

## 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><b><u>Postpartum home visit</u></b></p> <ul style="list-style-type: none"> <li>A rear-facing car seat provides the best crash protection for a baby's heavy head and weak neck and back muscles.</li> </ul>	<p><b>Rear-facing Car Seats</b></p> <ul style="list-style-type: none"> <li>Proper use of a rear-facing child safety seat is required by law.</li> <li>Your child is safest in the larger rear-facing car seat until they are 2, 3, or even 4 years old, as long as they are still under the maximum height or weight limit for rear-facing use. Properly install the car seat in your vehicle and buckle up your child correctly every time.</li> <li>Install the car seat correctly by following child safety seat instructions and vehicle owner's manual.</li> </ul>	<p>Web - <a href="#">Car Seats and Booster Seats</a> Print - Car seats and Booster seats (pp. 123-131)</p>	<ul style="list-style-type: none"> <li><a href="#">Rear-facing Car Seat</a></li> </ul>
<ul style="list-style-type: none"> <li>All babies cry. There are times crying cannot be soothed.</li> </ul>	<p><b>Coping with Crying</b></p> <ul style="list-style-type: none"> <li>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.</li> <li><b>Never shake a baby</b> for any reason.</li> </ul>	<p>Web - <a href="#">Your Baby's Crying</a> Print - Crying (pp. 229-233)</p>	<ul style="list-style-type: none"> <li><a href="#">The Crying Plan</a></li> </ul>
<ul style="list-style-type: none"> <li>Babies spend a lot of time sleeping. Some sleep environments can put babies at risk for sleep-related death such as Sudden Infant Death Syndrome (SIDS).</li> </ul>	<p><b>Safe Sleep</b></p> <ul style="list-style-type: none"> <li>Always put your baby on their back to sleep, for every sleep.</li> <li>The safest place for your baby to sleep is in a crib, cradle or bassinet that meets Canadian government safety standards.</li> <li>Keep the crib, cradle or bassinet free of clutter.</li> <li>Keep your baby warm, not hot, and keep spaces smoke-free before and after birth.</li> <li>Breastfeed your baby.</li> <li>Share a room with your baby.</li> <li>Do not share a bed, sofa or any other sleep surface with your baby.</li> </ul>	<p>Web - <a href="#">Safe Sleep</a> Print - Safe Sleep (pp. 218-223)</p>	<ul style="list-style-type: none"> <li><a href="#">Safe Infant Sleep – Healthy Children and Families</a></li> </ul>
<ul style="list-style-type: none"> <li>Babies are in contact with their caregivers and everything in their environment. This can put them at risk of exposure to drugs in homes, vehicles, public places, and parks.</li> </ul>	<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>Exposure to even a tiny amount of a drug like ecstasy, methamphetamines, cocaine, heroin, and fentanyl, can make your baby very sick or may even cause death.</li> <li>Exposure can happen through inhaling second-hand smoke or vapors, through breastmilk or breastfeeding, contact through clothing or skin, during diaper changes, accidental ingestion, or touching of drugs.</li> <li>Keep all drugs and drug-related items, like bong, pipes, lighters, needles, spoons, and fentanyl patches, locked up, out of sight, and out of reach.</li> <li>Anyone in contact with drugs or related items should: <ul style="list-style-type: none"> <li>Wash hands before handling or feeding your baby</li> <li>Wash hands before touching toys or other items</li> <li>Change clothes before handling your baby</li> </ul> </li> </ul>	<p>Web –</p> <ul style="list-style-type: none"> <li><a href="#">Staying Healthy as a Parent</a></li> <li><a href="#">Taking Care of Yourself When Breastfeeding</a></li> <li><a href="#">Healthy Homes and Preventing Injuries</a></li> <li><a href="#">Substance Use in Pregnancy</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Substance Use: Common Drugs - Opioids</a></li> </ul>

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	<ul style="list-style-type: none"> <li>• Call 911 now if you think your child has been exposed to drugs.</li> <li>• If you think your baby has been exposed to opioids like heroin or fentanyl, it is safe to give them naloxone.</li> </ul>		
<p><b>2 month visit</b></p> <ul style="list-style-type: none"> <li>• As babies move, wiggle and kick, they are at risk of falling from raised surfaces.</li> </ul>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>• Keep one hand on your baby when they are on any high surface such as a change table.</li> <li>• Avoid placing car seats and infant chairs on raised surfaces like furniture, counters, or dryers.</li> </ul>	<p>Web - <a href="#">Preventing Injuries - Falls</a> Print - Preventing Injuries - Falls (pp. 104-106)</p>	<ul style="list-style-type: none"> <li>• <a href="#">Keeping Your Baby Safe from Falls</a></li> </ul>
<ul style="list-style-type: none"> <li>• Babies spend a lot of time sleeping. Some sleep environments can put babies at risk for sleep-related death such as Sudden Infant Death Syndrome (SIDS).</li> </ul>	<p><b>Safe Sleep</b></p> <ul style="list-style-type: none"> <li>• Always put your baby on their back to sleep, for every sleep.</li> <li>• The safest place for your baby to sleep is in a crib, cradle or bassinet that meets Canadian government safety standards.</li> <li>• Keep the crib, cradle or bassinet free of clutter.</li> <li>• Keep your baby warm, not hot, and keep spaces smoke-free before and after birth.</li> <li>• Breastfeed your baby.</li> <li>• Share a room with your baby.</li> <li>• Do not share a bed, sofa or any other sleep surface with your baby.</li> </ul>	<p>Web - <a href="#">Safe Sleep</a> Print - Safe Sleep (pp. 218-223)</p>	<ul style="list-style-type: none"> <li>• <a href="#">Safe Infant Sleep – Healthy Children and Families</a></li> </ul>
<ul style="list-style-type: none"> <li>• All babies cry. Crying peaks from 2 to 4 months.</li> </ul>	<p><b>Coping with Crying</b></p> <ul style="list-style-type: none"> <li>• It is more important to stay calm than to stop the crying.</li> <li>• Plan ahead for how you will cope when the crying gets to be too much. It's OK to ask for help.</li> <li>• <b>Never shake a baby</b> for any reason.</li> </ul>	<p>Web - <a href="#">When Your Baby Cries</a> Print - When Your Baby Cries (pp. 229-233)</p>	<ul style="list-style-type: none"> <li>• <a href="#">The Crying Plan</a></li> </ul>
<p><b>4 month visit</b></p> <ul style="list-style-type: none"> <li>• As babies learn to roll, move and sit they are at risk of fall-related injuries.</li> </ul>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>• Use safety straps in your baby's stroller, highchair, baby swing, car seat and all shopping carts.</li> <li>• Change diapers on a clean pad on the floor instead of on a raised surface.</li> </ul>	<p>Web - <a href="#">Falls</a> Print - Preventing Injuries - Falls (pp. 104-106)</p>	<ul style="list-style-type: none"> <li>• <a href="#">Keeping Your Baby Safe from Falls</a></li> </ul>

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<ul style="list-style-type: none"> <li>Babies have thin, sensitive skin that burns easily.</li> <li>Babies lack head control and can drown in 2.5 cm (1 inch) of water in just a few seconds.</li> <li>Babies explore and learn by putting things in their mouths which increases the risk of choking.</li> </ul>	<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>Set the hot water temperature in your home to 49° C (120° F) (or warm).</li> <li>Bath water temperature for younger children should be no hotter than 38° C (100.4° F)</li> <li>Install scald-resistant faucets in sinks, showers, and bathtubs that children use.</li> <li>Keep hot liquids away from your baby. Use lids on hot drinks, even at home.</li> <li>NEVER leave your baby unattended in, around, or near water. Baby bath seats are not a substitute for adult supervision. Bathtub rings are not safe for babies.</li> <li>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.</li> <li>Cut blind cords or secure them out of reach.</li> </ul>	<p>Web –</p> <ul style="list-style-type: none"> <li><a href="#">Burns and Scalds</a></li> <li><a href="#">Water Safety</a></li> <li><a href="#">Choking and Poisoning</a></li> </ul> <p>Print - Preventing Injuries</p> <ul style="list-style-type: none"> <li>Burns and Scalds (p. 109)</li> <li>Water Safety (p. 111)</li> <li>Choking and Poisoning (p. 107)</li> </ul>	<p>Home Safety</p> <ul style="list-style-type: none"> <li><a href="#">Drowning Prevention in Pools and Hot Tubs</a></li> <li><a href="#">Preventing Burns</a></li> <li><a href="#">Preventing Choking in Small Children</a></li> </ul>
<p><b>6 month visit</b></p> <ul style="list-style-type: none"> <li>Older babies crawl, pull up to stand and become more mobile, increasing the risk of falls in the home.</li> </ul>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Once your baby can sit, move the crib mattress to its lowest position.</li> <li>Secure heavy furniture such as bookcases and dressers to the wall.</li> <li>Make sure windows are closed and locked securely when your child is present.</li> <li>Move baby furniture away from windows and balconies and install window safety devices so that they may be opened by an adult or older child without the use of tools or special knowledge.</li> </ul>	<p>Web - <a href="#">Preventing Injuries - Falls</a></p> <p>Print - Preventing Injuries - Falls (pp. 104-106)</p>	<ul style="list-style-type: none"> <li><a href="#">Keeping Your Baby Safe from Falls</a></li> </ul>
<ul style="list-style-type: none"> <li>Older babies improve their fine motor coordination and continue to explore and learn by putting things in their mouths, increasing the risk of poisoning.</li> </ul>	<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>Common causes of poisoning are medicine/vitamins, plants, cosmetics and household chemicals.</li> <li>All poisonous substances (e.g., medicine/vitamins, cosmetics, household chemicals, alcohol, cannabis and button batteries) should be stored out of sight, out of reach, and locked up.</li> <li>If you have any questions or are not sure about a product's safety, call the Poison and Drug Information Service (PADIS) at 1-800-332-1414.</li> <li>Keep cannabis products in their original containers and/or place cannabis in child-resistant packaging. Make sure they are clearly labelled.</li> <li>Do not prepare or consume cannabis products when your child is present.</li> <li>Keep edibles away from regular food and drink. Do not smoke or vaporize cannabis in your home or around your child.</li> <li>Call 911 now if you have a poisoning emergency.</li> </ul>	<p>Web - <a href="#">Preventing Injuries - Choking and Poisoning</a></p> <p>Print - Preventing Injuries - Choking and Poisoning (p. 107)</p>	<p>Home Safety</p> <ul style="list-style-type: none"> <li><a href="#">Preventing Burns</a></li> <li><a href="#">Choking Prevention</a></li> <li><a href="#">Poisoning</a></li> <li><a href="#">Swallowed Button, Magnet, or Object with Lead</a></li> </ul>

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	<ul style="list-style-type: none"> <li>If your child has swallowed a button battery, do not try to make them vomit, it could cause further injury. Take them to the emergency department immediately.</li> <li>If you have a fireplace, use a fireplace safety gate.</li> </ul>		
<ul style="list-style-type: none"> <li>A rear-facing seat provides the best protection for a child's head, neck and back in a sudden stop or crash.</li> </ul>	<p><b>Car Seats</b></p> <ul style="list-style-type: none"> <li>When your child outgrows a rear-facing only (or infant) car seat, move them into a larger rear-facing car seat. Your child is safest in the larger rear-facing car seat until they are 2, 3, or even 4 years old, as long as they are still under the maximum height or weight limit for rear-facing use.</li> <li>Properly install the car seat in your vehicle and buckle up your child correctly every time.</li> </ul>	<p>Web - <a href="#">Car Seats and Booster Seats</a> Print - Car seats and Booster Seats (pp. 123-131)</p>	<ul style="list-style-type: none"> <li><a href="#">Rear-facing Car Seat</a></li> </ul>
<p><b>12 month visit</b></p> <ul style="list-style-type: none"> <li>As toddlers learn to climb, run and jump, they are at risk of falling.</li> </ul>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>Before your child is tall enough to climb over the crib rails, move your child to a toddler bed.</li> <li>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.</li> <li>Actively supervise toddlers when they are climbing, exploring and are around animals such as dogs.</li> <li>Active supervision means being close by and paying attention. Stay close enough that you can take action if needed.</li> </ul>	<p>Web - <a href="#">Preventing Injuries - Falls</a> Print - Preventing Injuries - Falls (pp. 104-106)</p>	<ul style="list-style-type: none"> <li><a href="#">Keeping Your Baby Safe from Falls</a></li> </ul>
<ul style="list-style-type: none"> <li>A rear-facing seat provides the best protection for a child's head, neck and spine in a sudden stop or crash.</li> </ul>	<p><b>Car Seats</b></p> <ul style="list-style-type: none"> <li>When your child outgrows a rear-facing only (or infant) car seat, move them into a larger rear-facing car seat. Your child is safest in the larger rear-facing car seat until they are 2, 3, or even 4 years old, as long as they are still under the maximum height or weight limit for rear-facing use.</li> <li>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.</li> </ul>	<p>Web - <a href="#">Car Seats and Booster Seats</a> Print - Car seats and Booster seats (pp. 123-131)</p>	<ul style="list-style-type: none"> <li><a href="#">Rear-facing Car Seat</a></li> </ul>

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<p><b>18 month visit</b></p> <ul style="list-style-type: none"> <li>• Toddlers and preschoolers are attracted to water but do not understand its dangers.</li> <li>• Toddlers can reach higher and climb, thus are more able to access dangerous products.</li> </ul>	<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>• NEVER leave your child unattended in, around, or near water. Devices such as bath seats, bath rings, lifejackets and water wings are not a substitute for adult supervision.</li> <li>• Food is the most common cause of choking for children. Some foods need to be modified for children under 4 years of age. Foods or candies that are hard, small and round or that are smooth, or sticky should not be provided to children younger than 4 years.</li> <li>• Keep all drugs and drug-related items, like bongos, pipes, lighters, needles, spoons, and fentanyl patches, locked up, out of sight, and out of reach.</li> <li>• Call 911 now if you have a poisoning or choking emergency.</li> <li>• Check that blind cords are secured and out of reach.</li> <li>• Keep hot liquids away from your child. Use lids on hot drinks, even at home.</li> <li>• 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.</li> </ul>	<p>Web - <a href="#">Preventing Injuries</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Choking hazard and foods to avoid</a></li> <li>• <a href="#">Water Safety</a></li> <li>• <a href="#">Trampoline</a></li> </ul> <p>Print - Preventing Injuries</p> <ul style="list-style-type: none"> <li>• Choking and Poisoning (p. 107)</li> <li>• Water Safety (p. 111)</li> <li>• Trampoline (p. 122)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Keeping Your Toddler and Preschooler Safe from Falls</a></li> </ul> <p>Home Safety</p> <ul style="list-style-type: none"> <li>• <a href="#">Drowning Prevention in Pools and Hot Tubs</a></li> <li>• <a href="#">Preventing Burns</a></li> <li>• <a href="#">Choking Prevention</a></li> <li>• <a href="#">Poisoning</a></li> <li>• <a href="#">Backyard Safety for Children</a></li> </ul>
<ul style="list-style-type: none"> <li>• A rear-facing seat provides the best protection for a child's head, neck and back in a sudden stop or crash.</li> </ul>	<p><b>Car Seats</b></p> <ul style="list-style-type: none"> <li>• When your child outgrows a rear-facing only (or infant) car seat, move them into a larger rear-facing car seat. Your child is safest in the larger rear-facing car seat until they are 2, 3, or even 4 years old, as long as they are still under the maximum height or weight limit for rear-facing use.</li> <li>• 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.</li> <li>• When your child outgrows their larger rear-facing car seat by height or weight, they should move to a forward-facing car seat with a harness.</li> </ul>	<p>Web - <a href="#">Car Seats and Booster Seats</a></p> <p>Print - Car Seats and Booster Seats (pp. 123-131)</p>	<ul style="list-style-type: none"> <li>• <a href="#">Rear-facing Car Seat</a></li> <li>• <a href="#">Forward-facing Car Seat</a></li> </ul>

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<p><b>Pre-school visit</b></p> <ul style="list-style-type: none"> <li>Age-appropriate active living is an important part of healthy child development.</li> </ul>	<p><b>Safe &amp; Active Living</b></p> <ul style="list-style-type: none"> <li>Bike helmets are required by law in Alberta for children under 18 years old. Make bike helmets a habit for your family.</li> <li>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.</li> <li>Outdoor play is an important part of child development. Ensure your child is supervised and playing on safe equipment appropriate for their age.</li> <li>Play on playgrounds with safe surfacing. Make sure your child understands safe play and is wearing appropriate clothing.</li> <li>Make sure your child wears protective gear and gets appropriate training for whatever sport or recreational activity they participate in.</li> <li>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.</li> </ul>	<p>Web - <a href="#">Outdoor Safety</a> Print - Outdoor Safety (pp. 118-122)</p>	<ul style="list-style-type: none"> <li><a href="#">Take the Bike Helmet YES Test</a></li> <li><a href="#">Keeping your Toddler and Preschooler Safe from Falls</a></li> </ul> <p>Summer Safety</p> <ul style="list-style-type: none"> <li><a href="#">Bike and Small Wheeled Recreation Safety</a></li> <li><a href="#">School Bus Safety</a></li> <li><a href="#">Playground Checklist</a></li> </ul>
<ul style="list-style-type: none"> <li>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.</li> </ul>	<p><b>Booster Seats</b></p> <ul style="list-style-type: none"> <li>Once a child has reached the maximum forward-facing height or weight limit of their car seat, they should move into a booster seat.</li> <li>A child is safest in a booster seat until they reach the maximum height or weight limit of the seat.</li> <li>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.</li> </ul>	<p>Web - <a href="#">Car Seats and Booster Seats</a> Print - Car seats and Booster seats (pp. 123-131)</p>	<ul style="list-style-type: none"> <li><a href="#">Booster Seat</a></li> </ul>