

## Keeping your Baby Safe

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### Keeping Your Baby Safe

“An ounce of prevention is worth a pound of cure”

#### The Crib



**What does a Safe Sleep Environment Look Like?**  
Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death

- Use a firm sleep surface, such as a mattress in a safety-approved\* cribs, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys and loose bedding out of your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Make sure nothing covers the baby's head.
- Always place your baby on their back to sleep, for naps and at night.
- Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Baby's sleep area is in the parent's room.
- Babies should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

REMSA Source: National Institute of Child and Health Development (NICHD)

Cribs for Kids® Helping every baby sleep safer

- Pick a Safe Crib – Approved by American Society for Testing and Material (ASTM)
  - Crib slats should be no more than 23/8 inches apart
  - The head and foot boards should have no open or cut out areas
  - Top Rails should be at least 26 inches above the mattress
  - The mattress height should be adjustable as the child grows.
  - Drop-side cribs **are not recommended** because the contain several moving parts with the potential to come apart
- Sleep Positioners
  - Avoid as it may pose a suffocation hazard and can be avoided for now.

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- Mobiles



- Great in the early weeks or months but remove when baby starts to push and push themselves up on their hands or knees
- Changing Table

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- Car Seat
  - Infant-Only Car Seat – comes with base and bucket
    - For newborns, can be used a baby carrier; easy to move baby when sleeping
    - Can be used to approx. twenty two pounds or 9-12 months of age.
    -
  - Convertible Car seat – infant/toddler seat – can be used from 0 mo – 3 years
    - Longer rear facing seat, can be used for longer
    - Cannot serve as a infant carrier, not easily transferrable between cars,

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#### List of Changes to your home

##### Outdoor

- Childproof your pool with an enclosure or a fence
- Be mindful of pets and supervise your baby around your cat/dog/pets



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Living Room

- Cover sharp corners of furniture and move household plants away from exploring babies



- Ensure that TV, bookshelves and other tall furniture are secure and not at risk for tipping over
- Drapes and Blinds can have cords that can pose a risk

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- If your home has stairs, consider using gates or window guards



- Remove breakable or heavy objects from shelves

#### Kitchen

- Do not microwave baby bottles, use a bowl of warm water instead
- Secure and stow away cleaning supplies away from children
- While cooking, turn pot handles away so that your baby cannot grab them

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#### Bathroom

- Keep door closed when not in use and use a toiled lid protector to keep it locked
- Set your water heater at <120F to prevent burns
- Keep electric items such as hair dryers and curling irons away from easy access
- Place medicines, toiletries and other small items in a locked cabinet
- Protect all electric outlets with Ground Fault Circuit Interrupters (GFCI)

#### Lowering Your Risk of Sudden Infant Death Syndrome (SIDS)

- Babies should be placed on their Backs for every sleep until age one
  - Do not place baby on his stomach or side to sleep
- Use a firm mattress for your baby, covered by a tight fitting sheet
- Do not use soft bedding or objects (pillows, comforters, stuffed animal) in the crib
- Do not smoke
- Do not drink alcohol or use drugs
- Breast feeding is associated with a lower risk of SIDS
- Infants should sleep on a separate surface designed for infants and NOT share a bed with anyone else.
- Consider a Pacifier – after 1 month of life, pacifiers can reduce the risk of SIDS
- Do not overheat the sleep environment – it is better to have the room on the cool side.



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### Shaken Baby Syndrome

- Vigorous shaking of a baby can cause brain injury because of weak new born necks and lead to brain trauma, injury, or death. Be mindful of this and recognize that a baby can cry over 2 hours / day

**These are some of the potential issues that I had identified as we got ready for our baby and I hope you can benefit from this “preparedness” list to protect your baby and welcome them safely into your home – Dr Malik 😊**