

# Keeping Your 1 Month Old Safe

## Safe Sleep

**Put your baby in a crib or bassinet** with a firm mattress for sleeping. Make sure the mattress fits tightly in the crib so baby can't get stuck between the mattress and crib.

**No pillow, blanket, stuffed animal, crib bumper** in baby's bed. Sleep Sacks with a zipper are a great way to keep baby warm without a blanket.



**Put baby to sleep on his/her back** at both naptime and bedtime.

**Dress your baby in fire resistant clothing for bedtime.**

**Never tie or clip a pacifier to your baby's clothes while sleeping.**

## Preventing Burns

**Do not carry or drink hot liquids** while feeding or holding your baby.

## Car Safety

**Always use a rear-facing car seat.** Your baby is safest facing backwards in the center, back seat of the car.



**Have your car seat checked at the fire station.**

**Never leave your stroller behind a parked car,** always put it next to your car door.

## Diaper Changing

**Sprinkle baby powder in your hand away from baby,** and then pat it on baby's bottom.

**Never leave your baby alone on the changing table.** Have all the items you need within arm's reach before you start diaper change.

## Take Care of Yourself

Healthy babies need healthy parents. Taking care of yourself will help you deal with stress better and be a better parent. Exercise, eat well, rest, and say 'yes' when people offer to help.