

A Million Messages (AMM) Quick Reference Sheet Postpartum Home Visit

Child Development Factors	Key Safety Messages for Parents	HPHC Early Years Resources	Injury Prevention Core 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 car 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