

A Million Messages (AMM) Quick Reference Sheet Postpartum Home Visit and Well Child Visits

Child Development Factors	Key Safety Messages for Parents	HPHC Early Years Resource Web and Print	Additional AMM Resources
<p><u>Postpartum home visit</u></p> <ul style="list-style-type: none"> A rear-facing car seat provides the best crash protection for a baby's heavy head and weak neck and back muscles. 	<p>Rear-facing Car Seats</p> <ul style="list-style-type: none"> Proper use of a rear-facing child safety seat is required by law. A child is safest in a rear-facing car seat until they are at least 2 years old or reach the maximum weight or height limit for the rear-facing seat (as stated by the manufacturer). Properly install the car seat in your vehicle and buckle up your child correctly every time. Install the car seat correctly by following child safety seat instructions and vehicle owner's manual. 	<ul style="list-style-type: none"> Web – Car Seats and Booster Seats Print - Car seats and Booster seats (pp 123-131) 	<ul style="list-style-type: none"> Take the Rear-facing Car Seat YES Test
<ul style="list-style-type: none"> All babies cry. There are times crying cannot be soothed. 	<p>Coping with Crying</p> <ul style="list-style-type: none"> All babies cry. It is more important to stay calm than to stop the crying. Plan ahead for how you will cope when the crying gets to be too much. It's OK to ask for help. Never shake a baby for any reason. 	<ul style="list-style-type: none"> Web - When Your Baby Cries Print - When Your Baby Cries (pp. 233) 	<ul style="list-style-type: none"> The Crying Plan
<ul style="list-style-type: none"> Babies spend a lot of time sleeping. Some sleep environments can put babies at risk for sleep-related death such as SIDS. 	<p>Safe Sleep</p> <ul style="list-style-type: none"> Always put your baby on his/her back to sleep in a crib, cradle or bassinet that meets Canadian government safety standards. Keep the crib, cradle or bassinet free of clutter. Keep your baby warm, not hot, and keep spaces smoke-free before and after birth. Breastfeed your baby. Sleep in the same room as your baby, but don't share a bed with your baby or sleep together anywhere else. 	<ul style="list-style-type: none"> Web - Safe Sleep Print - Safe Sleep (pp. 218) 	<ul style="list-style-type: none"> AHS Safe Sleep Brochure AHS Safe Sleep Bookmark
<p><u>2 month visit</u></p> <ul style="list-style-type: none"> As babies move, wiggle and kick, they are at risk of falling from raised surfaces. 	<p>Preventing Falls</p> <ul style="list-style-type: none"> Keep one hand on your baby when he/she is on any high surface such as a change table. Avoid placing car seats and infant chairs on raised surfaces like furniture, counters, or dryers. 	<ul style="list-style-type: none"> Web - Preventing Injuries - Falls Print - Preventing Injuries - Falls (pp. 104-106) 	<ul style="list-style-type: none"> Keeping Your Baby Safe From Falls

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<ul style="list-style-type: none"> Babies spend a lot of time sleeping. Some sleep environments can put babies at risk for sleep-related death such as SIDS. 	<p>Safe Sleep</p> <ul style="list-style-type: none"> Always put your baby on his/her back to sleep in a crib, cradle or bassinet that meets Canadian government safety standards. Keep the crib, cradle or bassinet free of clutter. Keep your baby warm, not hot and keep spaces smoke-free before and after birth. Breastfeed your baby. Sleep in the same room as your baby, but don't share a bed with your baby or sleep together anywhere else. 	<ul style="list-style-type: none"> Web - Safe Sleep Print - Safe Sleep (pp. 218) 	<ul style="list-style-type: none"> AHS Safe Sleep Brochure AHS Safe Sleep Bookmark
<ul style="list-style-type: none"> All babies cry. Crying peaks from 2 to 4 months. 	<p>Coping with Crying</p> <ul style="list-style-type: none"> It is more important to stay calm than to stop the crying. Plan ahead for how you will cope when the crying gets to be too much. It's OK to ask for help. Never shake a baby for any reason. 	<ul style="list-style-type: none"> Web - When Your Baby Cries Print - When Your Baby Cries (pp. 233) 	<ul style="list-style-type: none"> The Crying Plan
<p>4 month visit</p> <ul style="list-style-type: none"> As babies learn to roll, move and sit they are at risk of fall-related injuries. 	<p>Preventing Falls</p> <ul style="list-style-type: none"> Use safety straps in your baby's stroller, high chair, baby swing, car seat and all shopping carts. Change diapers on a clean pad on the floor instead of on a raised surface. 	<ul style="list-style-type: none"> Web – Preventing Injuries - Falls Print – Preventing Injuries - Falls (pp. 104-106) 	<ul style="list-style-type: none"> Keeping Your Baby Safe From Falls
<ul style="list-style-type: none"> Babies have thin, sensitive skin that burns easily. Babies lack head control and can drown in 2.5 cm (1 inch) of water in just a few seconds. Babies explore and learn by putting things in their mouths which increases the risk of choking. 	<p>Home Safety</p> <ul style="list-style-type: none"> Set the hot water temperature in your home to 49° C (120° F) (or warm). Use lids on hot drinks, even at home. Keep hot liquids away from your baby. NEVER leave your baby unattended in, around, or near water. Baby bath seats are not a substitute for adult supervision. Bath tub rings are not recommended. Keep small toys, latex balloons, and household objects like coins and jewelry away from your baby. Objects that fit in a toilet paper roll are choking hazards. Cut blind cords or secure them out of reach. 	<ul style="list-style-type: none"> Web – Preventing Injuries Burns and Scalds Water Safety Choking and Poisoning Falls Print - Preventing Injuries Burns and Scalds (pp. 108) Water Safety (pp. 111) 	<p>Home Safety</p> <ul style="list-style-type: none"> Drowning Prevention in Pools and Hot Tubs Preventing Burns Choking Prevention Poisoning

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		<ul style="list-style-type: none"> • Choking and Poisoning (pp. 107) • Falls (pp. 104) 	
<p>6 month visit</p> <ul style="list-style-type: none"> • Older babies crawl, pull up to stand and become more mobile, increasing the risk of falls in the home. 	<p>Preventing Falls</p> <ul style="list-style-type: none"> • Install sturdy, wall-mounted gates at the top and bottom of stairs to prevent falls. Pressure-mounted gates at the bottom of stairs are sufficient. Pressure-mounted gates should not be used at the top of stairs. • Once your baby can sit, move the crib mattress to its lowest position. • Secure heavy furniture such as bookcases and dressers to the wall. • Move baby furniture away from windows and install window safety devices. 	<ul style="list-style-type: none"> • Web - Preventing Injuries - Falls • Print – Preventing Injuries - Falls (pp. 104-106) 	<ul style="list-style-type: none"> • Keeping Your Older Baby Safe from Falls
<ul style="list-style-type: none"> • Older babies improve their fine motor coordination and continue to explore and learn by putting things in their mouths, increasing the risk of poisoning. 	<p>Home Safety</p> <ul style="list-style-type: none"> • Common causes of poisoning are medicine/vitamins, plants, cosmetics and household chemicals. • All poisonous substances (e.g., tobacco, alcohol, cannabis) should be stored out of sight, out of reach, and locked up. • If you suspect poisoning, call PADIS: 1-800-332-1414 (Alberta). • If you have a fireplace, use a fireplace safety gate. 	<ul style="list-style-type: none"> • Web – Preventing Injuries - Choking and Poisoning • Print – Preventing Injuries - Choking and Poisoning (pp. 107) 	<p>Home Safety</p> <ul style="list-style-type: none"> • Drowning Prevention in Pools and Hot Tubs • Preventing Burns • Choking Prevention • Poisoning
<ul style="list-style-type: none"> • A rear-facing seat provides the best protection for a child's head, neck and back in a sudden stop or crash. 	<p>Car Seats</p> <ul style="list-style-type: none"> • A child is safest in a rear-facing car seat until they are at least 2 years old or reach the maximum weight or height limit for the rear-facing seat (as stated by the manufacturer). • Properly install the car seat in your vehicle and buckle up your child correctly every time. 	<ul style="list-style-type: none"> • Web – Car Seats and Booster Seats • Print - Car seats and Booster seats (pp 123-131) 	<ul style="list-style-type: none"> • Take the Rear-facing Car Seat YES Test

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<p><u>12 month visit</u></p> <ul style="list-style-type: none"> As toddlers learn to climb, run and jump, they are at risk of falling. 	<p>Preventing Falls</p> <ul style="list-style-type: none"> Before your child is tall enough to climb over the crib rails, move him to a toddler bed. Check that stair gates and window safety devices are being used, and that heavy furniture is both placed away from windows and secured to the wall. Actively supervise toddlers when they are climbing, exploring and are around animals such as dogs. Active supervision means being close by and paying attention. 	<ul style="list-style-type: none"> Web – Preventing Injuries - Falls Print – Preventing Injuries - Falls (pp. 104-106) 	<ul style="list-style-type: none"> Keeping Your Older Baby Safe from Falls
<ul style="list-style-type: none"> A rear-facing seat provides the best protection for a child's head, neck and spine in a sudden stop or crash. 	<p>Car Seats</p> <ul style="list-style-type: none"> A child is safest in a rear-facing car seat until they are at least 2 years old or reach the maximum weight or height limit for the rear-facing seat (as stated by the manufacturer). If needed, I'll get a larger car seat, with higher rear-facing height and weight limits, so I can keep my child rear-facing as long as possible. 	<ul style="list-style-type: none"> Web – Car Seats and Booster Seats Print - Car seats and Booster seats (pp 123-131) 	<ul style="list-style-type: none"> Take the Rear-facing Car Seat YES Test
<p><u>18 month visit</u></p> <ul style="list-style-type: none"> Toddlers and preschoolers are attracted to water but do not understand its dangers. Toddlers can reach higher and climb, thus are more able to access dangerous products. 	<p>Home Safety</p> <ul style="list-style-type: none"> NEVER leave your child unattended in, around, or near water. Devices such as bath seats, lifejackets and water wings are not a substitute for adult supervision. Food is the most common cause of choking for children. Avoid serving nuts, whole grapes, hot dogs, popcorn, gum, and hard candy until your child is at least 4 years old. Check that blind cords are secured out of reach. Use a lid on hot drinks, even at home. Keep hot liquids away from your child. Trampolines are a high-risk activity that can lead to serious injury. Trampolines should not be regarded as play equipment and should not be part of home play areas. 	<ul style="list-style-type: none"> Web – Preventing Injuries Choking and Poisoning Water Safety Trampoline Print – Preventing Injuries Choking and Poisoning (pp. 107) Water Safety (pp. 111) Trampoline (pp. 122) 	<ul style="list-style-type: none"> Keeping Your Toddler and Preschooler Safe from Falls <p>Home Safety</p> <ul style="list-style-type: none"> Drowning Prevention in Pools and Hot Tubs Preventing Burns Choking Prevention Poisoning Backyard Safety For Children

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<ul style="list-style-type: none"> A rear-facing seat provides the best protection for a child's head, neck and back in a sudden stop or crash. 	<p>Car Seats</p> <ul style="list-style-type: none"> A child who is at least 2 years old or has reached the maximum weight or height limit of the rear-facing seat (as stated by the manufacturer) should ride in a forward-facing car seat. A child should stay in the forward-facing car seat until they reach the maximum weight or height limit of the seat (as stated by the manufacturer). 	<ul style="list-style-type: none"> Web – Car Seat and Booster Seats Print - Car Seats and Booster Seats (pp. 123-131) 	<ul style="list-style-type: none"> Take the Rear-facing Car Seat YES Test Take the Forward-facing Car Seat YES Test
<p>Pre-school visit</p> <ul style="list-style-type: none"> Age-appropriate active living is an important part of healthy child development. 	<p>Safe & Active Living</p> <ul style="list-style-type: none"> Bike helmets reduce the risk of head injury in a crash by 85% and are required by law in Alberta for children under 18 years old. Make bike helmets a habit for your family. Young children cannot make safe judgments about crossing the street. Make sure your child is supervised by an adult or a responsible older child when crossing the street. Outdoor active play is an important part of child development. Ensure your child is supervised and playing on safe equipment appropriate for their age. Play on playgrounds with safe surfacing. Make sure your child understands safe play and is wearing appropriate clothing. Make sure your children wear protective gear and get appropriate training for whatever sport or recreational activity they participate in. Trampolines are a high-risk activity that can lead to serious injury. Trampolines should not be regarded as play equipment and should not be part of home play areas. 	<ul style="list-style-type: none"> Web - Outdoor Safety Print – Outdoor Safety (pp. 118-122) 	<ul style="list-style-type: none"> Take the Bike Helmet YES Test Keeping Your Toddler and Preschooler Safe from Falls <p>Summer Safety</p> <ul style="list-style-type: none"> Bike and Small Wheeled Recreation Safety School Bus Safety Playground Safety YES Test

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<ul style="list-style-type: none"> A booster seat provides the best protection for an older child in a sudden stop or crash. Without a booster seat an adult seat belt rides too high on a child's belly and neck. This can cause serious injuries to a child in a crash. 	<p>Booster Seats</p> <ul style="list-style-type: none"> Once a child has reached the maximum forward-facing weight or height limit of their car seat (as stated by the manufacturer), they should move into a booster seat. A child is safest in a booster seat until they reach the maximum weight or height limit of the seat (as stated by the manufacturer). A child is ready to ride in the vehicle without a booster seat when the vehicle seat belt fits properly. This is typically when a child is 145 cm (4'9") tall and between 8 and 12 years of age. 	<ul style="list-style-type: none"> Car Seats and Booster Seats Print - Car seats and Booster seats (pp 123-131) 	<ul style="list-style-type: none"> Take the Booster Seat YES Test