

## Your baby's safety

**Babies are helpless and unable to protect themselves. They are totally dependent on their parents or carers to make sure they are safe. There are many things that can help keep babies safe.**

### What you can do

- ✿ Always support your baby's head with your arm or hand as you lift and hold her. (A very young baby's neck muscles are not strong enough to hold up the head.)



- ✿ Always put your baby to sleep on his back, with his feet to the end of the cot or bassinet so he can't wriggle down and get his head under the bedclothes.

- ✿ Use a cot of safety approved design. New cots must have a safety standards label on them.

- ✿ Make sure your baby is protected from pets (and pets are protected from the baby as she grows).



**Don't sleep with your baby especially if you have taken drugs or alcohol.**

- ✿ Play gently with your baby. Rough games such as throwing up in the air are very dangerous for little babies and young children and can harm their developing brains.

- ✿ Protect your baby from being frightened. Don't shout at your baby, play loud music near your baby or make sudden loud noises.

- ✿ Babies can drown in only a few centimetres of water. Check all places where there is water, e.g. nappy bucket, ponds. Use gates and fences to keep baby safe when crawling.



- ✿ As your baby gets older and starts to crawl, check your house is safe. Cupboards under the sink in the kitchen, bathroom or laundry containing cleaning aids, detergents and medicines are especially dangerous.

**Never shake a baby. This can seriously damage babies' brains and bodies and can even cause death.**

**Always check on your baby regularly if they are asleep in another room.**

**For more ideas about safety go to Kidsafe website [www.kidsafensw.org.au](http://www.kidsafensw.org.au)**

## Can I spoil my baby?

**You can't spoil babies by responding to their needs.**

If you tend to your baby quickly when he is distressed, he will settle more quickly and cry less in the long run. Soothe your baby when he cries and he will slowly learn to soothe himself.

Don't fuss over your baby – if you are anxious it's likely to make them feel even more anxious and unsettled.

Try not to stimulate a baby too much especially when they're tired– they don't really need it – most of the time, they just need a cuddle or some quiet time.

As you get to know your baby you will learn when he really needs you and what helps and what doesn't.

