

Prenatal

Best Care for Traumatic Injuries

CAR SEATS

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



z^z sleep safety

- → Purchase a crib that meets the current Canadian safety standards.
- \rightarrow 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.



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