



When Your Baby Comes

Newborn Safety

Holding a Newborn Baby – When you hold your baby, always remember to support his neck and head.

Safe Sleep – During the first few months, your baby will sleep between 15 and 20 hours a day.

- Never lay a baby on a pillow, a soft couch, an adult bed or a waterbed.
- Always put your baby to sleep on his back in a crib.
- Never put your baby to sleep on his stomach or side.
- Don't put toys, blankets, pillows or bumpers in the crib.

The American Academy of Pediatrics recommends:

- Always placing your baby on his back for every sleep time.
- Always using a firm sleep surface, like a crib.
- Never use car seats and other sitting devices, like a sofa or chair for sleeping baby.
- The baby should sleep in the same room as the parents, but not in the same bed (room-sharing without bed-sharing).



SIDS

Sudden infant death syndrome (SIDS) is the unexplained death, usually during sleep, of a seemingly healthy baby less than a year old. SIDS is sometimes known as crib death because the infants often die in their cribs. For more helpful information on safe sleep, visit the American Academy of Pediatrics website at www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.asp

Newborn Safety

Put Your Baby in a Safe Place

If you are feeling frustrated by your baby's crying, put the baby in a safe place and leave the room. Let your baby cry alone for 5 to 10 minutes.

A safe place can include a crib or a play pen/play yard. Never leave your baby alone in a swing or a bouncy chair. Take deep breaths to calm yourself down. Things you can do to calm down include:

- Stretch and take deep breaths.
- Call a friend, neighbor or your partner.
- Do 5 minutes of exercise (push-ups, sit-ups, jumping jacks, etc.) to let your nervous energy out.
- Just sit still and breathe.

If you don't think you can calm down after 5 minutes, check on the baby to make sure he is physically okay, then call a friend, neighbor or family member to come and help you. Every parent should have a plan in case they are in a situation where they cannot get their baby to stop crying. Fill in the following box to help you think about what your plan will be.

When my baby won't stop crying:

- A safe place I can leave the baby for 5 minutes is _____.
- A calm and understanding person I can call to talk to is _____.
- One thing I can do to calm myself down is _____.
- If I need help caring for the baby I will _____.

Tip

Consider sharing this information with your baby's caretaker and find out how they handle a baby who won't stop crying. Also, consider sharing it with your partner and other friends with babies to help them plan.

No matter how upset you feel, never shake your baby.

Shaking or treating your baby roughly can cause brain damage, blindness, hearing loss and death. Abusive Head Trauma (Shaken Baby Syndrome) is the name for all the different problems that can happen when a baby is shaken. This occurs most often in children 6 to 8 weeks old, which is when babies cry the most.

If you are worried that someone you know is having a hard time when their baby cries, offer to help. You may be able to offer new ways of calming the baby. Also, you may be able to give the caretaker a break. If you think someone is hurting a child, you need to report it. You can call 1-800-252-5400 or use the Department of Family and Protective Services' secure website: www.txabusehotline.org.

Dad's Guide to Fatherhood

Reference:

Texas Office of the Attorney General. (2019). Dad's guide to fatherhood. Texas Health and Human Services. <https://www.texasattorneygeneral.gov/sites/default/files/files/child-support/Publications/13-06-15131DadsGuidetoFatherhood-ACC.pdf>