



Summer Safety

Infant Temperature - The American Academy of Pediatrics (AAP) suggests parents avoid taking babies outside for long periods of time if the heat index is greater than 90 degrees Fahrenheit. Prolonged outdoor exposure on extremely hot days can cause babies to overheat quickly.

Hot Cars - The inside of a car can heat up 20 degrees in just 10 minutes in the summer. Never leave an infant in the car, even for a minute. Setting reminders for yourself by placing your purse, wallet, or phone in the backseat is a good way to ensure your baby isn't left behind.

Sun Protection - Sun protection is important at every stage of life, including infancy. Always protect yourself and your family from the sun by staying in the shade, wearing sun-protective sunscreen, and applying sunscreen frequently.

Developmental Delays

All babies are different. The following are possible warning signs of developmental delays in babies:

By 6 months:

- Doesn't try to grasp things within reach
- Shows no affection for caregivers
- Doesn't respond to sounds around them
- Has trouble bringing things to their mouth
- Doesn't make vowel sounds
- Doesn't roll over in either direction (back to front or front to back)
- Doesn't laugh or squeal
- Seems very stiff, with tight muscles
- Seems very floppy, like a rag doll

Talk to your pediatrician if you see any delays in development and start early intervention right away.

