



For a Better State of Health

# Baby Safety Registry

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Sometimes we see things on TV or the Internet that look great! They even market themselves as products you must have! In reality, they aren't safe for baby...

Maybe your friends and family want to give you products that they used, but you aren't sure if they are safe or not. Stop people from wasting their money on products that should not be used and save your baby from potential harm! (*Hint: go ahead and tell people not to buy you baby powder or nail clippers, those are unsafe!*)

**This information should help you understand what is recommended by the American Academy of Pediatrics (AAP) and what is not considered safe to use.**

A great resource for parents questioning products or practices is  
[www.healthychildren.org](http://www.healthychildren.org)

## **Sleep:**

There are many products that claim to be safe for sleep, but the AAP states that the only true safe sleep is when you place your baby **A**lone, on their **B**ack, in their **C**rib for every sleep. The crib should have a firm mattress and a tight fitted sheet. Keep toys, pillows, blankets, and bumper pads **OUT** of your baby's crib. Head shaping pillows are not recommended. Pacifiers are proven to help reduce the risk of SIDS so they are safe to use while baby is sleeping. It is best to wait until breastfeeding is well established before introducing the pacifier (usually 3 to 4 weeks). The pacifiers with the little stuffed animals attached to them are not safe for your baby to sleep with. You and your baby should **never** sleep together, even with a co-sleeping product! The AAP does recommend that your baby share the same room with you for the first year of life though. Your baby may wear a sleep sack or a wearable blanket. Weighted blankets or weighted sleep sacks are not recommended until after your baby is one year of age.

Practicing safe sleep will help reduce the risk of your baby dying before the age of one! Most babies who die due to an unsafe sleep environment, die from suffocation by getting their face up next to something fluffy (like a blanket, stuffed animal, or bumper pad). Some babies even die from entrapment if they get stuck in between an adult and the wall or the wall and a mattress of an adult bed.

Swings, bouncy seats and car seats are great places for your child to fall asleep, but it is NOT recommended to let them sleep in those products for longer than 20 minutes.

Please visit the United States Consumer Product Safety Commission at [www.cpsc.gov](http://www.cpsc.gov) to check the requirements for cribs and check for recalls!

***See the next page of the handout for pictures  
of what to do and what not to do!***

# Safety Registry, continued

This is how your baby should sleep!



You should NOT use these products!



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## Safety Registry, continued

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### Feeding:

When feeding your baby with a bottle, it is important to follow the suggestions given to you by the dietitian, speech pathologist, or doctors at the hospital. There are many different types of bottles and nipples out there so please talk to your pediatrician before buying or using any products that help you feed your baby. A lot of products will advertise they make feeding “easier” for you as parents but that does not mean they are safe to use. You should NEVER buy nipples that are "cut" for feeding food or cereal! And you should never cut or manipulate any nipples yourself.

This is how you should feed your baby!



OR



Some products will put your baby at risk for choking and over eating. You should NEVER prop a bottle or use products like these:



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## Safety Registry, continued

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### Home Monitors:

There are some monitors out that will claim to help track your baby's heart rate and oxygen levels but you should not use monitors at home unless your pediatrician says to use a certain type. These products are not approved and not recommended, therefore there is a risk of burns on your baby's feet, false alarms, and increased parental anxiety.

Okay to  
use!



Do NOT  
use!



### Baby Walkers:

Baby walkers are actually NOT recommended. [www.healthychildren.org](http://www.healthychildren.org) says that baby walkers send thousands of children to the hospital every year. They can pose dangers like: rolling down stairs, burns, drowning, and getting poisoned. The walkers that roll may cause children to bump into furniture causing items to fall off and hit the child. Many parents think walkers will help children learn to walk. However, this is not true. In fact, walkers can actually delay when a child starts to walk.



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## Safety Registry, continued

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### Car Seats:

Your baby should stay facing the rear of the vehicle for as long as possible! The safest spot in the car for baby to ride is the middle of the back seat (if possible). Be sure to learn how to place your baby properly in the car seat before you leave the hospital. Visit [www.safekids.org](http://www.safekids.org) to see how to properly install the car seat in your car! You should never add things to the car seat that did not come with the car seat originally. Do not use pillows or extra cushions. If you add things against manufacturer's instructions to the car seat it will **significantly** reduce the safety of the car seat.

This is how your baby should ride  
in the car every time!



Do NOT add to  
car seat!



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## Safety Registry, continued

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### Water:

Drowning is one of the most common ways that children die under the age of 1. It is always important to keep a close eye on infants who are submerged in water and always stay within in arms reach. Be sure that if you are using a seat in the bathtub that it does not attach to the tub by suction cups.

**These are okay!**



**Do NOT use!**

