

# BUMP AND BEYOND

*Cobb & Douglas Public Health Pregnancy Newsletter*



## Babyproofing 101

Preventable injuries are the leading cause of death in children under 4. According to CDC data, 2,415 children under 4 died in 2019 from unintentional injuries. Here are some ways to safeguard your home and protect your precious little one:

- **Start with their sleep space.** Sudden Infant Death Syndrome (SIDS) is the leading cause of death among babies between 1 month and 1 year. To prevent SIDS, the safest way for infants to sleep is alone, on their backs, in a crib or bassinet with no blankets or toys. It is also recommended that baby sleep in the same room as you until they turn 1.
- **Baby Gates.** You may not need these until your baby starts to crawl, but it's a good idea to go ahead and install them. Experts recommend installing a gate at the top and bottom of the stairs and anywhere else in the house you don't want your little one to explore.
- **Outlet covers, cabinet door locks, & door knob safety covers.** It is a good idea to install these items before your baby starts crawling, so you don't have to worry about it once your baby is mobile.
- **Anchor furniture to the wall.** Furniture such as dressers, TV consoles, etc., should be anchored to the wall to avoid injuries.
- **Outdoors.** If you have a pool or hot tub, installing a fence around it and keeping it covered when not in use will help prevent accidental drownings.

BABY SAFETY ISSUE

**BABYPROOFING 101**

**BATH TIME SAFETY**

**CAR SEAT SAFETY**

**WATCH OUT FOR THESE  
BABY PRODUCTS**

**STAFF HIGHLIGHT: NEW  
CASE MANAGER!**

**UPCOMING CLASSES  
AND EVENTS**



\*Adapted from New York Times, Yes, You Absolutely Need to Babyproof

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## Bath time safety

Decide where you are most comfortable bathing your baby (the sink or tub) and gather your supplies ahead of time. You will need towels, washcloths, shampoo/body wash, diapers, and clothes. Give your baby a sponge bath until their umbilical cord has fallen off. After that, they'll be ready for a baby bathtub or a safe baby bath seat. Use the tips below to help keep your baby safe during bath time:

- **Never leave your baby alone in a bath.** Even an inch of water can be deadly for a newborn. If you must leave the room, take your baby with you.
- **Use an infant tub.** Use a tub or seat specifically designed for babies. Choose one that has a contoured design or an internal sling that prevents your baby from sliding.
- **Check the water temperature.** Make sure your water heater is set to 120°F to help prevent scalds/burns. Test the water temperature using your elbow to make sure the water is warm and not hot.
- **Slips and falls.** Install no-slip strips on the bottom of the bathtub. Put a cover over the bath faucet so your child won't be hurt if they bump their head against it.

\*Adapted from HealthyChildren.org, 5 Bathroom Safety Tips for Infants & Young Children

## Unsafe baby products

Not all baby products are safe. Here is a list of items to avoid:

- **Crib bumpers.** Bumpers are designed to keep a baby from hitting their head on crib slats, but they're a suffocation hazard and may be linked to SIDS. The American Academy of Pediatrics (AAP) has recommended that parents not use crib bumpers, including "breathable" models.
- **Sleep positioners.** These are used to keep a baby from rolling onto their stomach, or to elevate their head and back to avoid acid reflux. But babies can suffocate if they put their faces against a sleep positioner or roll off of it.
- **Walkers.** They can help a baby stand and walk before they can do it on their own. But, walkers also allow your baby to scoot into unsafe places and maybe even fall down stairs. The AAP urges parents not to use baby walkers and has recommended that the U.S. government ban them.
- **Teething necklaces.** The FDA has received reports of death and serious injuries to infants and children, including strangulation and choking, caused by teething jewelry, such as amber teething necklaces.

Even safe baby products can become unsafe if used improperly. Be sure to use items only as directed by the manufacturer, as this is the only way to guarantee their safety.

\*Adapted from Consumer Reports, Dangerous Baby Products to Avoid



## Car seat safety

The American Academy of Pediatrics recommends that all infants and toddlers should ride in a rear-facing seat as long as possible until they reach the highest weight or height allowed by their car seat manufacturer. When infants outgrow their rear-facing-only seat, a convertible seat installed rear facing is needed. When using a rear-facing seat, keep the following tips in mind:

- Place the harnesses in your rear-facing seat in slots that are at or below your child's shoulders.
- Ensure that the harness is snug (you cannot pinch slack between your fingers when testing the harness straps over the child's shoulders) and that the chest clip is placed at the center of the chest, even with your child's armpits.
- Make sure the seat is installed tightly with either lower anchors or a locked seat belt.
- Never place a rear-facing seat in the front seat.
- If you are using a convertible or all-in-one seat in the rear-facing position, ensure the seat belt or lower anchor is routed through the correct path.
- Make sure the seat is at the correct angle so your child's head does not flop forward. Check the instructions to find out the correct angle for your seat and how to adjust the angle if needed.
- Check the car safety seat instructions and vehicle owner's manual about whether the car safety seat may contact the back of the vehicle seat in front of it.
- Still having trouble? Call Safe Kids at 770-852-3285 to get help with your installation.

\*Adapted from KidsHealth.org, Car Seat Safety

# NATIONAL GRANDPARENT'S DAY SEPTEMBER 12

Grandparents and children have a special connection that is proven to both make grandparents live longer, and also make children more emotionally resilient. Grandparents Day is an opportunity to treasure that connection and spend some quality time together. In 1977, congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparent's Day. On August 3, 1978, Jimmy Carter signed the proclamation, and the day was celebrated the following year. Here's some ideas for how to celebrate this Grandparent's Day:

1. **Spend Time with Your Grandparents** - Sometimes we forget just how important and special our grandparents are. Even a short visit can make them happy.
2. **Have a Family Dinner** - Family time is hard to come by, but organizing a family dinner with your grandparents and your parents and siblings is a great way to spend time together.
3. **Enjoy A Hobby Together** - Your grandma might like to paint or your grandpa might love to do puzzles. A bit of company would brighten their day.



## WELCOME TO OUR NEW CASE MANAGER RYAN BOARMAN!



### About Ryan

Ryan received her nursing degree from Pasco-Hernando State College. She's been a registered nurse specializing in maternal/child nursing for the past six years. She just recently moved from Florida where she was working with Healthy Families serving families and newborns affected with substance abuse. Before that, Ryan has experience working in community healthcare with pregnant mothers, and working in a hospital Mother/Baby Unit and the newborn nursery for four years. Ryan has knowledge in pregnancy, labor and birth, child development, assisting with breastfeeding and has completed a breastfeeding counselor course. Ryan's passion is helping families succeed, advocate for themselves and their children, and ensuring that all families have equal access to healthcare. Ryan will be serving families in our Healthy Start program. We're so excited to have her on board!

## Events & Classes

- **Mobile Diaper Day, Sept. 21 10:30am-12pm**

Drive by our event to receive free diapers, wipes, and much more, while supplies last! The event will be at Douglasville WIC: 6770 Selman Drive, Douglasville, GA 30134.

- **Stork's Nest**

Our local Stork's Nest is offering **free**, app-based learning modules for prenatal education classes. Earn a \$10 gift card per module! Register at <https://tinyurl.com/36k55u56> using Rho Xi Zeta for question 4.

- **Riverside Neighborhood Community Garden, Sundays 1-2pm**

The garden offers **free** membership and classes. Free food is also given to volunteers. The garden is located at 875 Riverside Parkway, Austell, GA 30168. For more information, email: [RNCommunityGarden@gmail.com](mailto:RNCommunityGarden@gmail.com).

- **Inspiring Fathers, Wednesdays 7-8pm**

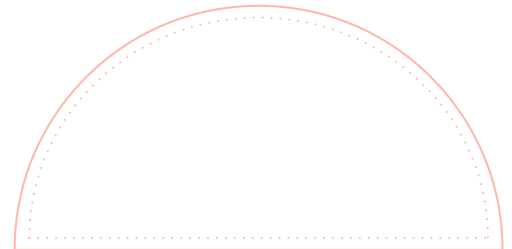
This **free** program is designed for dads and expecting fathers who wish to learn more about fatherhood skills, traits, and practices over a three-month program cycle. It focuses on strengthening family resiliency, fatherhood involvement, and knowledge about parenting skills. This class follows the 24/7 Dads Curriculum and is held via Zoom. Call Chris White at 404-782-7158, for more information.

- **Baby Safety Workshop**

In this **free** 90-minute online workshop you will learn about common baby safety issues. To view dates and to register, visit <https://yourbabyacademy.com/free-online-baby-safety-workshop/>

- **Healthy Start Support Group**

CDPH's Healthy Start program recently launched a support group for moms led by a therapist. Whether you're expecting or recently had your baby, you are welcome to attend. The group meets Tuesday evenings from 6-7:30pm. Contact Anna Long at [anna.long@dph.ga.gov](mailto:anna.long@dph.ga.gov) if you're interested in joining.



## FEATURED PROGRAM: SAFE KIDS

Did you know that preventable injuries are the #1 cause of death for children in the US? For this reason, Safe Kids Cobb and Douglas Coalitions have provided vital injury prevention education to the community for 30 years. Their mission is to reduce the number of unintentional injuries of children ages 19 and under through public awareness, community partnerships, advocacy, and distribution of safety equipment and education of its proper use. Safe Kids Cobb and Douglas Coalitions provide education on Car Seat Safety, Infant Safe Sleep, Water Safety, Bike Safety, Pedestrian Safety, Home Safety, and Youth Sports Safety. Both coalitions provide one-on-one car seat safety education by appointment and new car seats for eligible families for \$20. For more information, contact Melissa Chan-Leiba at 770-852-3285 or visit us at: [www.safekidscobbcounty.org](http://www.safekidscobbcounty.org) and [www.safekidsdoughlascounty.org](http://www.safekidsdoughlascounty.org)