald him.

Changing Table

- Never leave your baby unattended on any surface above the floor. Even at this young age, he can suddenly extend his body and flip over the edge.

Suffocation Prevention

- If you use baby powder, shake it out away from your infant's face so he doesn't inhale it.
- Keep the crib free of all small objects (safety pins, small parts of toys, etc.) that he could swallow.
- Never leave plastic bags or wrappings where your baby can reach them.

Fire Prevention

- Dress your baby in clothing treated with flame-retardant chemicals.
- Install smoke detectors in the proper places throughout your home.

Supervision

- Never leave your baby alone in the house, yard, or car.

Necklaces and Cords

- Don't attach pacifiers, medallions, or other objects to the crib or body with a cord.
- Don't place a string or necklace around the baby's neck.

Jiggling

- Be careful not to jiggle or shake the baby's head too vigorously.
- Always support the baby's head and neck when moving his body.

AGE ONE MONTH THROUGH THREE MONTHS

SAFETY CHECK

Falls

- Never place the baby in an infant seat on a table, chair, or any other surface above floor level.
- Never leave your baby unattended on a bed, couch, table, or chair.

Burns

- Never hold your baby while smoking, drinking a hot liquid, or cooking by a hot stove or oven.
- Never allow anyone to smoke around your baby.
- Before placing your baby in the bath, always test the water temperature with the inside of your wrist or forearm.
- Never heat your baby's milk (or, later on, food), in a microwave oven.

Choking

- Routinely check all toys for sharp edges or small parts that could be pulled or broken off.
- If you use a crib gym or other suspended toys for the crib, make sure they are fastened securely and tightly so the baby cannot pull them down or entangle himself in them.

SAFETY CHECK

AGE FOUR MONTHS THROUGH SEVEN MONTHS

Drowning

- Never leave a baby alone in a bath or near a pool of water, no matter how shallow it is. Infants can drown in just a few inches of water.

Falls

- Never leave the baby unattended in high places, such as on a tabletop or in a crib with the sides down. If he does fall, and seems to be acting abnormally in any way, call the pediatrician immediately.

Burns

- Never smoke, eat, drink, or carry anything hot while holding a baby.
- Prevent scalding by reducing the water heater setting to 120 degrees or lower.

Choking

- Never give a baby any food or small object that could cause choking. All foods should be mashed, ground, or soft enough to swallow without chewing.

AGE EIGHT MONTHS THROUGH TWELVE MONTHS

Falls

- Use gates at the top and bottom of stairways, and to doors of rooms with furniture or other objects that the baby might climb on or that have sharp or hard edges against which he might fall.

Burns

- Never carry hot liquids or foods near your baby or while you're holding him.
- Never leave containers of hot liquids or foods near the edges of tables or counters.
- Do not allow your baby to crawl around hot stoves, floor heaters, or furnace vents.

Drowning

- Never leave your baby alone in a bath or around containers of water, such as buckets, wading pools, sinks, or open toilets.

Poisoning and Choking

- Never leave small objects in your baby's crawling area.
- Do not give your baby hard pieces of food.
- Store all medicines and household cleaning products up and out of his reach.
- Use safety latches on drawers and cupboards that contain objects that might be dangerous to him.