

Be Safe, Not Sorry

0-6
Months

Injury is the biggest danger to your baby's life.

At this age, your baby grows very quickly. You may be surprised at what your baby can do. Your baby will learn to push, kick, twist, and grab at things. Babies will try to put lots of things into their mouths, even if they are harmful.

Be Ready. Watch your baby closely.

Do you do these things to keep your baby safe?

Safe in a Car

In a car, the safest place for your baby is in a car seat. By law, your baby must be in a car 6 years old or 60 pounds.

- I buckle my baby correctly into a rear-facing car seat for every ride in the car.** I fasten the car seat in the back seat of the car away from air bags. I make sure the harness straps fit snug around my baby and place the retainer clip at armpit level.
- I never hold my baby on my lap while I drive or ride in a car.** My baby could be crushed by my body or thrown from the car, even during a small crash.
- I will never leave my baby alone in a motor vehicle.**



Safe When Sleeping

It is safest for your baby to sleep alone in a crib. If your baby sleeps with others, they could roll over and smother your baby.

- I make sure my baby's crib is safe.** The slats of the crib are less than 2 3/8 inches apart. The mattress fits snugly into the crib frame. The corner posts do not stick up and are flat with the sides of the crib.
- I lay my baby on his back to sleep.** Doctors say this will help protect him from smothering and SIDS (Sudden Infant Death Syndrome).
- I keep my baby's crib away from window covers or anything with strings or cords.** These could strangle my baby.
- I put my baby to bed on a firm mattress.** I do not use pillows, comforters, or stuffed toys in my baby's crib. These things could smother my baby.



Safe from Choking

- I keep all small things out of my baby's reach.**
- I do not give my baby solid foods like raw carrots, apples, hot dogs, grapes, raisins, nuts, popcorn, or peanut butter.** Babies at this age cannot chew solid food even if cut into small pieces.
- I keep my baby away from things that can cover his nose or face, like plastic bags or balloons.**
- I will ask my doctor to teach me what to do if my baby starts to choke.**



Safe from Burns

Babies wiggle, reach, and grab for things, even hot things.

- ❑ **I keep hot food, hot drinks, and other hot things away from my baby.** When I cook, I put my baby in a playpen or highchair, or I have someone watch my baby.
- ❑ **I protect my baby from getting burned by tap water.** I set my water heater below 120°. I always test the water with my elbow or wrist before I use it on my baby.
- ❑ **I keep hot things out of my baby's reach.** I put screens or gates around fireplaces, wood stoves, or heaters.
- ❑ **If my baby does get burned, I will put the burn in cold water right away.** After that, I will cover the burn loosely with a clean bandage and call my doctor.
- ❑ **My home has working smoke detectors in the areas where my family sleeps.** I test the batteries once a month. I change the batteries twice a year, when daylight savings time changes.



Safe from Falls

Babies wiggle, twist and move. They can fall off things when you least expect it. Falls from anywhere can badly hurt your baby.

- ❑ **I keep at least one hand on my baby when I dress or change him on a table, bed, couch, or any other place off the ground.**
- ❑ **I put my baby in a crib, stroller, car seat, or on the floor when I am not holding him.**
- ❑ **I use safety gates on stairways and doors.**
- ❑ **I do not use baby walkers.** My baby could tip over and fall out. He could pull hot or sharp things onto himself.
- ❑ **I will call my doctor right away if my baby falls and hits his head.**



Comforting My Baby

Babies cry to tell you what they need. Holding babies does not spoil them.

- ❑ **When my baby cries, I gently hold and comfort him while I try to understand what my baby needs.**
- ❑ **Shaking or hitting my baby is very unsafe.** It could hurt or kill my baby. If I ever feel I may hurt my baby, I will call a relative, friend or 1-800-422-4453 (1-800-4 A CHILD) for help.



CREATED BY:

Childhood Injury Prevention Program
a project of the Center for
Injury Prevention Policy & Practice
(619) 594-3691

Funded by the:
Maternal Child Health Branch, California
Department of Health Services

IMPORTANT PHONE NUMBERS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Child Abuse Hotline: 1-800-422-4453