

## Fever

A child who has a fever might be fussy, uncomfortable, warm to the touch, flushed, or sweaty. You can relieve symptoms by offering liquids, giving acetaminophen or ibuprofen, and dressing the child in lightweight clothing. Never use rubbing alcohol, cold baths, or aspirin to bring the fever down.

**If an infant 3 months or younger has a temperature of 100.4°F or higher, call your doctor or go to the emergency department right away.**

## Water Temperature

Set the thermostat on your hot water heater to 120°F or use the “low-medium” setting.

Always test bath water with your elbow or the inside of your wrist before putting your child in it.

## ABCs of Safe Sleep

**A**LONE – Baby should sleep alone. Keep the crib free of objects and don't use blankets, pillows, or baby positioners.

**B**ACK – Baby should be put on his back to sleep.

**C**RIB – Use a safety approved crib. Don't let your baby sleep on a couch, chair, or adult bed.

## Feeding

- Stick with breast milk or formula
- Most newborns need 8-12 feedings a day
- Look for signs of readiness to feed or hunger, such as moving the hands to the mouth, sucking on fingers, and lip smacking
- Consider vitamin D supplements

By the fifth day after birth, look for at least 6 wet diapers and 3 or more bowel movements a day

## Tobacco Exposure

Secondhand smoke increases a child's risk of sudden infant death syndrome, ear infections, coughs, colds, respiratory problems, and tooth decay.

Help to create a smoke free environment:

- Don't smoke inside your home or near your children
- Make your car smoke free
- Choose a babysitter who doesn't smoke
- Remove your child from places where smoking is allowed

## Car Seats

Car crashes are a leading cause of death for children ages 1 to 13. The best seat for your young child to use is a rear-facing car seat. It has a harness and can cradle and move with your child to reduce impact in the event of a crash.

Select a car seat based on your child's age and size. Choose a seat that fits in your vehicle. Use it every time you drive with your child.

North Country Hospital  
Primary Care

Infant Safety: Weeks 1 – 4