

Your newborn to 6 month old



Safe kids at every stage

In Canada, preventable injuries are the #1 cause of death for babies and children.

Every day in Canada, 16 children aged 0-4 are hospitalized because of an injury.*
The good news is that injuries are preventable. With the help of a few strategies, you can help to keep your baby safe from the devastating effects of injury.



**new
born**

Your baby has a large, heavy head and a small, weak neck.

Every time your baby rides in a car, buckle her in a rear-facing car seat. Use a rear-facing car seat until your baby is at least one-year-old and at least 10 kilograms (22 pounds). Always follow your car seat instruction booklet and car owner's manual to be sure you are installing the car seat correctly.

Did you know that more children die or are badly hurt in car crashes than from any other type of injury? This is because they were not buckled in a car seat or the car seat was not used correctly.

A car seat can save your baby's life.

**2
months**

Your baby will start to wiggle, push against things with her feet and might start to roll over.

Keep a hand on your baby when she is on top of high surfaces, such as change tables, beds, couches or counters – this will help to prevent injuries.

Always use the harness strap when your baby is in her stroller or swing.



All babies have times when their crying cannot be settled.

If you are losing your patience, place your baby in the crib and take a 10-minute break in a different room. Never shake your baby to make her stop crying. Even minor shaking can cause permanent brain damage.

4

months

Your baby's head is bigger and heavier than his body.

Be sure to buy a crib made after 1986. Cribs made before 1986 have bars or slats that are too far apart. Your child could get his head stuck between the bars or slats of these older cribs.

Put your baby to sleep on his back. Do not put bumper pads, soft comforters, pillows, or stuffed animals in the crib. These products have caused some babies to suffocate.



Your baby may begin to bounce while sitting.

Place infant seats on the floor because babies can rock themselves off the edge of a table or countertop, even if they are strapped into the seat. These falls can result in serious head injuries.

Your baby has weak neck muscles.

Because babies cannot easily lift their heads, babies have drowned in as little as 2.5 centimetres (1 inch) of water. Do not use a baby bath seat or ring. Some parents mistakenly believe that these devices will keep their baby safe. Unfortunately, babies have drowned while in these devices.

Always stay within arms reach when your baby is in water. Being near will help to keep your baby safe. Keep everything you will need for the bath, like wash clothes, toys, soap and shampoo, right beside you. Never leave your baby alone in the bath, even for a moment.

Your baby's skin is thin and delicate.

Reduce the risk of your baby being scalded by hot tap water by setting the temperature of your taps at 49°C or 120°F.

Your baby may unexpectedly reach out to grasp things.

Use a cup with a lid for hot drinks. Babies reaching out to grasp liquids, such as hot coffee or tea, have been badly burned.

The best defense your little one has against injury is YOU. You can reduce the risk of injury by staying close and guiding your baby safely through this first year of life.

For more safety information, visit parachutecanada.org.

Original concept for a Million Messages was created by Community Health Services and Kidsafe, Alberta Health Services – Edmonton & area.

** Public Health Agency of Canada analysis of 2010/11 hospitalization data from the Canadian Institute for Health Information.*