

# Ways to Keep Your Baby Safe

From morning to night, and sometimes all through the night, babies need you for everything they need— from feedings to endless diaper changes.

But most of all, they need you to keep them safe.

Here are just a few "around-the-clock" ideas to help you keep your baby safe.

"Good morning!"

Even the tiniest baby can squirm and scoot away faster than you might expect.

So when you're changing or dressing your baby, keep one hand on them at all times.

And use the safety straps on changing tables and high chairs.

And while we're talking about tables and chairs, be sure all the products your baby uses— cribs, strollers, playpens, high chairs, and changing tables— are safe and secure.

If you're using old or used equipment, make sure it meets current safety standards.

Check online with the Consumer Product Safety Commission or Health Canada's Product Safety Programme.

"Let's go bye-bye."

For every car ride, from day care to the store and back home again, make sure your baby is strapped into an approved car seat.

And make sure the seat is properly installed in your vehicle.

If you're not sure, have your car seat checked for free by a certified car seat technician.

You can usually find a certified car seat technician at your local police or fire station.

And when you get out of the car, never leave your baby alone in a car.

No matter what.

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Even if you think it's going to be just a minute until you're back.

Here's a tip that works for a lot of parents.

Put your phone, purse, or bag in the back seat, so you won't leave the car without them—or your baby!

"Let's play!

Peekaboo!"

Having fun and playing with your baby is healthy and important to their development.

But play it safe.

Walk around your home with a critical eye, looking for any potential hazards.

This includes keeping all dangerous substances—including cleaning supplies, medicines, matches, weapons, and tools—unreachable and locked up.

Be sure that your baby can't grab or get caught in cords from blinds and drapes.

You can cut the cords shorter or loop them on hooks out of reach.

Always keep toy pieces, coins, buttons, batteries, rubber bands, balloons, and other small objects—or parts of objects—out of reach.

Use safety plugs or covers on all electrical outlets.

Install smoke and carbon monoxide detectors in your home, and change the batteries at least once a year.

And watch your baby around your pet and other people's pets.

Even the nicest pet could accidentally hurt your baby.

"Time for dinner!"

Keep pan handles on the stove turned inward so your baby can't reach out and grab them.

or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



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Keep hot liquids, such as coffee or soup, out of reach and away from your baby.

Use care when you choose and prepare foods.

Mash fruits and vegetables like grapes, peas, and blueberries before you give them to your baby.

And when your baby is ready for finger foods, cut the foods into small pieces.

Keep knives and other sharp things away from counter edges and off of table tops.

"Let's take a bath!"

Turn your water heater's temperature down to 120 °F (48.9 °C) to help prevent burns from hot water.

Keep a hand on your baby and never leave them alone in or near a tub or basin of water, even for a moment.

If you need to leave the tub, take your baby with you.

"Time to go night night."

At bedtime, always place your baby to sleep on their back to prevent sudden infant death syndrome.

Don't put your baby to bed with a bottle.

Your baby could choke if the fluid goes down the wrong way and gets into the lungs.

That's a lot of "do's and don'ts,"

but they all add up to keeping your baby as safe as possible.

There are a lot more, too.

If you want to learn what else you can do to keep your baby safe, you can always talk to your child's doctor.

It can be scary to think about how many things you may have to do to keep your baby safe.

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But with a little practice and keeping an eye out for possible dangers, your home will be a safe place where your baby can grow and explore.