

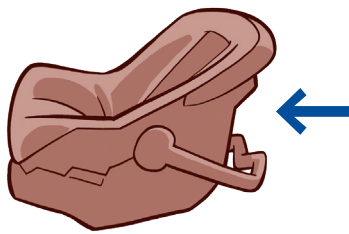


# Prenatal

Best Care for  
Traumatic Injuries

## CAR SEATS

- Infant seats must be installed rear facing in the car.
- Check the manufacturer's manual for how to install the seat properly.
- Replace the car seat if the vehicle was in a collision.
- Check and respect the car seat expiry date.



## SLEEP SAFETY

- Purchase a crib that meets the current Canadian safety standards.
- Place babies on their backs to sleep.
- Keep toys, pillows, comforters and bumper pads **out of the crib.**



## PREGNANCY AND SUBSTANCE USE

- Drugs, alcohol and some medications are not recommended for pregnant mothers. For more information, consult a health professional.

