

Safe Sleep

DO

- ❖ Do put infants to sleep alone on their backs in a crib or on another firm surface with a tight-fitting bottom sheet.
- ❖ Do dress the infant lightly and control the room temperature.
- ❖ Do use pacifiers as it may lower the risk of sudden death.
- ❖ Do supervise infants closely at all times.

DON'T

- ❖ Don't put an infant to sleep with blankets, pillows, stuffed animals, or bumper pads.
- ❖ Don't swaddle an infant.
- ❖ Don't cover an infant's face or let the infant cover its face with anything.
- ❖ Don't allow an infant to sleep in a restrictive device or equipment not intended for infant sleeping such as bouncers, car seats, rockers, infant swings, sofas, futons or bean bags.
- ❖ Don't put infants to sleep on soft beds such as pillow-tops, water beds, or memory foam. If the infant leaves a dent, it's too soft.
- ❖ Don't add mattresses or supplemental padding to pack-n-plays. Use only as directed per manufacturer instructions.
- ❖ Don't expose babies to smoke or e-cigarette emissions.
- ❖ Don't allow an infant to sleep for extended periods of time without checking on them frequently.

Choking Prevention

- ❖ Pay close attention to what your child is eating and what your child puts in his or her mouth.
- ❖ The way food is prepared may increase the risk for choking.

Common Foods that May Cause Choking and Should NOT be fed to Children under 4:

- ❖ Firm, smooth, or slippery foods that slide down the throat before chewing, such as:
 - Whole grapes, cherries, berries, melon balls;
 - Whole pieces of canned fruit
 - Hot dog shaped foods (sausages, meat sticks, cheese sticks)
 - Hard or round candy, jelly beans
- ❖ Small, dry, or hard foods that are difficult to chew or swallow whole, such as:
 - Popcorn
 - Raw vegetables or fruit
 - Hard pretzels
- ❖ Sticky foods that do not break apart and are hard to remove from the airway, such as:
 - Spoonful of peanut butter
 - Tough or large chunks of meat
 - String cheese
 - Marshmallows
 - Chewy fruit snacks

*The key to prevention is **Supervision***

Tips for Serving Table Food to Young Children

- ❖ Cook foods until soft enough to pierce easily with a fork.
- ❖ Cut soft food into thin slices or small pieces no larger than ½ inch. Cut foods like hot dogs and string cheese into short strips instead of round pieces.
- ❖ Cut grapes, cherries, berries, and melon balls in half lengthwise and then cut into smaller pieces.
- ❖ Spread peanut butter thinly.

Water Safety

Outside the house

- ❖ **Never** leave children alone around water whether it is in a pool, wading pool, drainage ditch, creek, pond, or lake.
- ❖ Constantly watch children who are swimming or playing in water. They need an attentive adult or certified lifeguard watching and within reach.
- ❖ Secure access to swimming pools. Use fences, self-closing and latching gates, and water surface alarms.
- ❖ Store water toys away from the water when not in use so they don't attract a small child.
- ❖ Don't assume young children will use good judgment and caution around water.
- ❖ Be ready for emergencies. Keep emergency telephone numbers handy and know CPR.
- ❖ Require each child who is unable to swim, or at risk of injury or death when swimming, to wear a properly fitted and fastened U.S. Coast Guard approved life jacket before entering and while in a swimming pool.

Inside the house

- ❖ **Never** leave small children alone near any container of water. This includes toilets, tubs, aquariums, or mop buckets.
- ❖ **Never** leave a baby alone in a bath for any reason.
- ❖ Keep bathroom doors closed and secure toilet lids with lidlocks.
- ❖ Make sure small children cannot leave the house through pet doors or unlocked doors to access pools or hot tubs.

TV and Furniture Safety

- ❖ Secure TV's so they cannot tip over and mount flat TV's to the wall so they can't be pulled down.
- ❖ If you have a box TV, put it on furniture that is low, stable, and designed for the size and weight of the TV.
- ❖ Use brackets, braces, or wall straps to secure furniture to the wall.

Car Safety

- ❖ **Always** use car and booster seats. The law says you must put kids, under the age of two, in a car seat that faces backward and is installed in the back seat of the car. Older kids must be in booster seats or car seats until they are 8 years old or reach 4-foot, 9-inches tall.
- ❖ Make sure that kids' arms, legs, fingers, and toes are safely inside before closing doors.
- ❖ **Never** leave children unattended in the car.
- ❖ **Never** leave your car keys where children can get them.
- ❖ Keep car doors and trunks locked at all times, even in the garage or driveway.
- ❖ Use reminders that a child is in the back seat. Leave something you need in the back seat, like your purse or phone or leave a stuffed animal or toy in the front seat.
- ❖ Talk to children about the dangers of playing around cars and watch them closely when they're around cars.

Additional Resources

Search Texas Child Care

- ❖ <http://www.txchildcaresearch.org>

ABCs of Safe Sleep for Babies

- ❖ <https://www.getparentingtips.com/babies/safety/ABCs-of-safe-sleep-for-babies/>

Water Safety for Kids

- ❖ <https://getparentingtips.com/toddlers/safety/water-safety-for-kids/>

Kids and Cars

- ❖ <https://www.kidsandcars.org/>

Safe Kids

- ❖ <https://www.safekids.org/>

USDA Food and Nutrition

- ❖ <https://www.fns.usda.gov/tn>

DPS Child Passenger Safety Information

- ❖ <https://www.dps.texas.gov/section/media-and-communications-office/child-passenger-safety-information>