

Caring for Your Baby

March 2009

Parenting *Rules!*

Safe Sleep for Baby...

Research shows that babies who sleep on their backs are at a lower risk of Sudden Infant Death Syndrome (SIDS).

Keep your baby safe; place him/her on their back to sleep.



The National Institute of Child Health and Human Development recommends that you:

- Always place your baby on his/her back for naps and night-time sleeping.
- Don't allow your baby to sleep in a bed or on a couch with adults or other children. Babies should have their own bed.
- Keep soft objects such as pillows and stuffed animals out your baby's crib.
- Use only a safety-approved crib and mattress.
- Don't let your baby overheat. Dress your baby in sleep clothing that will keep him/her at a comfortable temperature.
- Don't allow smoking around your baby.
- Put your baby on his/her tummy only when you are watching.

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Keeping baby safe...



Everything is a little more complicated with a baby in tow. Even a quick trip to the store isn't so quick.

Don't be tempted to leave your baby in the car alone!
Not even for a minute.

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According to the Kids and Cars Organization, an average of 40 babies die each year when they are forgotten or left alone in a car.
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Here are some of the dangers they want parents to be aware of:

- The temperature inside a car reaches ***deadly*** levels quickly. Children who have been left or forgotten in a car have died of hyper/hypothermia.
- Leaving your car running can be an invitation to a car thief. Many children have been inadvertently kidnapped when their parent's car was stolen.
- Carbon Monoxide can reach dangerous levels in an idling car. This dangerous gas can make your baby sick and can lead to death.
- Leaving your baby alone in the car puts him/her at risk of being taken by a stranger.

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Coping with a Crying Baby...

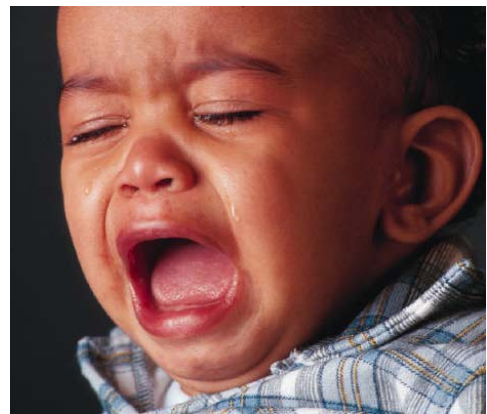
Caring for a baby that won't stop crying can be frustrating. All babies cry because it is the only way they have to communicate.

Never, ever shake your baby to stop the crying!

Even mild shaking can cause serious brain injuries.

Take a deep breath and remember that your baby isn't crying to make you miserable.

Caring for your baby isn't about "stopping" the crying, it is about "coping" with the crying.



You can cope!

Try these coping strategies when your baby won't stop crying:

- ✓ Rock, walk or dance with your baby.
- ✓ Meet your baby's basic needs. Make sure he/she is fed, has a dry diaper and is warm or cool enough.
- ✓ Check for signs of illness, like a rash, fever or swollen gums. Call your baby's doctor if you need help.
- ✓ Wear your baby in a cloth baby carrier, babies like to feel close and snug to their parents.
- ✓ Take your baby for a ride in a stroller or car seat in the car.
- ✓ Call a trusted friend or relative to give you a break.
- ✓ If nothing works, put your baby on his/her back in the crib. **Walk away.** Check on your baby every 10 minutes.

Share this information with everyone who cares for your baby!

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Taking Care of Mom and Dad....



Parenting is the most valuable and rewarding work you will ever do. However, we *know* that it can be an exhausting job! It is important for parents to remember to take good care of themselves in order to stay healthy and take the best care of their family.

Here are some tips for surviving your baby's first months:

- Get as much rest as possible; **sleep when your baby sleeps**. Parents should take turns letting each other sleep late.
- Eat regular nutritious meals to keep up your strength. **Don't skip meals!**
- Parents should take turns caring for baby and resting. **Babies need attention from both Mom and Dad.**
- **Join at parenting group**; you will meet other parents who share your interests and concerns.
- **Accept offers** to help with housework and errands.
- **Ask a trusted friend**, relative or neighbor to take care of your baby while you take a break.
- **Don't be afraid to reach out for help if you need it!** Call a friend, relative or your doctor if you need help or have questions.

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Resources for Parents....

For more information on how to reduce your baby's risk of SIDS, contact:

National Institute of Child Health and Human Development

Back to Sleep Campaign

31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

1-800-505-CRIB (2742) www.nichd.nih.gov/sids

For more info on keeping your children safe in and around cars, contact:

Kids and Cars

2913 West 113th Street, Leawood, KS 66211

913-327-0013 www.kidsandcars.org

For more information on parent support groups, contact:

Parent Support Network of Rhode Island

1395 Atwood Avenue, Suite 114, Johnston, Rhode Island 02919

401-467-6855 www.psnri.org

For more information on the dangers of shaking a baby, contact:

National Center for Shaken Baby Syndrome Prevention

2955 Harrison Blvd #102, Ogden, UT 84403

1-888-273-0071 www.dontshake.org

For help 24 hours a day, 7 days a week, contact:

Rhode Island 211

Dial 2-1-1 on your phone or go to www.211ri.org

For help with caring for your baby, contact:

Women & Infants Hospital

Warm Line 1-800-711-7011

ABOUT PARENTING RULES! E-NEWS...



Rhode Island

Family & Children's Trust Fund

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Prevent Child Abuse

Rhode Island

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Please share this information with the families in your programs. Thank you!