



Caregiver Car Safety Tips:

- Wear a seat belt on every trip to set a good example. One study found that 40 percent of unbelted children were riding with drivers who didn't wear seat belts.
- Make sure children are buckled up using a seat belt, car seat or booster seat appropriate for their age, height and weight. Always pull on the seat belt to eliminate slack.
- Infants and toddlers should be in rear-facing child restraints until they are 2 years old or reach the highest height and weight allowed by their car seat's manufacturer.
- Infants in rear-facing safety seats should never be placed in front of a passenger airbag to avoid injury or death if the airbag is activated. Infants should never ride in the front-seat of a vehicle with a passenger-side airbag to avoid the risk of injury or death.
- Read car-seat instructions carefully to ensure the seat is installed properly or contact your local police department to have the seat checked if in doubt.
- Never leave a child alone in a vehicle under any circumstances. On a summer day, the temperature inside a car can rise to 120 degrees in minutes and can reach 100 even on mild days. A child could suffer heat stroke, dehydration, brain damage and death.

Healthy Infant Meal Pattern:

Caregivers should always follow the advice of their baby's pediatrician or medical provider when it comes to introducing solid food. However, the following recommendations were developed by the New York State Department of Health as a basic guideline.

Birth through 3 months: Only give babies breast milk or iron-fortified infant formula.

4 to 7 months: Introduce foods such as iron-fortified infant cereal and jarred baby food or home-made pureed vegetables and fruits along with breast milk and iron-fortified baby formula.

8 months to first birthday: Pureed and mashed fruit and vegetables, iron-fortified infant cereal, whole grain or enriched bread, teething biscuits, table food in small, bite-sized pieces such as lean meat, poultry and fish, egg yolks, cooked, soft dry beans, peas or lentils, bite-size pieces of cheese or cottage cheese in addition to breast milk and/or iron-fortified baby formula.

Babies should only be fed solid foods while sitting upright in a high chair. Never give an infant honey. Never offer a baby food that poses a choking hazard such as whole grapes, hot dogs or popcorn.

Signs that a baby is ready for solid food:

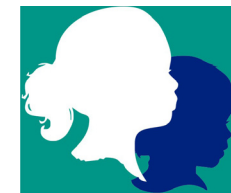
- Has grown to double its birth weight.
- Able to sit upright in a high chair and hold their head up.
- Shows interest in what you are eating.
- Can keep food in his or her mouth without letting it dribble out.

For more information about what you can do to protect children, please visit www.sthcs.org and click on the Child Health & Safety Team logo.

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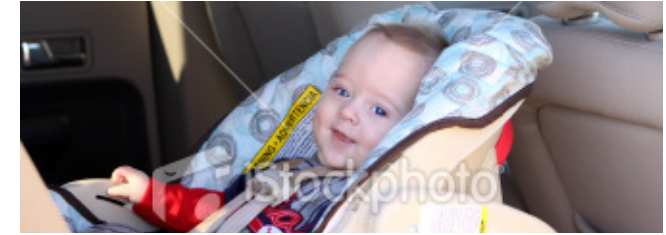
According to the Centers for Disease Control and Prevention (CDC) unintentional suffocation is the leading cause of injury death among children less than 1 year old in the United States, accounting for nearly 1,000 infant deaths annually. Many of these deaths are linked to unsafe sleep environments.

The good news is that parents and caregivers can take steps to dramatically reduce the risk of sleep-related infant death.



The Eunice Kennedy Shriver National Institute of Child Health and Human Development recommends the following steps to reduce the risk of sleep-related infant death:

- Always place a baby on his or her back to sleep for naps and at night.
- A baby should sleep on a firm sleep surface, covered by a fitted sheet.
- A baby should not sleep in an adult bed, on a couch, on a chair alone, with you, or with anyone else.
- Keep soft objects, toys and loose bedding out of the baby's sleep area.
- The American Academy of Pediatrics recommends that a baby sleep without anything in the crib. This includes bumper pads, stuffed toys, pillows, quilts, comforters and blankets.
- Do not smoke or allow smoking around a baby.
- Give a baby a dry pacifier that is not attached to a string for naps and at night.
- Do not let a baby get too hot during sleep.
- Babies should get plenty of tummy time when he or she is awake and when someone is watching to strengthen their neck, shoulder and arm muscles.
- Babies should never be left to sleep in baby chairs, swings or infant car seats.
- Avoid products that claim to reduce the risk of sleep-related causes of infant death such as wedges, positioners and other products that have not been tested for safety and effectiveness.



Car Safety:

Motor vehicle accidents are the leading cause of accidental deaths among infants and children. According to the Centers for Disease Control and Prevention around 1,314 children ages 14 and younger die in motor vehicle accidents each year. The majority of those children were not properly restrained by seat belts or in approved car seats at the time of the accident.

Accidents are unavoidable but you can take steps to reduce the risk of injury and death to your children by ensuring they use seat belts and proper child car seats or booster seats. Child safety seats reduce the risk of death in motor vehicle accidents by 71 percent for infants and by 54 percent for children 1 to 4 years old.

Car Seat Law:

- New York's restraint law requires that children under the age of 4 use a federally-approved child safety seat.
- From the age of 4 until their 16th birthday, children are required to wear restraints.
- A child of age 4, 5, 6 or 7, must use a booster seat with lap and shoulder belt or a child safety seat. Children exceeding 4 feet 9 inches tall or more than 100 pounds can use a seatbelt that has both a lap belt and a shoulder harness.
- It is **not illegal** under NYS law for a child passenger to ride in the front seat of a vehicle that has a passenger air bag, but it is **dangerous**. If a child must ride in the front seat of a vehicle with a passenger air bag, place the seat in its rearmost position.