Safety Tips

Preparing for the arrival of your new baby:

- Install a rear-facing infant safety seat in the back seat of your vehicle, following the vehicle owner's manual and manufacturer's instructions. For information on community car seat inspections, call the Center for Childhood Safety at (920) 448-7135.
- Set the hot water heater thermostat lower than 120 degrees to prevent scalding burns.
- Install smoke alarms and a carbon monoxide detector in the home or make sure existing alarms work. Change batteries twice a year and test twice a year.
- Don't smoke, use drugs or alcohol. If a parent or caregiver smokes, only do so outside and not in the house or car.
- Keep your prenatal appointments and attend childbirth, infant CPR and breast-feeding classes.
- Expect changes in family relationships and prepare your other children for the arrival of the new baby.
- Anticipate that you may feel tired sometimes or have the "baby blues" after the baby is born.
- Ask friends and family to help out when needed.

Sleeping

- Make sure your crib is safe—slats no more than 2 3/8 inches apart.
- Don't use soft bedding—quilts, pillows, blankets—or soft toys. Do not cover your baby with heavy blankets or tight clothing.
- Place infant only on his or her back to reduce the incidence of SIDS, and avoid any wedge or propping device.
- Infants should never sleep in the parents' bed.

Bathing

- Small plastic bathtubs with sponge linings are available.
- You can also bathe your baby in the kitchen sink if you are careful to prevent him or her from falling against heard edges and avoid turning on the hot water to prevent burns.