



# Health & Safety Tips

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

## Safety for Your Little One

Did you know the Consumer Product Safety Commission (CPSC) recalled over 500 child-related products (nearly 300 toys) in 1999? These numbers didn't include car seats, since they are not under CPSC's jurisdiction. For more information on car seat recalls, contact the National Highway Traffic Safety Administration (NHTSA) at 888.DASH.2.DOT or visit their website.

The website [www.cpsc.gov](http://www.cpsc.gov) provides information on dangerous consumer products of all kinds and allows you to view which toys and child-related products have been recalled and why. There is a 4KIDS section that provides child-friendly images and safety tips told by an animated character named KIDD SAFETY. The site also allows concerned parents to post information on products they feel may be dangerous for their children so that the CPSC and other parents can be made aware. Visit their website or call them at 800.638.2772. As a concerned parent, you should visit this site or call them regularly to be alerted to new recalls and potentially dangerous products.

### **Child Abuse Can Be Prevented: Alternatives to Striking Your Child:**

- Stop in your tracks. Step back. Sit down.
- Take five deep breaths. Inhale. Exhale. Slowly, slowly.
- Count to 10. Better yet, 20. Say the alphabet out loud.
- Phone a friend or relative.
- Still mad? Punch a pillow or munch an apple.
- Thumb through a magazine, newspaper or photo album. Do some sit-ups.
- Pick up a pencil and write down your thoughts.
- Take a hot bath or a cold shower.
- Lie down on the floor or just put your feet up.
- Put on your favorite record or CD.
- Water your plants.

## **One Shake Can Last a Lifetime**

Sometimes babies just need attention. Be patient. Remember that taking care of a small baby is a big job. It's okay to feel overwhelmed in the situation. It's all right to feel frustrated with a crying child. It's not okay to shake a child to stop the crying! You may stop the crying, but also change the child's (and your) life forever in just one moment of uncontrolled frustration.

Metro Atlanta 877-722-2445 · Central Georgia 800-558-4804 · Northwest Georgia 800-308-1825

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## **Shaking a Baby Can Cause:**

- Permanent brain damage
- Paralysis
- Blindness
- Seizures
- Delay in normal development
- Broken bones
- Death

## **Sleeping Babies**

Nearly 5,000 babies under the age of one die suddenly each year from unexplainable causes. This is called Sudden Infant Death Syndrome (SIDS) and although doctors don't know what causes it, they have come up with a few tips to prevent it.

Always put your healthy baby on his/ her back to sleep. If this is uncomfortable for you child, your baby can be placed on his/ her side. Some "tummy time" when your child is awake is good for him/ her, but sleeping on his/her stomach is not. If your baby was born with a birth defect, spits up after eating or has a breathing, lung or heart problem, be sure to consult your physician about the best sleep position for your child. Some mothers worry that this could cause choking if their baby should spit-up during the night. There is no evidence, however, that sleeping on the back causes choking.

## **Some Other Things You Can Do To Reduce the Risk of SIDS:**

- Make sure your baby sleeps on a firm mattress with light blanketing.
- Do not place stuffed animals or pillows in the crib with very young children.
- Keep the temperature in your baby's room so that it feels comfortable to you. Babies should be kept warm, but should not be allowed to get hot.
- Create a smoke-free zone around your baby both before and after birth.
- If your baby seems sick, call your doctor or clinic right away.
- If possible, breastfeed your baby. Breast milk helps keep your baby healthy.

SIDS is a rare, but serious, risk. Follow these simple guidelines and enjoy a healthy infant period with your child. For more information, contact the Back to Sleep Campaign at 800.505.2742.

*\*Information collected from US Public Health Service, American Academy of Pediatrics, SIDS Alliance and Association of SIDS and Infant Mortality Programs.*

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