

# Getting Ready for Baby



## Safety Guide



Arkansas  
Children's

HOSPITALS • RESEARCH • FOUNDATION





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## Welcome to your Safety Baby Shower!

You are going to have a baby soon. Congratulations! The arrival of a new baby is an exciting time for parents. But being a parent can be an overwhelming experience. This is very true when it comes to your little one's safety.

Sadly, all infants are at risk for injury. Injuries happen inside and outside the home. The good news is that many injuries can be prevented. By coming to this Shower, you are taking important steps to keep your baby safe.

This Guide is full of important information and is yours to keep. All of the information has been given a "thumbs-up" by experts and doctors. Please take extra copies of this Guide. You may wish to give one to other parents, grandparents, or anyone else who will help take care of your baby. Keep it in a safe place, and look at it often.

Enjoy your Shower, and again, congratulations!

A handwritten signature in black ink that reads "Mary E. Aitken". The signature is written in a cursive style and is centered within a light gray rectangular box.

Dr. Mary Aitken  
Pediatrician  
Director, Injury Prevention Center  
Arkansas Children's Hospital

# Unintentional Injuries in Babies and Young Children

## What are unintentional injuries?

Injuries are harms to the body. These include things like burns, suffocation, and poisoning. Unintentional injuries are injuries that were not caused on purpose. Unintentional injury is a main cause of death in babies (infants) and young children. A child dies in Arkansas about every two days because of an unintentional injury.

## What kinds of injuries are most common in babies and small children?

Your baby's injury risks will change as he/she grows and develops. The charts below list the most common injuries for two age groups. The first chart is for babies under one year old. The second chart is for children from 1-4 years old. Some of these injuries result in death. Others do not. Some injuries that do not result in death can cause lifelong problems, including brain damage.

| Infants, Under 1 Year Old                                    |   | Small Children, from 1-4 Years Old                           |   |
|--|---|--|---|
| Most Common Injuries Resulting in Death (Fatal) <sup>1</sup> | Most Common Injuries NOT Resulting in Death (Nonfatal) <sup>2</sup> | Most Common Injuries Resulting in Death (Fatal) <sup>1</sup> | Most Common Injuries NOT Resulting in Death (Nonfatal) <sup>2</sup> |
| Suffocation  | Falls   | Motor Vehicle (Car) Crashes                                  | Falls   |
| Motor Vehicle (Car) Crashes                                  | Struck by/against*  | Fire/Burn  | Struck by/against*  |
| Drowning   | Bite/sting  | Drowning   | Bite/sting  |
| Fire/Burn  | Fire/Burn   | Suffocation  | Foreign body**  |
| Poisoning  | Foreign body**  | Pedestrian   | Cut/Pierce  |

<sup>1</sup> CDC, 2000-2007, Arkansas

<sup>2</sup> CDC, 2001-2009, United States

\*"Struck by / against" – something hit the person, or the person hit something, and it caused injury

\*\*"Foreign body" – some object went into an opening, such as a person's eye, ear, or throat

## Why are injuries so common in babies?

Injuries can happen at any age. Babies under one year old are at risk for injury for many reasons. See the injuries listed below. For each type, we have listed one or more reasons why babies are at risk.

### Type of Injury    Why are babies at risk?

#### SUFFOCATION

**Babies do not have good control of their heads and necks.**

If their mouths and noses get covered by bedding or other soft items, they can't move away and can't get air.

#### BURNS

**Babies explore by tasting and touching.**

They do not know that things are hot and can burn them. Examples are hot food, coffee, and lit tobacco products (cigarettes, cigars, pipes).

#### POISONING

**Babies' digestive systems work slower than an adults'.**

If a baby eats or drinks something poisonous, it will stay in his system longer and cause more damage.

**Babies' skin is thinner and not as protective as adult skin.**

If a baby touches poisonous chemicals, it can go into the skin and get into the baby's system.

**Babies breathe in more air (for their body weight) than adults.**

They suffer more from being around tobacco smoke, carbon monoxide, and other poisons in the air.

#### DROWNING

**Babies do not have good balance when learning to walk.**

They may stand up in a bathtub and lose their balance, or may fall into a pond, pool, toilet, bucket or other water.

**Babies do not understand danger.**

As they crawl or walk, they may find unsafe places, like bathtubs, hot tubs, pools, ditches, or other water.

#### FALLS

**Babies do not understand danger.**

When they start to crawl or walk, they may find unsafe places, like stairs and porches. They may also climb onto furniture and then fall. Younger babies may be dropped by caregivers. They may also fall off of changing tables and other surfaces.

#### MOTOR VEHICLE CRASH INJURIES

**Babies' spines (back bones) and muscles of the back and neck are still weak.**

This makes them more likely to be seriously injured if a crash happens and if they are not restrained correctly.

## What can I do to prevent my baby from being injured?

Most unintentional injuries CAN be prevented! On the following pages, we will give you tips to keep your baby safe.

# Suffocation and SIDS

Suffocation and Sudden Infant Death Syndrome (SIDS) are two very common causes of infant death. Suffocation happens when the baby can't get enough air. SIDS is the sudden unexplained death of a baby younger than one year of age. The best way to prevent suffocation and SIDS is to make sure your baby sleeps safely. Follow these steps to give your baby a safe sleep.

## Do not sleep with your baby.

Dangers of sleeping with your baby include: parent rolling over onto the baby, the baby getting trapped between the mattress and another object like a headboard or side table, suffocation due to blankets and pillows, the baby falling off the bed or couch, and the baby's head getting trapped in the bed railings.

- The safest place for your baby to sleep is in a room with you, but in his own safety-approved crib or bassinet.
- Do not allow adults or other children to share a bed with your baby.



## ABC's of Safe Sleep.

**A - ALONE:** Clear the crib. remove soft objects and loose bedding like pillows, blankets, stuffed animals and bumper pads. These can suffocate your baby.

Babies sleep alone. Sleeping with your baby increases their risk of dying from suffocation or SIDS. Room share. It's better to sleep in the same room as your baby but NOT in the same bed.

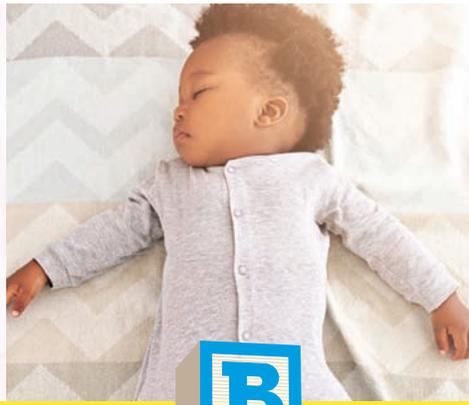
**B - On Their BACK:** Back to sleep. Always place your baby on his or her back for both nighttime sleep and nap time. Tummy to play.

Supervised tummy time, while awake, helps your baby develop motor skills.

**C - In Their CRIB:** A safety approved crib, bassinet or pack n' play is the safest space for your baby to sleep. Use a firm mattress and fitted sheet in your crib, bassinet, or pack n' play.



**Alone.**



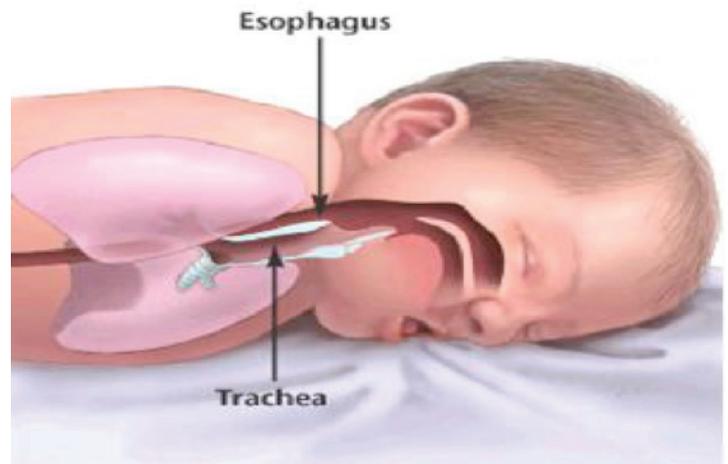
On their **Back.**



In their **Crib.**

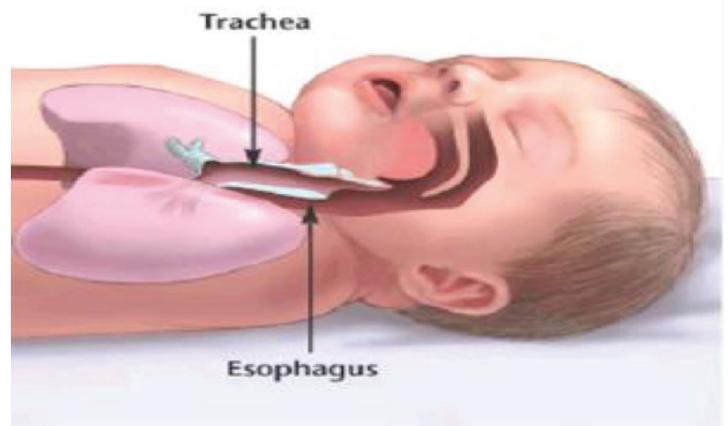
### Facing down – Choking Risk

In this figure, the baby is facing down (or sleeping on his/her stomach). If food is spit up from the stomach, it will travel easily down the esophagus (food tube). The food is likely to collect in the opening to the trachea (air tube). This could lead to choking.



### Facing up – the Safer Way

In this figure, the baby is facing up (or sleeping on his/her back). If food is spit up from the stomach, it will have to work against gravity. This makes it hard to travel up the esophagus (food tube) or to get into the trachea (air tube). This is the safer way to have your baby sleep.



# Burns and Scalds

Fires and hot items such as foods and liquids are responsible for many burns and scalds each year. Follow these tips to reduce your entire family's risk of fires, burns, and scalds.

## Install smoke detectors.

- If you have a two-story house, install an alarm on each level.
- Maintain your alarms. If you have an older alarm with a 9V battery - Test the batteries every month. Change the batteries every 6 months.
- If you have a new alarm with a longer-lasting battery, follow the instructions on the alarm. Replace alarms according to package directions, and at least every 10 years.

## Have a fire escape plan.

- Create a family escape plan.
- Be sure that everyone knows how to exit safely in case of a fire.
- Practice the plan two times each year.
- Share the plan with grandparents, babysitters, and others who will help take care of your baby.

## Keep babies and small children out of the kitchen.

- Kids get burned in kitchens more than any other room of the house. Hot foods and liquids burn more small children than house fires, fireworks, matches, lighters and candles combined.



## Practice safety in the kitchen.

- If you cannot keep small children out of the kitchen, be sure to use the back burners on the stove top. Turn handles of cooking pots toward the back of the stove. This keeps children from pulling hot foods and liquids onto themselves.
- You can also create a "child-free" area around the stove. To do this, mark off an area around the stove by placing colored tape on the floor, and do not allow children inside the taped-off area.
- Don't warm baby bottles in a microwave. The milk or formula heats unevenly. This can make pockets of milk hot enough to scald your baby's mouth.
- Avoid using a table cloth. Little ones can pull the cloth, and cause hot foods, liquids, or candles to spill.
- Do not carry babies or children while working with hot items.

## Practice safety with your heating sources.

- Have your furnace or fireplace inspected for safety each year. If you rent your home, check with the property owner and ask him to provide this service.
- If you use a space heater, do not put anything on it or within 3 feet of it. Do not leave a baby or child alone with a space heater. Always turn the space heater off before you go to bed.

## Be careful with lighters and smoking materials.

- Careless smoking is the most common cause of deadly home fires.
- Don't smoke in bed or when you're sleepy.
- Keep lighters and smoking materials locked up and out of sight, or better yet - don't smoke!

## Use caution with candles.

- Never leave a candle burning. It only takes a moment for a little one to touch a candle.
- A baby or pet could also pull a candle off its surface and start a fire.
- If you use candles, be sure to blow them out when you leave the room.

## Check the temperature of your hot water heater.

- Babies have thin, sensitive skin.
- To prevent scalds, set your hot water heater temperature to 120 degrees Fahrenheit or below.
- If you rent, ask the property owner to do this for you. If you own your home, call a plumber or electrician if you need help.



## Prevent electrocutions and electrical burns.

- Safely store electrical appliances. Keep hair dryers, curling irons, and other electric appliances away from sinks, bathtubs, and toilets.
- Take care with electrical cords. Replace any electrical cords that are damaged or frayed. The baby could touch or bite these and get burned. Keep electrical cords out of baby's reach.
- Don't overload electrical outlets. This can cause electrical fires.
- Place covers over open electrical outlets. Children can insert fingers or toys into outlets, causing electrical burns. Look for larger covers – smaller ones can be a choking hazard.

Sources: The Burn Center at Arkansas Children's Hospital, Injury-Free Coalition for Kids, Safe Kids USA, American Academy of Pediatrics

# Poisoning and Medication Safety

Many household products can poison babies and young children when they eat or drink them. Examples are cleaning products, medicines, beauty supplies, and paint thinner. Other poisons cause problems when they are breathed in. Examples are carbon monoxide, tobacco smoke, and smoke from fires.

Follow these tips to prevent poisoning caused by eating or drinking. Remember to check inside rooms and outside areas (garage, shop) for poisons.

## Store poisons safely.

- Keep cleaning products, beauty supplies, medications, and other dangerous chemicals out of your baby's reach. Don't keep them under sinks or in other easy-to-reach places. It is best to keep a lock or latch on the cabinets or drawers where you keep these items. If you cannot use a lock, move the products to a higher location.
- Store poisons in their original containers. This will prevent adults from making mistakes. For example, window cleaner and blue sports drink look very similar. If you put the cleaner in the drink bottle, an adult could get confused and give it to a child. Keep everything in its original container, with its original label.



## Choose houseplants wisely.

- Many plants are poisonous to children. For a list, visit [www.aragriculture.org/horticulture/ornamentals/toxic\\_plants.htm](http://www.aragriculture.org/horticulture/ornamentals/toxic_plants.htm). If you are not sure if a plant is poisonous, keep it out of children's reach, or remove it from your home.

## Keep alcoholic beverages and tobacco products out of reach.

- Alcohol and tobacco can be very toxic to a young child. Keep alcohol, tobacco, and ashtrays in a locked cabinet. Empty any unfinished alcoholic drinks right away.

## Prevent lead poisoning.

- You could have lead in your paint, or in your plumbing fixtures. Make sure that there is no peeling or chipped paint around areas where children eat, sleep or play. Ask the property owner about lead plumbing. Your doctor may screen your baby for lead at a visit around his or her first birthday.

## Be wise with your trash.

- Many of the items listed above will end up in your trash.
- Throw away cleaning products, tobacco, and beauty supplies in a trash can with a child-proof lid.
- Contact your local police department or pharmacy to find out how to get rid of unneeded medications.

## Keep the poison control number handy.

- The number is 1-800-222-1222.
- Post the number near all home telephones.
- Store the number in your mobile phones.

## If you think your child swallowed a poison:

- Do not give the child anything to eat or drink.
- If the child is choking, unconscious, or having a seizure, call 911. Otherwise, call the poison control center.
- Do not give the child Syrup of Ipecac, unless the doctor or poison control center tells you to.

## More on Medication Safety

**Lock up your medicines.** All medications can be harmful to children. This is also true of over-the-counter medicines and vitamins. Medication cap lids are not child-proof. Keep medicines in a cabinet with a lock or child-proof latch.

**Only give medicines when a health care provider tells you to.** Use prescription medicines only when your doctor tells you to. Don't "save" medicines to use another time.

**Before you buy over-the-counter medicines, check the label.** Many of these cannot be used for babies or small children. Ask the pharmacist for help in choosing an over-the-counter medicine for your child.

**Never call medicine "candy."** This could tempt your child to ask for medicine when it is not needed, or consume too much of it.

**Be sure you give medicine the right way.** Make sure you know how to give your baby's medicine correctly. Instructions are sometimes hard to understand. Read all of the information on the package label and follow the directions. Ask the baby's doctor or pharmacist for help. Remember these tips:

- Use the measuring device (dropper, cup or spoon) that comes with the medicine. If your medicine doesn't come with one, ask the pharmacist for one.
- A kitchen spoon is not a good measuring tool
- Medication directions may be written in many ways. You may see tablespoons (Tbsp or TBSP), or milliliters (mL, ml, or mLs).

1 teaspoon (tsp) = 5 milliliters (mL)

3 teaspoons (tsp) = 1 Tablespoon (TBSP)

1 Tablespoon (TBSP) = 15 milliliters (mL)

**If you are not sure how much of a medicine to give, do not give it to your child.** Talk to the doctor or pharmacist right away. If you cannot reach your doctor or pharmacist, you can call the Arkansas Poison Control Center at 1-800-222-1222.

# Poisoning (continued)

Follow these tips to prevent poisonings from harmful gases.

## Install carbon monoxide detectors.

- Carbon monoxide is a poisonous gas. It comes from heaters and appliances that run on natural gas. It has no smell or color. This means it can fill the air in your home, and you may not know it. A carbon monoxide detector will let you know if the levels are too high.



- Install detectors near all sleeping areas. If you have a two-story house, install an alarm on each level. Follow the instructions on the alarm to test and replace the alarm's batteries.

## Do not smoke near your baby.

- Smoking is a leading cause of house fires. It is also dangerous for your baby to breathe in cigarette smoke.
- Poisons in the smoke get on the furniture and walls, which the baby will touch later.
- In Arkansas, it is against the law to smoke in a car where a child under the age of 14 is riding.

## If you think your child inhaled a poison:

- Move the child to fresh air.
- If your child is having trouble breathing, is unconscious, or having a seizure, call 911. Otherwise, contact the poison control center at 1-800-222-1222.

Sources: American Academy of Pediatrics, Injury-Free Coalition for Kids, Safe Kids USA

If you or someone you know would like to quit smoking, please call 1-800-QUIT-NOW or visit [www.stampoutsmoking.com](http://www.stampoutsmoking.com). The Arkansas Tobacco quit line is a free service for Arkansans.



# Drowning

Drowning for babies and toddlers is most common in bathtubs, toilets, and buckets. As children get older, the risk of drowning in pools, rivers, and other larger bodies of water gets higher. Children can drown in only a few inches of water. Keep your little ones safe by following these safety tips.

## Empty your buckets.

- If you use buckets for mopping, washing cars, etc., be sure to empty them after each use.
- If you store empty buckets outside, keep them upside down. This prevents rain from collecting in them.

## Practice bathroom safety.

- Never leave a baby unattended in the bathtub. Even older babies who sit up can lose their balance and slip.
- Stay within arm's reach of the baby at all times. If you must answer the phone or door, take the baby with you.
- Keep toilets off-limits. Keep the lid closed. Use a toilet lid lock if your child can raise the lid. You can also keep the door closed to the bathroom.



## Practice “touch supervision” until at least age 5.

- “Touch supervision” means that you are close enough to reach out and touch your baby at any time.
- Do this when swimming with your child and during baths.



## Practice pool safety.

- Small children can sneak out of windows, crawl through dog doors, or use an unprotected door to get outside.
- Install fences around pools, spas, and ponds. The fence should have a gate that is self-closing and self-locking. Fences should not have anything around them that a child could climb onto, and then use to climb the fence.
- Do not leave toys in or near the pool. These can draw children to the area, and the child may get in the water to get to the toy.
- Drain wading pools after each use.

# Drowning Continued

## Use a “Water Watcher.”

- A Water Watcher is an adult who agrees to watch a child who is swimming.
- The Water Watcher does not talk on the phone, visit with others, or drink alcohol. His/her only job is to watch the child(ren) in the water.

## Use life jackets.

- When you are on boats or near water, be sure everyone in your family wears a life jacket.
- Make sure the life jackets fit each person correctly.
- Blow-up water wings, toys, rafts, and air mattresses should never be used as life jackets or life preservers.
- Life jackets are NOT a substitute for adult supervision.



## Teach children to swim.

- The American Academy of Pediatrics recommends swimming lessons for most children age 4 and older.
- Swimming lessons may be helpful for some children between age 1 and 4. Ask your child’s doctor if he/she thinks your child is ready.
- Swimming lessons are NOT a substitute for adult supervision. A child who has had swimming lessons can still drown.

## Be prepared for emergencies.

- Learn first aid and CPR.
- To find a class near you, call the Arkansas Chapter of the American Red Cross at (501) 748-1041.
- If you are swimming, be sure there is a phone nearby.

Sources: American Academy of Pediatrics, Injury-Free Coalition for Kids



# Choking

Your baby will learn by exploring. He/she will explore by tasting things. Babies are also at risk for choking because they do not chew well. The most common causes of choking in babies and young children are food, coins, balloons, and other toys.

## Feed your baby in a semi-upright position.

- If your baby is flat on his or her back, the chances of choking are greater.

## Avoid giving young children foods that must be chewed with a grinding motion.

- These are foods such as nuts and raw vegetables.
- Children don't learn how to chew in that way until around age four. If you give these foods to a child too soon, they might try to swallow them whole.

## Cut foods into small pieces.

- Foods that are round and firm (like hot dogs and grapes) should be chopped into much smaller pieces.
- The pieces should not be round – a round object can easily get stuck in the child's airway.

## Watch your baby or young child when they eat.

- Do not allow him or her to eat while running or playing.
- Do not give chewing gum, hard candy, or sticky/chewy candy to your young children.

## Keep balloons out of reach of young children.

- Pieces of the balloon can easily get stuck in the child's airway.

## Choose other toys carefully.

- Read labels to make sure the toy is appropriate for your little one. Avoid toys such as marbles and small balls.

## Keep your baby's play area free from choking hazards.

- Explore your baby's play area. Get down on your baby's level and look for hazards.
- Encourage older children to pick up their toys.
- Be sure to put up any items (like remote controls), which may include button batteries.

Source: American Academy of Pediatrics

**Not sure how small is too small? If an object fits inside the opening of a milk jug, it is probably a choking hazard for a baby or young child.**



# Falls

Soon after birth, your baby will wiggle, and will push against things with his/her feet. These movements can result in a fall. Review these tips to prevent falls.

## Practice safety when changing diapers.

- Gather supplies before you start the diaper change. Use the safety strap on the changing table. Keep your hands on your baby at all times.

## Do not use a baby walker.

- The American Academy of Pediatrics strongly urges parents not to use baby walkers.
- Walkers can tip over easily and your baby can fall down stairs.



## Put your baby in a safe place when not holding him.

- Only leave your baby alone in a safe place, such as a crib. Do not leave your baby on a couch, chair, or bed – the baby could roll off.
- Put infant seats and carriers on the floor. Do not put infant seats or carriers on high surfaces. These include shopping carts, chairs, and tables.

## Follow directions on all infant products.

- You may choose to use items like hiking carriers, strollers, and bike buggies. Read and follow the instructions when using these products.

## Place gates at tops and bottoms of stairs.

- Some gates are “pressure” gates – they are held to the walls or stair rails only with pressure. Others are “hardware-mounted” gates. These are fastened to the walls or stair rails with hardware. Hardware-mounted gates are recommended for the tops of stairs.
- Choose a gate that is certified by the Juvenile Products Manufacturers Association (JPMA). See examples of JPMA’s certification logos on the right.



## Protect your baby from falls from windows.

- Keep furniture, including your baby’s crib, away from windows.
- Install window stops or “operable” window guards on all windows above the first floor. “Operable” window guards can be easily removed from the inside by an adult. In the case of a fire, you may need to use your window as an exit.

## Check the home for fall risks for adults.

- Your baby can be seriously injured if the person holding them slips or trips.
- Keep the floors free from clutter. Have older children keep their toys picked up.
- Make sure all rugs are slip-proof, and that the edges are not sticking up.

Sources: American Academy of Pediatrics, Safe Kids

# Infant Crying and Shaken Baby Syndrome

Babies cry for a number of reasons. Babies cry the most from ages 2 weeks to 10 weeks. They may be tired, hungry, hot or cold, or in need of a diaper change. Don't take your baby's crying to heart. Babies love the people who care for them.

## To help soothe your baby, try to create a warm and cozy environment.

- Calmly hold your baby close to your shoulder or chest.
- Swaddle your baby in a blanket (only when you are awake and holding your baby).
- Quietly sing, talk, or play soft music.
- Gently rock your baby or go for a quiet walk.
- It's impossible to spoil a crying baby by comforting them. Many babies are able to quiet themselves just by knowing that someone will calm them.

## Crying babies upset parents.

- It's normal to get upset when your baby cries, but try to stay calm. Your baby can tell when you are upset or tense. After trying all the things that usually calm your baby, it's okay to put your baby down and let him cry for a few minutes.
- Place your baby on his back in a crib or bassinet and give yourself time to calm down.
- Do something that you find soothing, like having a cup of tea, listening to music, or calling a friend or family member.
- Know that these feelings of stress are natural and will pass.
- Reach out for help if your baby's crying is getting to be too much. Talk with a friend or relative, or call your pediatrician.



## Never yell at, hit, or shake your baby.

- Shaking can cause permanent brain damage, or even death.

## Get prepared – write your own “crying plan.”

Write down your plans for dealing with your baby's crying. Your plan should include:

- Things you can do to calm the baby
- Things you can do to calm yourself
- A list of people you can call for help, and their phone numbers

Sources: American Academy of Pediatrics, [www.cryingplan.com](http://www.cryingplan.com)

# Motor Vehicle Safety

Car crashes are the number one cause of death for children in Arkansas. It's important to choose and properly install the right car seat. You never know when or if a crash may happen. It only takes a moment to protect your child from being hurt or killed.

## Use your child's car seat every time you go for a ride.

- Crashes can happen on short rides and on long rides.
- They can happen on paths you travel regularly.

## Always place children in the back seat of the vehicle.

- The American Academy of Pediatrics recommends that children ride only in the back seat, until they are at least 13 years old. Front seat dangers include airbags, dashboards, and windshields.

## Choose the proper child safety seat (car seat) for your baby.

- The guide below will help you with your choice. You should also visit with a Child Passenger Safety Technician for help in choosing a car seat.

### Birth-2 Years

Keep your baby in a rear-facing seat with a harness. this position provides the most support for your baby's head and neck, which are still developing.



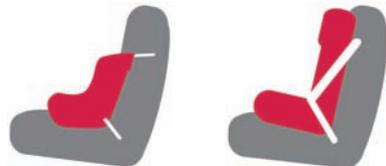
### 2-3 Years

Keep your baby in a rear-facing seat with a harness until they outgrow the upper weight or height limit of the seat. Then use a forward-facing seat with a harness.



### 4-7 Years

Keep your child in a forward-facing seat with a harness until they outgrow the upper weight or height limit of the seat. Then use a belt-positioning booster seat.



### 8-12 Years

Keep your child in a belt-positioning booster seat until they outgrow the upper weight or height limit of the seat. Then use the vehicle seat belt for life.



## Be cautious about used (secondhand) seats.

You should not buy a car seat from someone you don't know. There are many things you need to know about the seat before you buy or borrow it from someone you know. Make sure the seat:

- Has not been recalled (call the Consumer Product Safety Commission at (800) 638-2772 to check).
- Is not more than 6 years old.
- Has all of its parts, including the owner's manual.
- Has not been in a serious crash. A crash is serious if the car cannot be driven right after the crash or if any air bags are released.

## Be sure everyone in the car is buckled up.

- In a crash, there is a lot of force. Anyone who is not using a seat belt will be thrown around in the vehicle. They may be slammed forcefully into others in the car – even into your baby. This can cause permanent damage or even death to the person being hit.

## Strap down any loose items in the car.

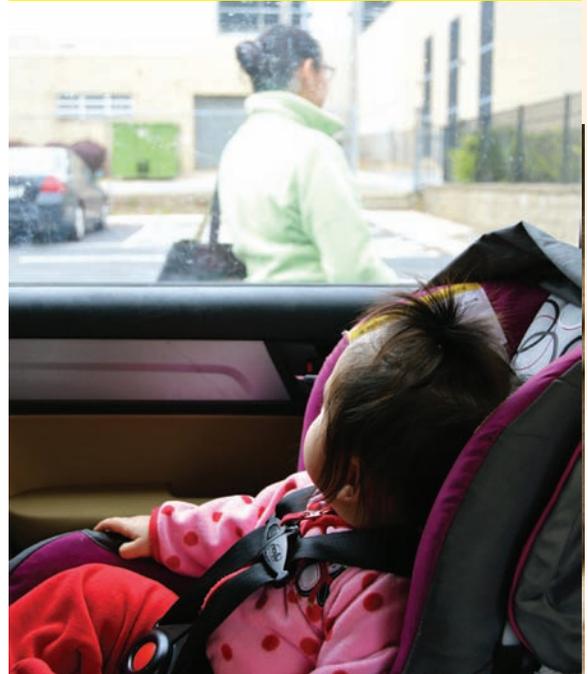
- Because of the force during a crash, anything not strapped down can move around the vehicle and hit passengers – even your baby. These injuries can be severe. Keep items such as groceries and baby gear secured in the trunk, or find a way to strap them down.

## See a Child Passenger Safety Technician (CPST).

- 9 out of 10 parents make mistakes with car seats. Mistakes can be made in choosing the right seat, getting the seat installed in the car correctly, and getting the child into the seat correctly. A Child Passenger Safety Technician (CPST) is trained to help you with all of those things! There are CPSTs in most counties in Arkansas.
- To find a CPST near you, call (866) 611-3445 or visit [www.carseatsar.org](http://www.carseatsar.org).

## **KIDS IN HOT CARS**

- **Never leave a child alone in a car**
- **Cars heat up quickly - 20 degrees in 10 minutes**
- **Create reminders for yourself**
- **Develop a plan with your daycare to call in the event of a child's absence**



## **Talk with all of the baby's caregivers about safety.**

- Many people will help you take care of your baby. Share the information in this guide with all of them.
- Some safety recommendations have changed in recent years. Caregivers who raised babies years ago may not have the most recent safety information.
- You may request additional copies of this guide. Call (866) 611-3445.

# Additional Resources

## Arkansas Department of Health

1-800-462-0599

[www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)

The Arkansas Department of Health has many programs and services for pregnant women and their families. Some of the programs and services are described individually below. Contact your local public health unit to learn more. A list of local public health units is included below.

## American Academy of Pediatrics

[www.healthychildren.org](http://www.healthychildren.org)

Articles, guidelines, and free newsletters for parents on a variety of children's health topics.

## Arkansas Coalition Against Domestic Violence

For general information - 1-800-269-4668

If you are in danger – 911 or 1-800-799-7233

Information about shelters and other needs related to domestic violence.

## ARKids First

(Arkansas Department of Human Services)

1-888-474-8275

[www.arkansas.gov/dhs/homepage.html](http://www.arkansas.gov/dhs/homepage.html)

ARKids First provides health insurance to children who otherwise might not get medical care. The program offers two coverage options. ARKids A offers low-income children a comprehensive benefits package. ARKids B provides limited coverage for slightly higher income families. ARKids B requires a small co-pay for most services. Call for more information.

## Arkansas Poison Control and Drug Information Center

1-800-222-1222

[www.uamshealth.com/poisoncontrol](http://www.uamshealth.com/poisoncontrol)

Operated by the UAMS College of Pharmacy.

Reasons to call include:

- Bitten by a spider, snake or other creature
- Question about medication and breast milk
- Child got into medicine cabinet
- Forgot to take medicine
- Think you took or gave the wrong amount of medicine
- Having a bad reaction to food or medicine

## Arkansas Tobacco Quitline

(Arkansas Department of Health)

1-800-QUIT-NOW

1-800-784-8669

[www.stampoutsmoking.com](http://www.stampoutsmoking.com)

Free tobacco cessation program for all Arkansans. Pregnancy program also available.

## Division of Childcare and Early Childhood Education

(Arkansas Department of Human Services)

1-800-445-3316

[www.arkansas.gov/childcare/](http://www.arkansas.gov/childcare/)

Information on child care and early childhood education.

## Family Health

(Arkansas Department of Health)

[www.healthy.arkansas.gov/programsServices/familyHealth/Pages/default.aspx](http://www.healthy.arkansas.gov/programsServices/familyHealth/Pages/default.aspx)

Contact your local health unit

The Family Health Branch promotes good health for the whole family from pre-conception through infancy, childhood, and adolescence to adulthood. Family Health includes these services:

- Family planning services
- Maternity services
- ConnectCare - links Medicaid and ARKids families to medical and dental providers in their communities (Information may be found at <http://www.seeyourdoc.org/> or 1-800-275-1131 or TDD 1-800-285-1131)

## Food Stamp Program

(Arkansas Department of Human Services)  
**1-800-482-8988**

[www.arkansas.gov/dhs/homepage.html](http://www.arkansas.gov/dhs/homepage.html)

The Food Stamp Program provides food assistance to eligible households to cover a portion of an eligible household's food budget. Benefits are distributed through Electronic Benefits Transfer (EBT). In addition to food assistance, the program provides food stamp recipients with nutrition education, employment training, and work experience.

## Injury Prevention Center at Arkansas Children's Hospital

**1-866-611-3445**

[www.archildrens.org/injury\\_prevention](http://www.archildrens.org/injury_prevention)

Contact the Injury Prevention Center (IPC) at Arkansas Children's Hospital with any questions you have about safety. The IPC can give you safety information for your entire family.

## March of Dimes

**1-800-234-8144**

[www.marchofdimes.com](http://www.marchofdimes.com)

[www.nacersano.org](http://www.nacersano.org)

[www.facebook.com/marchofdimes](https://www.facebook.com/marchofdimes)

[www.twitter.com/marchofdimes](https://www.twitter.com/marchofdimes)

Tips for keeping you and your baby healthy – before, during, and after pregnancy.

## Medicaid

(Arkansas Department of Human Services)  
**1-800-482-8988**

[www.arkansas.gov/dhs/homepage.html](http://www.arkansas.gov/dhs/homepage.html)

Medicaid reimburses health care providers for covered medical services provided to eligible needy individuals in certain categories. Eligibility is determined based on income, resources, Arkansas residency, and other requirements. Call for information on eligibility and enrollment

## Transitional Employment Assistance (TEA)

(Arkansas Department of Human Services)  
**1-800-482-8988**

[www.arkansas.gov/dhs/homepage.html](http://www.arkansas.gov/dhs/homepage.html)

TEA is a time-limited assistance program to help needy families with children become more responsible for their own support and less dependent on public assistance. In addition to monthly cash assistance, employment-related services are provided to parents, including job-readiness activities, transportation assistance, childcare assistance, and other supportive services so that the parent can engage in work or education and training activities.

## United States Consumer Product Safety Commission (CPSC)

**1-800-638-2772 (TTY 301-595-7054)**

[www.cpsc.gov](http://www.cpsc.gov) – general information

[www.saferproducts.gov](http://www.saferproducts.gov) – to report safety concerns

Contact the CPSC to get information about product safety. The CPSC keeps a list of products (such as car seats and cribs) that have been recalled. You can sign up to get a free e-mail about product recalls. You can also contact the CPSC to report a safety concern about a product.

## University of Arkansas for Medical Sciences Child Passenger Safety Education Program (CPSE)

1-866-611-3445

[www.carseatsar.org](http://www.carseatsar.org)

The UAMS CPSE program can give you information on how to get your car seat inspected by a child passenger safety technician. The program also provides training for those who wish to become technicians.

### WIC

(Arkansas Department of Health)

Contact your local health unit

[www.healthy.arkansas.gov/programsServices/WIC/Pages/default.aspx](http://www.healthy.arkansas.gov/programsServices/WIC/Pages/default.aspx)

The WIC program is the Special Supplemental Nutrition Program for Women, Infants and Children. WIC provides:

- Supplemental foods high in nutrients during time of critical growth and development.
- Nutrition education
- Information, support and encouragement for breastfeeding.
- Referrals for other health services.
- Pregnant, breastfeeding and postpartum women, infants and children under age 5 may qualify if they live in Arkansas, have a nutritional need, have an income at or below WIC guidelines or receive Medicaid, ARKids, TEA or SNAP (Food Stamps).



# HOME SAFETY CHECKLIST

## Childproof Your Home!

Take a “baby’s eye view” by crawling from room to room. See if you can spot the hazards:

- Sharp corners
- Uncovered electrical wall outlets
- Hanging lamp cords
- Loose objects that might easily fall



## Home Safety Checklist

### CHOKING OR SUFFOCATION

- Remove hanging crib toys once your child can pull his or her body up to stand
- Make sure crib bars are no more than 2 3/8 inches apart (width of a soda can)
- Make sure crib mattress is firm and snug-fitting
- Keep crib free of pillows, bumper pads, wedges, toys, and stuffed animals
- Keep small items like refrigerator magnets and small toys out of babies’ and toddlers’ reach
- Know first aid, CPR, and emergency treatment for choking

### DROWNING

- Have lid-locks on toilet seats and/or keep the bathroom door closed at all times
- Have a four-sided fence with self-locking gate to separate your house from swimming pools

- Always stay with kids when they are in the bath, pool, and other bodies of water

### FALLS, CUTS, AND WOUNDS

- Secure large appliances and furniture to the wall
- Keep sharp objects out of children’s reach
- Have slip-proof mats beneath rugs
- Have slip-proof mats or stickers in bathtubs
- Have gates at the top and bottom of stairs

### FIRES AND BURNS

- Have a working smoke detector on each floor of your home (including the basement)
- Have a smoke detector in or around each bedroom
- Test smoke detectors once a month
- Have furnace and fireplace flues checked once a year for proper airflow

- Have a fire escape plan in case of fire
- Practice the fire escape plan with the whole family
- Have a fire extinguisher and know how to use it
- Keep space heaters three feet away from other objects in the room and never use in bedrooms or a nursery
- Cover electrical outlets that are less than three feet from the floor
- Set the hot water heater temperature to 120 degrees or lower
- Turn pot handles inward and out of children’s reach when cooking
- Keep hot foods and liquids out of children’s reach

### POISON

- Store household cleaners in original containers in a locked cabinet or out of children’s reach
- Store all medications, beauty supplies, and hand sanitizers in a locked cabinet or out of children’s reach
- Install a carbon monoxide detector
- Be sure you understand how to take or give medicines correctly – ask a doctor or a pharmacist for help
- Post the poison control phone number near all phones: 1-800-222-1222





# Crying Baby Plan

All babies cry, some more than others. It's important to have a **CRYING PLAN** that you (or anyone watching your baby) can follow when the crying starts.

## Check your baby's basic needs:

- Is it time to eat? Does he need to burp after eating?
- Is it time for a diaper change?
- Is he too hot? Too cold? Overdressed?
- Are there any signs your baby is sick? (fever, vomiting) Seek medical care if you have any concerns about her health.

## Try soothing your baby:

- Hold her close and rock, walk or sway side to side while standing.
- Offer a pacifier (don't force).
- Swaddle her with a blanket.
- Play soft music or a quiet sound.
- Take her for a walk in a stroller or a ride in a car seat.

## If your baby is not sick or hurt, but continues to cry, remember:

- **IT IS NEVER OK TO SHAKE A BABY.** This can cause severe injuries or permanent damage.
- **IT IS OK** to put your baby in a safe place (crib, infant seat) and let him cry while you take a break or call someone for help.
- **IT IS MORE IMPORTANT TO STAY CALM THAN TO STOP THE CRYING.**

## Calm yourself, so you can calm your baby safely:

- Go outside for fresh air.
- Take several deep breaths.
- Count to 100.
- Wash your face or take a shower.
- Exercise. Do sit ups or walk up and down the stairs a few times.

## Ask some of your friends or family if you can put them on your **CRYING PLAN**:

Keep a list of trusted people you can call if you need help during a crying period. Make sure anyone who is going to watch your baby knows the **CRYING PLAN**, including other people they can call.

## PEOPLE TO CALL FOR HELP WHEN MY BABY CRIES:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## Choose your baby's caregivers wisely:

Before leaving your baby with anyone, ask yourself these questions:

- Does this person want to watch my baby?
- Have I had a chance to watch this person with my baby before I leave?
- Is this person good with babies?
- Has this person been a good caregiver to other babies?
- Will my baby be in a safe place with this person?
- Have I gone over my **CRYING PLAN** with this person?

Do **NOT** leave your baby with anyone who:

- Is impatient or annoyed when your baby cries.
- Says your baby cries too much.
- Will become angry if your baby cries or bothers them.
- Might treat your baby roughly because they are angry with you.
- Has a history of violence.
- Has lost custody of their own children because they could not care for them.
- Abuses drugs or alcohol.

[www.cryingplan.com](http://www.cryingplan.com)

*Content provided by the  
Arkansas Children's Trust Fund  
for the Prevention of Abuse & Neglect  
[www.arkansasctf.org](http://www.arkansasctf.org)*



# Action Items

1. Make an appointment to get your car seat and learn how to use it.
2. Install your smoke alarm.
3. Create a fire escape plan. Post the plan where family members can see it. Practice the escape plan twice each year – put this on your calendar.
4. Complete the Home Safety Checklist. Take care of items that need your attention.
5. Write down your “crying plan.” Share it with others who will be taking care of your baby.
6. Share what you learned with others. Write down the names of people you will share this information with.



# **Injury Prevention Center**

**1 Children's Way, Slot 512-26**

**Little Rock, AR 72202**

**501-364-3400**

**[www.archildrens.org/ipc](http://www.archildrens.org/ipc)**