

Bedtime Hints

Always place a baby to sleep on his or her back to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Wherever a baby sleeps should be as safe as possible. Babies placed on adult beds risk suffocation from several hidden hazards such as:

- Entrapment between the bed and wall.
- Entrapment involving the bed frame, headboard or footboard.
- Suffocation in soft bedding (such as pillows).

Crib Safety Tips:

To reduce the risk of suffocation, remove all soft bedding such as pillows, thick quilts, comforters and other pillow-like, soft products before placing a baby to sleep.

Never use a pillow as a soft mattress for a baby to sleep or to prop his or her head.

The crib should meet current safety standards and have a firm, tight-fitting mattress and tight-fitting bottom sheet.

If using a blanket, be sure to tuck it around the crib mattress, allowing it to reach only as far as a baby's chest.

Secure bumper pads around the entire crib and snap or tie them securely in place.

When using a portable crib or playpen, be sure to use only the mattress or pad provided by the manufacturer. Do not add extra mattresses, pillows or cushions.



To learn more about Baby Safety, visit the following safety sources online:

www.babiesrus.com

www.jpma.org

www.cpsc.gov

When you buy a crib or other new nursery products, check for the safety certification seal from the Juvenile Products Manufacturers Association (JPMA).

This ensures that the product meets national safety standards. See web address above.



If you borrow or use older nursery products or toys, make sure they have not been recalled for safety hazards. Call the U.S. Consumer Product Safety Commission's toll-free hotline at 1-800-638-2772 or visit their web site (see above).



BRU0202-08

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Sweet Dreams... Safe Sleep for Babies



Setting up baby's nursery is one of the most exciting things you'll do when expecting your new arrival. Since much of your baby's time will be spent here, it's important to keep safety in mind.

Crib Notes

To ensure crib safety, always check for the following:

No broken, loose or missing crib slats. These pose a serious threat to a baby's safety – they can cause possible injury and strangulation.

No missing, loose or broken crib hardware.

Slats must be no more than 2 3/8 inches apart (less than the width of a soda can). This prevents a baby's body from slipping through the slats and possibly entrapping his or her head.

No cut-out designs in the headboard or footboard. This prevents entrapment.

No corner posts over 1/8 inch high. This prevents a baby's clothing from catching on the post, which is a strangulation risk.

A firm, tight-fitting mattress. This prevents a baby from becoming trapped between the mattress and side of the crib - a suffocation hazard.

Properly mounted crib gyms and mobiles. Be sure to remove them when a baby begins to push up on hands and knees. No strings or cords should dangle into the crib.

No pillows in crib or sleep area. Pillows and other soft bedding can pose a suffocation hazard.



Changing Table Wisdom

Never leave a baby unattended on a changing table – be it to answer the phone, doorbell or for any reason.

Keep all needed items within reach.

Cord Care

Infants can strangle on window cords. Place a baby's crib or other furniture far enough away from window blinds or curtain cords so little hands can't reach them.

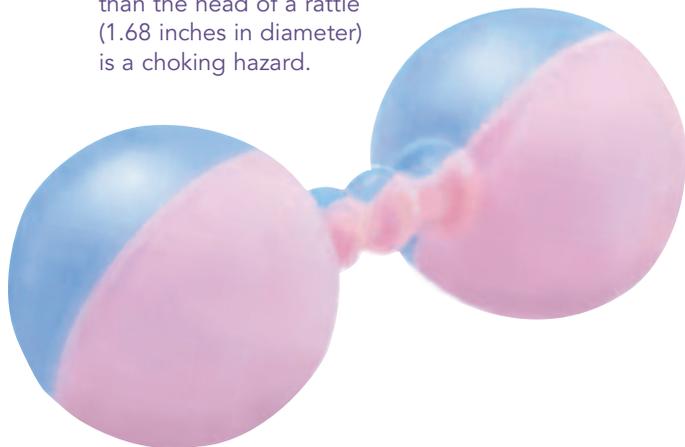
Cut the loops of blind and drapery cords and use safety tassels. Check that vertical blinds, continuous-looped blinds and drapery cords have tension or tie-down devices to hold the cords tight.

Babies can also strangle on pacifier strings, ribbons or cords, so make sure they are removed from a baby's pacifier.

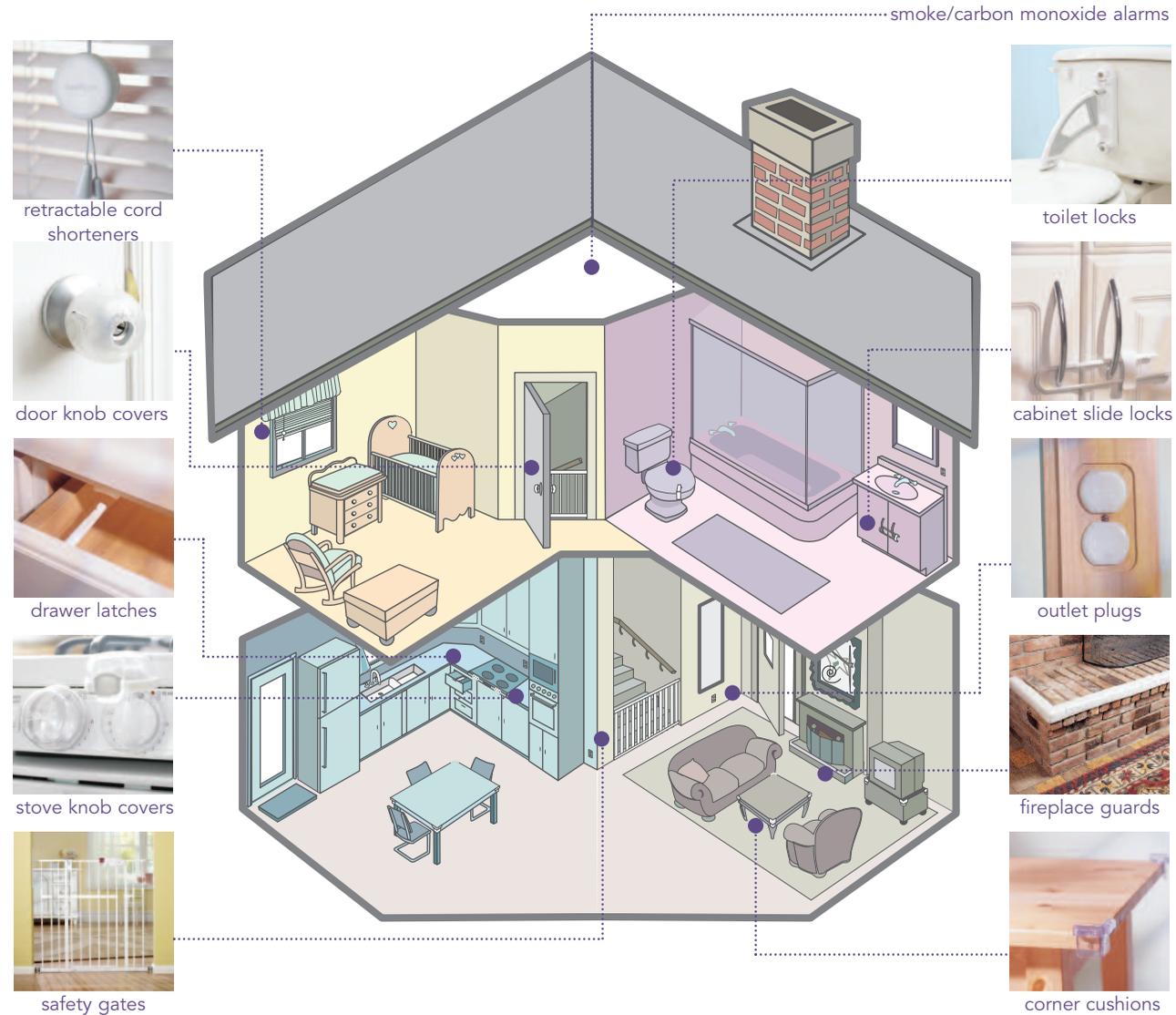
Toy Tips

Keep balloons and toys with small parts away from a baby to help prevent choking and suffocation.

Any item with rounded edges smaller than the head of a rattle (1.68 inches in diameter) is a choking hazard.



The Safe House



The Safety Shopping List

- Outlet plugs and covers
- Corner protectors and edge cushions
- Cabinet locks
- Bathtub soft spout covers
- Smoke and carbon monoxide alarms
- Appliance locks/latches
- Stove and burner guard, knob covers
- Retractable cord shortener
- Non-skid mats
- Gates

Smart Moves

Install smoke alarms and carbon monoxide (CO) alarms in the home. This will help keep baby and family safe from fire and CO poisoning. Remember to change the batteries regularly.

To help prevent injuries, consider using angle braces or anchors to secure furniture, such as bookshelves or tall cabinets, to the wall.

To help prevent poisoning, use safety latches on lower drawers and cabinet doors to ensure that they are not opened by children.

Use outlet covers in all unused electrical sockets to help safeguard baby from electrocution.

Safety-proof the home with baby gates to help safeguard a baby, especially from stairway falls. Use safety gates with a straight top edge and rigid bars or mesh screen.

Place gates at the top and/or bottom of stairs or across entryways.

To prevent falls and other injuries, always use the safety straps on infant carriers, high chairs and strollers.

