

## 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](http://www.womenshealth.gov/breastfeeding)

### About Car Seat Safety

AAP Child Passenger Safety

Recommendations

<http://www.healthychildren.org/English/safety-prevention/on-the-go>

### About Quitting Smoking

call 1-866-NY-QUITS (1-866-697-8487)

### 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](http://www.nichd.nih.gov/SIDS)

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Keeping  
your baby  
healthy &  
safe



Important health  
and safety  
information 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.

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 - All infants and toddlers should ride in a **Rear-Facing Car Safety Seat** until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer.
- 2 - All children 2 years or older, or those who have outgrown the rear-facing weight or height limit for their car safety seat should use a **Forward-Facing Car Safety Seat** with a harness for as long as possible, up to the weight or height allowed by their car safety seat's manufacturer.
- 3 - All children whose weight or height is above the forward-facing limit should use a **Belt-Positioning Booster Seat** until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.
- 4 - When children are ready to use the vehicle seat belt alone they should always use the **Lap and Shoulder Seat Belts** for optimal protection. 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.



## 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 (1-866-697-8487)