

HOME ENVIRONMENTS

Safety – You will find our office will stress safety at each well child visit. Accidents are probably the most likely reason for your child to be seriously injured or killed.

Auto Safety – **It is most important that you obtain an approved child-restraint device (car seat) and use it for your child every time he is in any motor vehicle.** The most likely place for your infant / child to be killed is in a motor vehicle. Even a minor car accident at a low speed may send a child crashing against the windshield or dashboard. The child is not safe being held in someone's arms, as they may be thrown loose or crushed when the impact occurs. We realize the expense of such a seat may seem great, but it is most important investment you can make in keeping your infant / child alive and healthy. If you cannot afford an approved seat, ask a relative to give it as a gift, or borrow one from a friend whose children are grown. By the way, we also think it is a good idea for you to wear your seatbelt so that the child learns how important this concept is. Please ask us concerning any particular problems you are having in finding and using a car seat. We can advise you about the many different types of approved child restraint devices.

If your car is equipped with a passenger side airbag, place your child's safety seat in the rear seat of the car. Failure to do so could result in serious injury if the airbag were to deploy.

Cribs -To safety-proof your crib make:

- Slats less than 2 5/8 inches apart
- Sides 26 inches above the mattress
- Side locks secure
- No plastic sheeting or pillows
- Nothing to help the child climb out
- No dangling strings or cords
- No fluffy objects, such as pillows or comforters around baby's face.

Poisoning – It goes without saying that all household cleaners, medicines, poisons, and plants should be kept far out of your child's reach. It is truly amazing how far a child will go to get to a "forbidden" object.

We recommend that you keep **USP Activated Charcoal** on hand at home in case of poisoning. A small 15 gram bottle of premixed activated charcoal can be purchased cheaply without a prescription at many pharmacies. If you have reason to believe that your child has come in contact with a potentially dangerous substance **Call Poison Control at 1-800-222-1222 immediately, day or night.** They will instruct you as to the appropriate action to take, if any.

Home medicine Supplies – We suggest that you consider stocking the following items in your home out of reach of children:

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| -Band-Aids | -Hydrocortisone 1% cream |
| -Cotton balls | -Triple antibiotic ointment |
| -Q-tips | -Digital thermometer |
| -Cool mist humidifier | -Saline nasal drops |
| -Rubbing alcohol | -Acetaminophen |
| -Diaper rash ointment | -Infalyte |
| -Vaseline | -U.S.P. Activated Charcoal |

Visitors – Visitors should be limited the first few days of the infant's life.

Mother needs her rest and the immediate family needs this time together to rest, relax, and to get to know the new baby. Do not expect the first 24-48 hours at home to be all “smooth-sailing”. Siblings should participate in welcoming the new baby, but you can expect some rivalry problems to arise from time to time.

Baby’s Comfort – Use your own comfort as a guide to your baby’s comfort. Try to keep an even comfortable temperature in your baby’s room in the range of 68 to 78 degrees. Plenty of sunshine and fresh air are healthy for you and your baby. Remember, however, that your baby’s skin is more sensitive and exposure to direct sunlight for longer than a few minutes is not advisable.