

Smoke Detectors

- Install smoke alarms on every level of your home and in each bedroom
- Smoke detectors should always be placed on ceilings or high on walls
- If possible, choose alarms with a 10-year lithium battery
- If using regular batteries, remember to replace them every year
- Never take batteries out of a smoke alarm to turn it off – you may forget to replace them

Milk

Stick with breast milk or formula. Avoid cow milk until 12 months.



Toy Safety

- Always follow all manufacturers' age recommendations
- Toys should be large enough so they cannot be swallowed or lodged in the windpipe
- Avoid marbles, coins, balls, and games that are 1.75 inches in diameter or less
- Batteries and battery fluid pose risks including choking and chemical burns. Ensure battery operated toys cannot be pried open by securing screws
- Most riding toys can be used once a child is able to sit up well while unsupported
- Hand-me-down and homemade toys should be checked carefully. Do not give your child painted toys made before 1978, as they may have lead paint
- Keep older siblings' toys out of reach of infants

Lead Risk

- Lead is toxic to everyone, but young children are at greatest risk for health problems from lead poisoning
- Common causes of lead poisoning are lead-based paint, old lead water pipes, soil found near busy streets, and homes painted with lead-based paint
- Signs of lead poisoning include headache, loss of appetite, constipation, weight loss, metallic taste in mouth, and paleness

Medicine Safety

- Dosages of prescription and over-the-counter medicines depend on a child's weight
- For babies who can't drink from a cup, try a dosing syringe to dispense the medicine
- Never give aspirin to kids, especially during viral illnesses
- Over-the-counter cough and cold medicines are not recommended for children under 4 years old
- Never use leftover medicines

Sleeping Patterns

Babies sleep up to 18 hours a day for the first six months of life. Infants may sleep as long as 5 hours at a time until they are hungry.

At 3 months, a baby averages about 14 hours of sleep total, with 8-9 hours at night and 2-3 daytime naps.

Babies can cry and make all sort of noises during light sleep. The goal is for babies to fall asleep by themselves and learn to sooth themselves should they wake up. If a baby under 6 months continues to cry, then it is time to respond.

North Country Hospital
Primary Care

Infant Safety: Months 1 - 4