

## KEY POINTS



Follow-up with your doctor in **24-72h**.



**Don't wait** more than **4 hours** between baby's feeds.



Seek medical attention **immediately** if your baby is unwell or has a **Temp >38°C or <36°C**.



Supplement with **Vitamin D** 400 units (1 drop) daily.

## SAFE SLEEP (Strategies to Reduce Sudden Infant Death Syndrome)



Place your baby to sleep in a **crib or bassinet next to your bed**.



Always place your baby on their **back to sleep**.



**Breastfeeding** can protect your baby.



Babies should wear a onesie and or sleep sack. **Do not swaddle** in blankets.



Safe sleep environment: **firm surface, no pillows, toys, or bumper pads**.



Provide a **smoke-free** environment.

## CHILD-PROOFING YOUR HOME



Lock away **medications** and cleaning products.



Cover **electrical outlets**; tuck away cords. **Secure furniture** to walls.



Remove **small objects** or broken parts that could be choking hazards.



Keep infant away from **hot surfaces** and be careful when handling **hot liquids**.



Use **stair gates** and **window guards**. Baby walkers on wheels should **never** be used.

## BATH SAFETY



Never leave a baby **unattended** in a bathtub/ baby tub. Adjust hot water tank to **max of 49°C** to prevent burns.



Bath seats, rings, and older children are **not** safe alternatives to **parental supervision**.

## CAR SAFETY



Infants should be in a **rear facing** car seat in the **back**, ideally in the middle position, until at least **1 year and 10kg**.



Ensure **latch is snug** over the chest at nipple line. Allow for two fingers between latch and chest.



Follow specific car seat instructions and ensure **proper installation**.



Car seats are **not a safe place** for your newborn to sleep.

## SAFETY OUTSIDE THE HOME



Babies who cannot sit without support cannot wear a personal flotation device. **1:1 adult:infant supervision is advised**.



Prevent **frostbite** by limiting time spent outdoors below **-15°C**.

Published July 2021

Heather Halperin (Medical Student, University of Alberta) and Dr. L. Cynthia Gunaratnam (Pediatrician, University of Alberta) for [www.pedscases.com](http://www.pedscases.com)