

Childproof Home

Avoid waiting until your child starts walking to think about babyproofing your home.

Below is a list of common household hazards to remove from your infant's path...

- Purchase childproof safety latches for all cabinets in your home regardless of what they contain
- Move the crib mattress to the lowest position and remove all objects that he could climb up onto to get out of the crib
- Drapes and cords pose a strangulation hazard so tie them up and out of reach
- Always keep drawers closed
- Close outlets with safety plugs or safety covers that snap shut when the outlet is not being used
- Make sure all area rugs are secured with nonskid backing and repair loose flooring to prevent tripping
- Have all wobbly furniture replaced or bolt questionable pieces to the wall to prevent toppling over
- Keep garbage inside a latched cabinet
- Cover sharp-edged tables with cushioned strips or padded guards
- Set up stair gates to prevent falls

Poison Control

There are many ways to prevent children from eating or drinking poisonous substances.

- Store all medicines – prescription and nonprescription – out of sight and out of reach, preferably in a locked cabinet
- Never tell a child that medicine tastes like candy
- Keep laundry supplies out of site and in a locked cabinet
- Store household cleaning products and aerosol sprays in a high cabinet far out of reach
- Some houseplants are poisonous and must be kept out of reach
- When your pet is eating, move your baby to another area of the house
- Move cat litter to a place that is inaccessible to the child

Poison-control center number: 1-800-222-1222

Milk

Stick with breast milk or formula and avoid cow milk until 12 months. Babies need the fat in whole milk for normal growth and brain development, so try whole cow's milk when your child is 12 months.

Sun Protection

Babies have thinner skin and underdeveloped melanin, so their skin burns easily. Too much unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and skin cancer.

The American Academy of Dermatology recommends that all kids – regardless of their skin tone – wear sunscreen with an SPF of 30 or higher. Apply a generous amount and re-apply often.

Try to stay in the shade when the sun is the strongest (usually from 10 am to 4pm). One of the best ways to protect skin is to cover up.

Juice Intake

It is recommended to avoid the use of juice in children before 1 year of age.

A 6-ounce glass of fruit juice is equal to one serving of fruit. However, fruit juice offers no nutritional advantage over whole fruit. Additionally, high intake of juice can contribute to diarrhea, malnutrition, and dental issues.

If drinking juice, have your child drink out of a cup rather than a bottle to prevent dental caries.

North Country Hospital
Primary Care

Infant Safety: Months 9 – 12

