

Grandchild Proofing

Here are tips to make your home as safe as possible for your grandbaby.

- Put corner bumpers on furniture with sharp edges.
- Use furniture straps to secure TVs and furniture (bookshelves, dressers, TV stands) to the wall.
- Keep medicine in a high, locked cabinet.
- Use cord holders to secure cords to the wall or hide cords behind large furniture.
- Use outlet covers to prevent your child from being shocked.
- Use a baby gate at the top and bottom of the stairs.
- Keep blind cords out of reach. Do not put the crib near windows or blinds.
- Baby toys should be much larger than your baby's mouth to prevent choking. Always check to make sure the parts of toys are securely fastened to the toy (eyes on dolls or bows on teddy bears).
- Store cleaning products in locked cabinets or use safety latches.
- Smoke alarms and carbon monoxide detectors should be working in your home. Be sure to check the batteries monthly.

Looking for something fun to do with your grandbaby? Visit your local Children's Board Family Resource Center.

Six Locations throughout Hillsborough County
Visit www.familysupporthc.org or call 813-233-2800 for a location nearest to you.



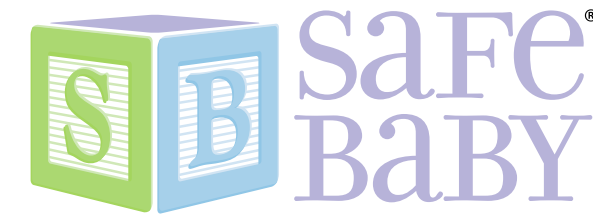
DID YOU KNOW?

Crying is the #1 trigger for Shaken Baby Syndrome.

However, crying is normal and is the way babies communicate. Parents, grandparents and all other caregivers should have a plan in place on how to cope with the crying.

Most importantly, if you are overstressed or tired, place her in the crib and take a break.

Grandparents Help Keep Our Babies Safe



Congratulations!

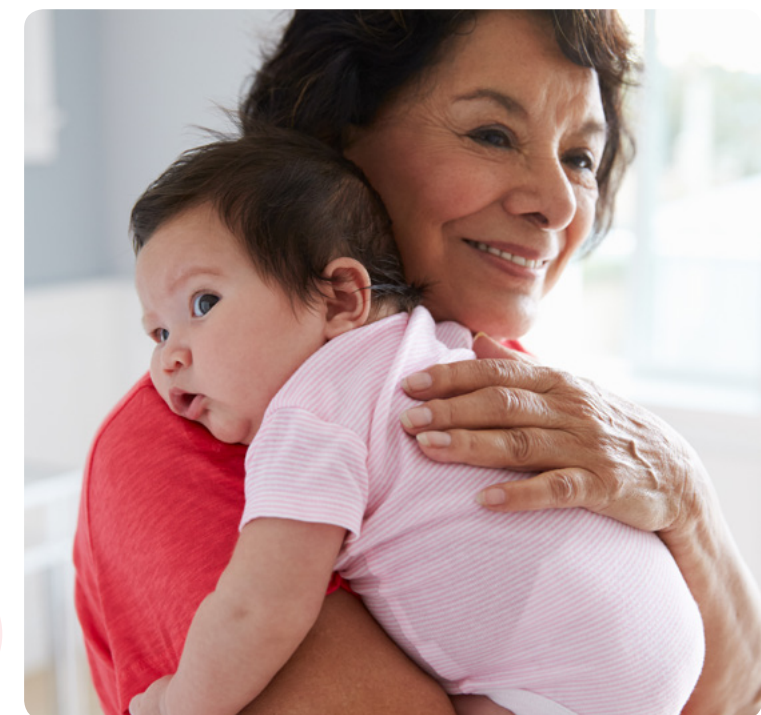
Grandparents are very important people in the lives of their grandchildren. In fact, many grandparents spend a great deal of time caring for their grandchildren while helping their daughters and sons to be better parents. Research shows that grandparents have a big impact on their grandchild's overall safety and long-term social and emotional well-being.

What has Changed?

While some infant care practices remain the same, other guidelines have changed due to advances in health and science.

Here are some helpful safety tips for you as you care for your new loved one.

Share these tips with their parents and anyone who will care for and protect your precious grandbaby.



Safe Baby is generously funded by:



Safe to Sleep

Choosing Caregivers

What has Changed and Why?

SLEEP POSITION

More than likely, you put your baby to sleep on his or her tummy because not so long ago we were told it was best to put babies on their tummies or sides to sleep. Many parents also did this because they were afraid the baby would spit up and choke.

However, we now know so much more about caring for babies than we ever did before. Actually, there is a greater risk of choking when the baby sleeps on his or her tummy. A baby's wind pipe (trachea) actually sits above the esophagus. While on their backs, fluids or food are less likely to travel up towards their windpipes.

We know for a certainty that babies should all be placed on their backs to sleep. In fact, when the recommendations changed in the 90's to place babies on their Backs to Sleep, there was a 50% decline in Sudden Infant Death Syndrome (SIDS) deaths. In 2016 the American Academy of Pediatrics (AAP) expanded their guidelines to help us understand the best way we can keep babies safe during sleep.

VERY IMPORTANT: A baby who is a regular back sleeper, who is then placed tummy down to sleep, is at a much higher risk of Sudden Unexpected Infant Death.



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

Safe Baby follows the 2017 American Academy of Pediatrics Guidelines

SLEEP LOCATION

Also, some grandparents may have chosen to share beds with their children in the past. Sadly, we know today that the leading cause of preventable infant death is now linked to bed sharing.

Sharing a sleep space with your grandbaby greatly increases the chance of accidental suffocation, asphyxiation and strangulation.

SLEEP ENVIRONMENT

The crib environment is very important to keeping a baby safe. Anything that can cover the baby's breathing is a danger. This includes blankets, pillows and bumper pads, which were commonly used years ago. Now doctors recommend removing everything from the crib except a tightly fitted crib sheet.

Follow all of these tips by the American Academy of Pediatrics (AAP) to keep your grandbaby as safe as possible during naps and sleep.

- Always place baby on his or her BACK to SLEEP.
- Make sure your grandbaby sleeps ALONE in his own crib, bassinet or pack n play. This includes siblings and other adults.
- NEVER share a bed or sleep surface such as a couch or chair with your grandbaby. It greatly increases the risk of accidental suffocation.
- It is safe to share a room with your grandbaby 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.
- Use a pacifier to help soothe your baby and prevent (SIDS).

Questions? Call 813-868-7384 or visit www.healthysafebaby.org

Grandparents and parents are usually the baby's primary protectors.

However, other caregivers may be needed from time to time.

Here are 6 tips for choosing safe caregivers. A caregiver is ANYONE who will care for your grandbaby. This includes relatives, boyfriends, day care and neighbors.

1. Your grandbaby will have a safe environment during sleep and play.
2. The caregiver has experience caring for infants.
3. The caregiver does not have a short temper or lack of self-control.
4. The caregiver knows how to cope with crying, a well-known trigger for Shaken Baby Syndrome.
5. The caregiver does not use drugs or alcohol.
6. The caregiver does not have a violent or criminal past.

