

Keeping Your 2 Month Old Safe

Bathtime

Water Heater. Set it to 120 degrees maximum.

Check Water Temperature. Mix the water with your hand. Then use our bath thermometer to make sure the water is not too hot.

Gather Items. Make sure you have everything you need before putting your baby in the water.

Never Leave Baby. Always stay with baby while in the bathtub.



Rolling

Never leave baby alone on any high surface. Your baby can now roll or flip and wants to practice doing this. Put baby in crib, playpen or strapped in car seat if you must leave for a few moments.

Feeding

Never prop the bottle. Your baby loves to be held while feeding. Babies can choke when sucking from a bottle that is propped.

Sleeping

Dress your baby in fire resistant clothing for bedtime. Dress baby so they are warm enough without a blanket. Sleep Sacks with a zipper are a great idea.

Smoking

Call 1-800-QUIT-NOW or go to www.quitlinenc.com if you want to quit smoking.

Crying

If baby is crying and nothing you do seems to help, STOP and give yourself a break. Put baby in the crib and leave the room. Go outside, walk, cry, talk out loud to yourself until you feel calmer. Go back to baby, but remember – NEVER shake a baby.