

# Safety Tips for All Children

## Water Safety

- Never leave your child unattended, even for a second, in or near a pool or other water.
- If you have a pool, a four-foot high pool fence should completely surround the pool and have a self-latching gate.
- Do not leave even small amounts of liquid in buckets or containers. Young children can drown in as little as one inch of water.



## Car Safety

- Make sure you use a car seat that has not passed the expiration date. Do not use a car seat if it has been in a car accident.
- Make sure the car seat is installed properly.
- Check the back seat every time you leave your car to make sure your baby has been removed. Place your purse or wallet in the back seat as a reminder to yourself. Never leave your child alone in a car for any amount of time. Temperatures rapidly increase inside and cause heatstroke in children.

## Programs for Pregnancy and Parenting

Healthy Start (813) 307-8016  
Healthy Families (813) 233-2800  
Safe Baby Plus (813) 868-7384  
WIC (813) 307-8074  
Medicaid 1 (866) 762-2237  
abcProgram (813) 673-4646 x1128  
Boot Camp for New Dads  
(813) 673-4646 x1128  
Children's Board Family Resource Centers:  
Six locations throughout  
Hillsborough County  
Visit [www.familysupporthc.org](http://www.familysupporthc.org)  
for a location nearest to you.

## Choking Risks

Children under age four have a high risk of choking. Call 911 right away if your child has trouble breathing, wheezing, blue lips, a pale face or a swollen tongue.

- It is important to watch your child while they are eating.
- Make sure to cut up grapes, meat and poultry into smaller pieces.
- Avoid sticky foods such as gum, candy, taffy, caramels and marshmallows.

## A Guide to Your Baby's Safety

Becoming a new parent requires a big responsibility to keep your baby as safe as possible when you or someone else is caring for him. Here are some helpful safety tips to follow.



## Choose Safe Caregivers

You are your baby's primary protector. Before you leave your baby alone with someone else, ask yourself:

- Does this person have enough experience caring for an infant?
- Will my baby be in a safe environment during sleep and play?
- Does this person use drugs or alcohol?
- Does this person have a short temper or lack self-control?
- Did I talk to the caregiver about safe sleep and coping with crying?
- Does this person know how to reach me if needed?



## Coping with Crying



- The goal is not to stop the crying but to check your baby's needs and keep your baby as safe and healthy as possible.
- If your baby continues to cry, place him or her in the crib and take a deep breath.
- Ask someone you trust such as your partner, friend or relative for help. All caregivers need a break from time to time.
- Teach all of your baby's caregivers how to calm themselves and soothe your crying baby because Shaken Baby Syndrome causes irreversible damage and is a leading cause of preventable infant death.

All babies cry and it can be very frustrating. It is the number one trigger for Shaken Baby Syndrome. Have a plan in place so that you can safely respond to your baby's crying.

- Check your baby's basic needs. Your baby may be hungry, tired, ready for a diaper change, sick or gassy.
- Check your baby's temperature and call your pediatrician if you think he or she is ill.
- Your baby may be crying for attention. Babies need to be held and comforted.
- Soothe your baby safely with motion. Try holding, rocking, swaying, riding in a stroller or using an infant swing.
- Crying peaks at 2 months old and can occur for 2-4 hours a day.
- Be sure to give yourself a break if your baby continues to cry.



## Sleep Safely

Suffocation is the leading cause of preventable infant death. Follow all of these tips by the American Academy of Pediatrics to keep your baby as safe as possible during naps and sleep.

- Place baby on his or her **BACK** to SLEEP.
- Your baby should have his or her own crib, bassinet or pack n play.
- **NEVER** cosleep or share a bed with your baby. Sharing a sleep space with your baby greatly increases the chance of accidental suffocation.
- It is safe to share a room with your baby by placing the crib, bassinet or pack n play next to your bed.
- Keep loose objects out of the crib including pillows, blankets, toys and bumper pads.
- Never use a boppy pillow, pillow or wedge to place baby to sleep.
- Eliminate any smoke exposure. Smoke exposure is known to increase the risk for Sudden Infant Death Syndrome (SIDS).
- Use a pacifier to help soothe your baby and prevent Sudden Infant Death Syndrome (SIDS).

**This is the safest way for babies to sleep. Babies should be placed on their backs to sleep in their own cribs or bassinets.**



- Tell all of your caregivers to place your baby on his or her back to sleep because babies who regularly sleep on their backs have an 18 times greater risk of SIDS if they are placed on their tummies to sleep.
- Practice tummy time often but only with adult supervision.



Safe Baby Plus  
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**Children's Board**  
HILLSBOROUGH COUNTY  
[www.ChildrensBoard.org](http://www.ChildrensBoard.org)