



Your Baby's Safety

Safety in the Car

According to Indiana State Law, your baby must be in a federally-approved car seat whenever riding in a car. This should start with your baby's ride home from the hospital. Babies should ride in the rear of the vehicle, facing the back seat, and should never be placed in front of an air bag.

The seat must be securely attached to the car in order to protect your baby in an accident. As a parent, it is your responsibility to know how to properly place your infant in the car seat and to install the car seat correctly in the car. The nurses are not allowed to do this for you. We recommend that you install the car seat prior to discharge day.



Other Safety Concerns

Secondhand Smoke

Do not smoke or allow anyone else to smoke in the house, car, or anywhere your baby will be! Babies who breathe tobacco smoke are more likely to have colds, ear infections, asthma, bronchitis, and sudden infant death syndrome (SIDS) than babies raised in a smoke-free environment.

A Safe Crib

Doctors agree that the safest place for your baby to sleep is in his or her crib in your room. Make sure your baby is never in the same bed with an adult who is very tired, overweight, smokes, has been drinking, and/or using drugs, or is taking medicines that can cause sleepiness.

Your baby's bed should have:

- No missing, loose, broken or improperly installed screws or other loose hardware on the crib or the mattress support.
- No more than 2 and 3/8 inches between crib slats so a baby's body cannot fit through the slats. If a soda can fits easily through the slats on a crib, the spaces between the slats are too wide.
- A firm, snug-fitting mattress so a baby cannot get trapped between the mattress and the side of the crib.
- No cracked or peeling paint, to prevent lead poisoning.
- No splinters or rough edges.
- No quilts, comforters, duvets, blankets, stuffed animals, or bumper pads.

Sleep Positioning

Sleeping on their back.

The American Academy of Pediatrics recommends that all healthy full-term infants sleep on their backs to reduce the risk of sudden infant death syndrome (SIDS).



- Always place your baby on his or her back to sleep (unless your baby's doctor says to do something else for the baby's health).
- Do not put your baby on his or her side or stomach because it increases the chances of SIDS.
- Do not use wedges, cushions, blankets, or anything else when placing your baby to sleep.
- Do not use fluffy blankets or soft bedding.
- A certain amount of "tummy time" while the infant is awake and observed is recommended for developmental reasons and to help prevent flat spots on the back of the head.