

## Websites



Consumer Products Safety Commission  
[www.cpsc.org](http://www.cpsc.org)

National Center for Injury Prevention  
[www.cdc.gov/ncipc](http://www.cdc.gov/ncipc)

SIDS Mid-Atlantic  
[www.sidsma.org](http://www.sidsma.org)

SIDS Resource Center  
[www.sidscenter.org](http://www.sidscenter.org)

Safe Kids Coalition  
[www.safekids.org](http://www.safekids.org)

Healthy Mothers Healthy Babies  
[www.hmhb.org](http://www.hmhb.org)

National Highway Traffic Safety  
Administration  
[www.nhtsa.gov](http://www.nhtsa.gov)

**Never leave children unattended.  
It only takes a few seconds for a  
tragedy to occur.**

**For additional information**

**SIDS Mid-Atlantic  
703-933-9100  
[sidsma27@aol.com](mailto:sidsma27@aol.com)**



**Fairfax County Safe Kids Coalition  
703-698-2260**

**Inova HealthSource  
703-204-3366**

# *Keep Your Baby Safe*



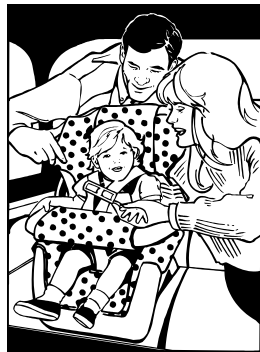
## Safe Sleep

- Always place babies on their backs to sleep
- Use a flat, firm mattress
- Use bedding that is less than 1/2 inch thick
- Never use pillows, comforters or stuffed animals in baby's crib
- Keep cords and window blinds away from baby's reach
- Never smoke around the baby



## Motor Vehicle Injury Prevention

Always use approved safety seats and booster seats for the correct age and weight of the child



## Choking Prevention

- Keep coins, buttons, jewelry and other small items out of baby's reach
- Never feed baby small hard foods such as peanuts, popcorn, hot dogs or grapes
- do not allow baby to play with small toy parts, balloons, marbles or small balls



## Fire and Burn Prevention

- Set hot water heater to 120 degrees F. or less
- Never leave your child alone, especially in the bathroom or kitchen
- Always test the water temperature before putting a child in the bathtub or shower
- Keep infant away from hot foods and liquids (coffee, soup, boiling water)
- Use back burners and/or turn pot handles to the back of the stove when cooking

## Drowning Prevention



- Never leave a child unsupervised in the bathroom or around even small amounts of water. Children can drown in as little as one inch of water
- Empty all containers, especially buckets, immediately after use and store out of reach.

## Fall Prevention

- Do not use baby walkers
- Use safety gates at the top and bottom of stairs
- Move chairs and furniture away from windows
- Do not leave a child alone on a bed, changing table or sofa
- Always strap your child into the high chair or stroller
- Keep children away from open windows. If you must open a window, open it from the top.