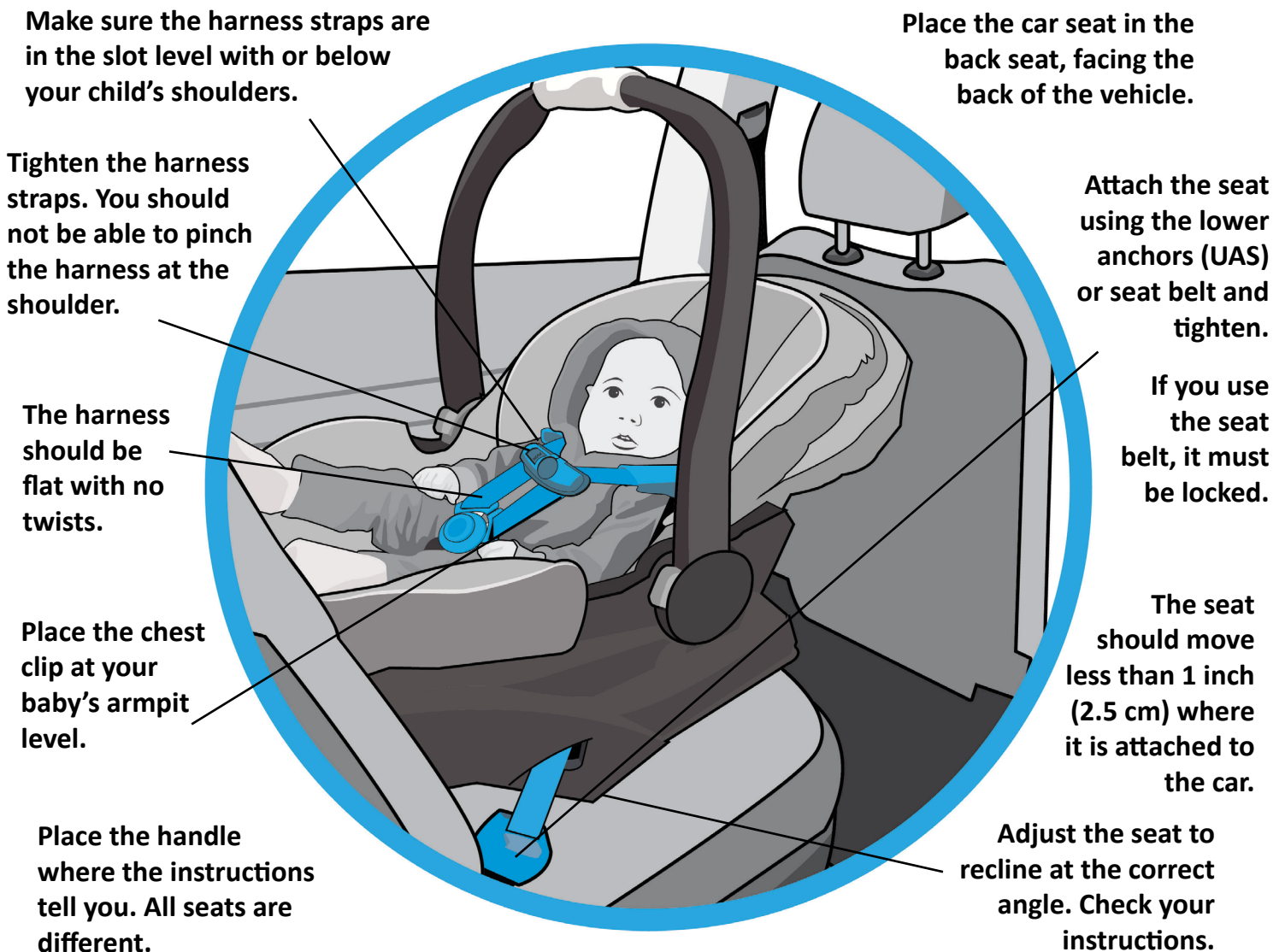


How to keep your child safe in the car

A rear-facing seat gives the best protection for your baby's head, neck and spine in a sudden stop or crash. You can use either a rear-facing only seat or a larger, rear-facing convertible seat as long as your baby fits correctly.

How to use your child's infant car seat



Read your vehicle manual and follow the instructions for your seat.

How to keep your child safe in the car

Helpful tips for using your infant seat

- Install the seat at the most reclined angle allowed for your newborn. Check your instructions.
- Do not use items that did not come with your seat.
- Dress your baby in light layers and add blankets over top once they are safely buckled. Bulky coats and bunting bags are not safe for the car seat.
- Take your baby out of the car seat when you arrive. A car seat is not a safe place for your baby to sleep.
- Make sure your seat is safe to use. You can find a checklist, videos and other resources on our websites.



When is your baby ready for the next seat?



- Check the labels on your seat to find out when your baby will reach the seat's height or weight limits.
- Once your child has outgrown the infant seat, use a larger, rear-facing seat.
- Keep your child rear facing for as long as they still fit the larger, rear-facing seat.

WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?

The following image shows a safe sleep environment for baby.



Room share:
Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet*.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.



Use a wearable blanket to keep baby warm without blankets in the sleep area.



Place babies on their backs to sleep, for naps and at night.

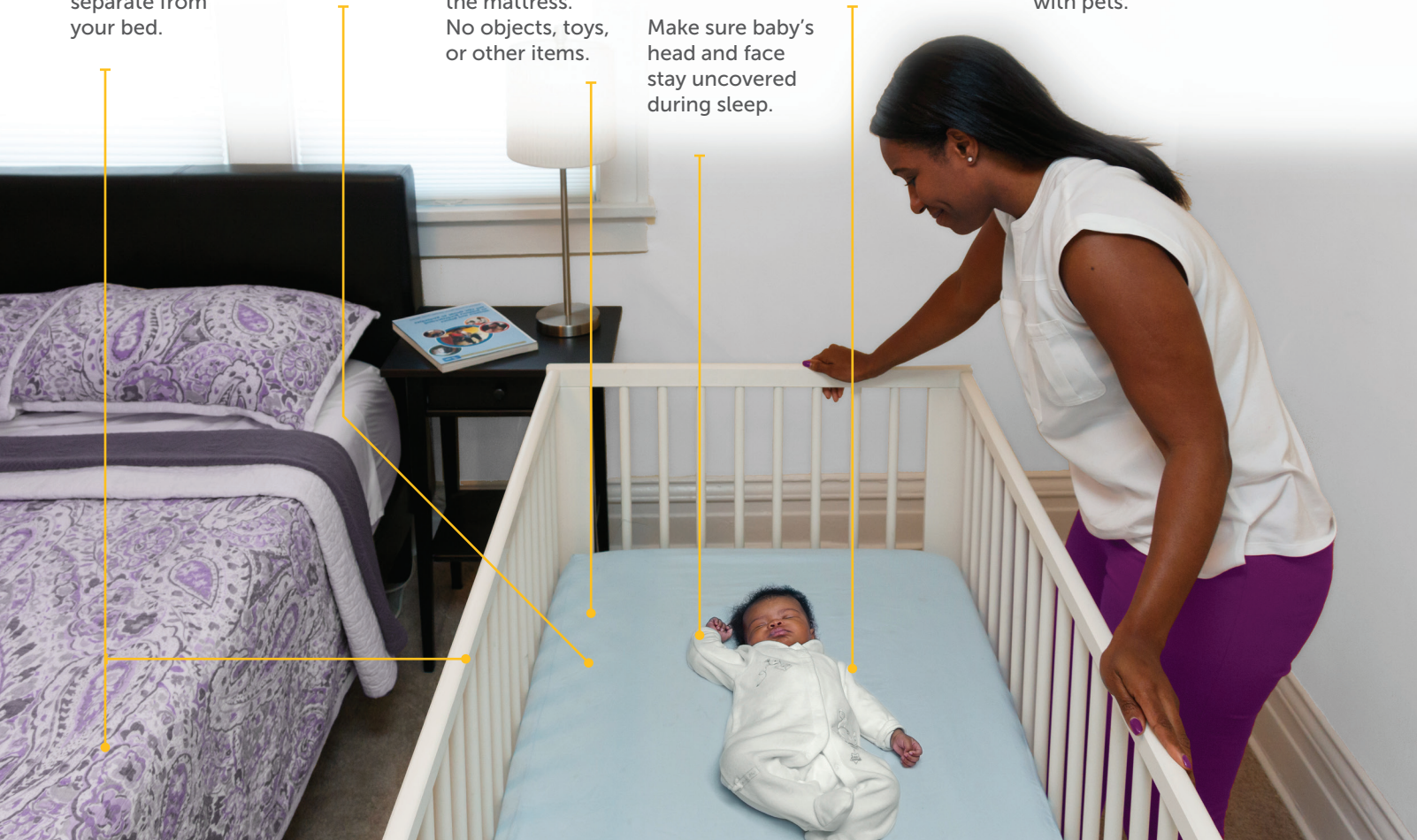


Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.

Make sure baby's head and face stay uncovered during sleep.



*The Consumer Product Safety Commission sets safety standards for infant sleep surfaces (such as a mattress) and sleep spaces (like a crib). Visit <https://www.cpsc.gov/SafeSleep> to learn more.



Eunice Kennedy Shriver National Institute
of Child Health and Human Development



SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)
and Other Sleep-Related Infant Deaths

Place babies on their backs to sleep for naps and at night.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Use a sleep surface for baby that is **firm** (returns to original shape quickly if pressed on), **flat** (like a table, not a hammock), **level** (not at an angle or incline), and **covered only with a fitted sheet**.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Feeding babies human milk by direct breastfeeding, if possible, or by pumping from the breast, reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection from SIDS.

Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby human milk, like by breastfeeding.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, bassinet, or portable play yard) in your room, separate from your bed.



Get regular medical care throughout pregnancy.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Keep things out of baby's sleep area—no objects, toys, or other items.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Give babies plenty of "tummy time" when they are awake, and when someone is watching them.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



For more information about the Safe to Sleep® campaign, contact us:

Phone: 1-800-505-CRIB (2742) | Fax: 1-866-760-5947

Email: SafetoSleep@mail.nih.gov

Website: <https://safetosleep.nichd.nih.gov>

Telecommunications Relay Service: 7-1-1



Hear the **BEEP** where you **SLEEP**

Every Bedroom Needs a Working Smoke Alarm!

Half of home fire deaths happen between 11 p.m. and 7 a.m., when most people are asleep.



Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms.

For the best protection, install interconnected smoke alarms in your home. When one sounds, they all sound.



Test alarms at least once a month by pushing the test button.



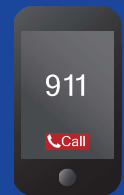
Replace all smoke alarms when they are 10 years old or if they do not sound when tested.



Some people, especially children and older adults, may need help to wake up. Make sure someone will wake them if the smoke alarm sounds.



When the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.



Something You Can't See Could Be Hurting Your Child!

Lead poisoning is one of the top childhood environmental health problems facing Louisiana's children. Learn how you can protect your child from lead poisoning.

Did You Know?

- All children should have their first lead screening by the time they turn 1.
- Exposure to lead can be dangerous for the developing brains of infants and toddlers.
- Children can become lead poisoned by putting their hands or other objects contaminated with lead into their mouths.
- Many Louisiana homes built before 1978 have lead-based paint.
- In Louisiana lead can be found in the soil and drinking water from lead pipes.



What You Can Do to Keep Your Child Safe From Lead Exposure:

- Ask your doctor to screen your young children for lead, even if they seem healthy.
- Keep the area where your children play as dust-free and clean as possible.
- Take off your shoes when entering your house.
- Clean your floors with a damp mop weekly to control lead dust.
- Vacuum carpets and upholstery every week.
- Make sure your children don't chew on painted surfaces, such as toys or window sills, or eat paint chips.
- Frequently wash your child's hands and toys.
- If you use tap water for drinking or cooking, make sure you use cold water.
- Spread the word about lead exposure to your friends and family, where your child may spend time.

Visit: www.lead.dhh.la.gov

for more information on how to prevent lead exposure for your family, or contact the Louisiana Childhood Lead Poisoning Prevention Program (LCLPPP) at 888-293-7020



Lead Poisoning Risk Checklist

Is your family at risk for lead poisoning?



chipped paint



lead pipe



dirty work boots



lead in the soil

If the answer is yes, mark a ✓

☐	Was your residence built before 1978? Most homes built before 1978 contain lead-based paint.
☐	Do you see walls, furniture or window sills in your home with chipping or peeling paint? Lead-based paint is unsafe if it peels, chips or cracks.
☐	Do your children play in the dirt near your home? Soil around homes with lead-based paint can contain lead chips, dust or flakes. Children can accidentally swallow this soil or bring it in the house on their shoes.
☐	Have you done any renovations in your home recently? Renovations may cause lead dust.
☐	Does your drinking water come from lead pipes? Lead pipes are dull grey and scratch easily with a key or penny.
☐	Does your child play with toys made outside of the United States? Toys from outside of the U.S. often contain lead.
☐	Have your neighbors' children or your child's playmates ever had a high lead blood test reading? If so, your children could be at risk because they play in the same places.
☐	Do you store any food in pottery containers? Imported pottery usually contains lead.
☐	Do you or someone you live with work where lead is used, such as in construction, painting, iron work, automobile repair or furniture refinishing ? Lead can get on work clothes. Work clothes should be removed before coming into the house. Work clothes should be washed separately from the clothes you wear around your family. Please remove your shoes before entering your home as lead can easily be tracked indoors.

If you have answered YES to any of these questions, visit www.lead.dhh.la.gov
or contact the Louisiana Childhood Lead Poisoning Prevention Program (LCLPPP) at 8 8 8 - 293-7020 for
information on how you can have your home checked for lead.

Have Your Children Under 6 Screened For Lead Poisoning!