

Safe Sleep

Every year babies die from Sudden Infant Death Syndrome (SIDS) and accidents during sleep. Take care of your baby with these simple steps:

Always place your baby on his or her back to sleep, for naps and at night.

Remove all loose items (stuffed animals, pillows, etc.) from the baby's crib. Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

Use a **safety-approved** crib with a firm mattress covered by a fitted sheet.

Your baby is safest sleeping in a crib or bassinet near your bed. Your baby should **NOT** sleep in a bed or on a couch or armchair with other adults or children.

Think about using a pacifier when placing your baby to sleep, but do not force your baby to take it. If you are breastfeeding, wait 1 month or until your baby has learned to breastfeed before trying a pacifier.

Never use positioners or wedges to prop babies up

Don't forget **Tummy Time** when your baby is awake and is being watched.

Tell everyone who cares for your baby about these safety rules.



For More Information

About Breastfeeding

WIC Breastfeeding Help Line

call 1-585-753-5640 or

<http://www.breastfeedingpartners.org/>

National Breastfeeding Helpline:

call 1-800-994-9662

U.S. Department of Health & Human

Services: www.womenshealth.gov/breastfeeding

About Car Seat Safety

DOT Vehicle Safety Hotline

call 1-888-327-4236 or www.nhtsa.gov

About Quitting Smoking

call 1-866-NY-QUITS (1-866-967-8487)

About Safe Sleep

New York State Department of Health

call 1-800-336-7437

Back to Sleep campaign

call 1-800-505-2742 or
www.nichd.nih.gov/SIDS

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Community Partnership for Breastfeeding Promotion and Support

**Keeping
your baby
safe**



**Important safety
items every parent
should know**

Breastfeeding

Did you know that breast milk is the only food or drink your baby needs for the first six months of life?

Breastfeeding is good for your baby and you

Breast milk has antibodies in it that protect your baby from getting sick.

Breast milk changes as your baby grows so it is always **the perfect food**.

Formula fed babies are more likely to die from Sudden Infant Death Syndrome (SIDS), become obese, develop diabetes, get ear and respiratory infections and have allergies and asthma.

Even if you smoke, breastfeeding is better for your baby than not breastfeeding.

Breastfeeding moms recover from childbirth faster than formula feeding moms.

Breastfeeding moms are less likely to get breast or ovarian cancer later in life.

Breastfeeding moms lose weight faster—breast-feeding **burns around 500 calories per day**.

According to New York State Law

YOU HAVE THE RIGHT TO BREAST-FEED anywhere you are allowed to be—in the mall, at a restaurant, even in church.

YOUR EMPLOYER MUST give you break time and a place to express your milk while you are at work.



Car Seat Safety

Always wear your seatbelt to protect you and your unborn baby. While you are pregnant, the proper way to wear your seatbelt is with the lap belt across your hips and below your belly and the shoulder belt across your chest (between your breasts). Once your baby is born, he or she should **always ride in a car seat**.

1 - Rear-facing seats: for babies under 1 year old and less than 20 pounds

Keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until age 1 and at least 20 pounds.

2 - Forward-facing seats: after age 1 and more than 20 pounds

Children should ride in forward-facing safety seats, in the back seat, until they reach the upper weight limit or height limit of the seat (usually around age 4 and over 40 pounds).

3 - Booster seats: after age 4 and over 40 pounds

Once children outgrow their forward-facing car seats, they should ride in booster seats, in the back seat, until the seat belt fits properly (see next step).

4 - Seat belts: usually at age 8 or when the child is at least 4'9" tall

Seat belts fit properly when the lap belt lies across the upper thighs and shoulder belt fits over the shoulder (not across the neck) and across the chest.

REMEMBER: All children under 13 should ride in the back seat. Always read the car seat instructions and the vehicle owner's manual.

4 STEPS FOR KIDS



Secondhand Smoke

Everyone knows that smoking is bad for smokers, but did you know:

Secondhand smoke (the smoke that comes from the burning end of a cigarette, cigar or pipe) can cause Sudden Infant Death Syndrome (SIDS). It can also cause **lung cancer and heart disease**.

Children who live in homes where people smoke **get sick more often** with coughs, wheezing, ear infections, bronchitis & pneumonia.

Children with asthma may have asthma attacks that are more severe or occur more often.

Opening windows or using fans will not stop secondhand smoke exposure.

Toxins can remain in the environment long after smoking is over. **Children are at significant risk** of being affected by harmful particles that remain on smoker's clothing, rugs, furniture, draperies & other surfaces.

Make your car and home smoke-free and keep yourself and your children away from places where smoking is allowed. **If you smoke, smoke only outside**.

For help quitting, call 1-866-NY-QUITS (1-866-967-8487)