

# SEVEN STEPS TO TAKE BEFORE BABY TAKES HER FIRST



- 1. Always lay a healthy baby to sleep face up.**  
If your baby has problems breathing or spits up a lot after feeding, ask your doctor about how your baby should sleep.
- 2. No smoking while pregnant or near the baby.**  
While pregnant or considering pregnancy do not smoke, use drugs, or alcohol. Don't let others smoke near your baby.
- 3. Don't let your baby get too hot.**  
Dress your baby in as much or as little as you would wear. Do not wrap your baby in lots of blankets or clothes. If your baby is sweating, has damp hair, or a heat rash, he or she may be too hot.
- 4. Lay your baby to sleep on a firm mattress.**  
Do not let the baby sleep on soft things, like cushions, blankets, pillows, the couch, sheepskins, foam pads, or waterbeds.
- 5. Create a healthy lifestyle for you and your baby.**  
When pregnant, see your doctor often and do not use drugs or alcohol. Talk with your baby's doctor about changes in your baby and how your baby acts.
- 6. If possible, breast feed your baby.**  
Breast feeding has been shown to be good for your baby.
- 7. When your baby is awake, put your baby on his or her tummy to play.**  
Make sure someone is always watching. "Tummy Time" is good for your baby because it makes neck and shoulder muscles stronger.



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