

0-3  
MONTHS

# Newborn

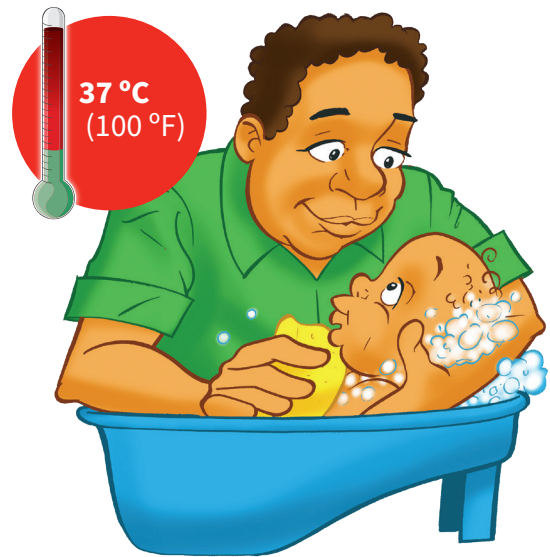
## FALLS

- **Never leave** a baby unattended on a changing table, bed, or sofa.
- **Never place a baby** in a car seat on an elevated surface such as a table or countertop.



## BATH

- Test the bath water temperature with your forearm. If your skin turns red, it is too hot for your baby.
- **Never leave** your baby unattended in the bathtub under any circumstances.









## BACK TO SLEEP

### REMINDER

- Place babies on their backs to sleep.
- During waking hours, tummy time is important.







## CRYING

- Babies cry as a means of communication. They may be hungry, cold, tired, bored, in need of a diaper change or in pain.
- If your baby is crying:
  -  Check their diaper and change it if needed
  -  Verify if they are too hot or too cold
  -  Check if they are hungry or needs to be burped
  -  Cuddle your baby
  -  Offer a pacifier
  -  Play calming music
- Some babies cry more than others. Sometimes a baby will continue to cry even after you have tried everything to calm them down.



## MENTAL HEALTH

- After trying everything, your baby may still cry. This does not make you a bad parent.
- It is ok to let them cry for brief periods.
- However, if you feel overwhelmed, gently place your baby in a crib or another safe place and then:
  -  Call a friend or relative to give you a break
  -  Take a shower
  -  Listen to music or read
  -  Close your eyes and take deep breaths

### REMINDER

## CAR SEATS

- Infant car seats must be rear facing.
- The harness of the car seat should fit snugly with no slack in the harness. You should not be able to pinch the harness at the shoulder level.
- In the winter, use a baby car seat cover to keep your baby warm. Do not put a jacket on a baby in a car seat.

