

Infant CPR & Safety

Information. Prevention. Resources

Information and Resources E-Book



Birth & Family
Education

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Safe Sleep Basics

- Make sure nothing is covering the baby's head
- Dress Baby is sleep-specific clothing, such as a one-piece sleeper. Do not use a blanket.
- Always place baby on their back to sleep.
- Keep pillows, bumpers, toys, sheepskins, and blankets out of baby's sleep space.
- For infants less than 6 months of age, place baby in a separate safe sleep space that is also near where the parents sleep.
- Do not smoke or let anyone smoke around the baby.
- Between 68° and 72° is a recommended range for room temperature
- Babies often need one more layer for sleeping comfort than adults do.



What Makes a Sleep Space Safe?

In 2022, the Consumer Product Safety Commission released new product safety rules for infant sleep products such as bassinets, cradles, play yards, and cribside sleepers. The new rules will apply to products manufactured on or after June 23, 2022.

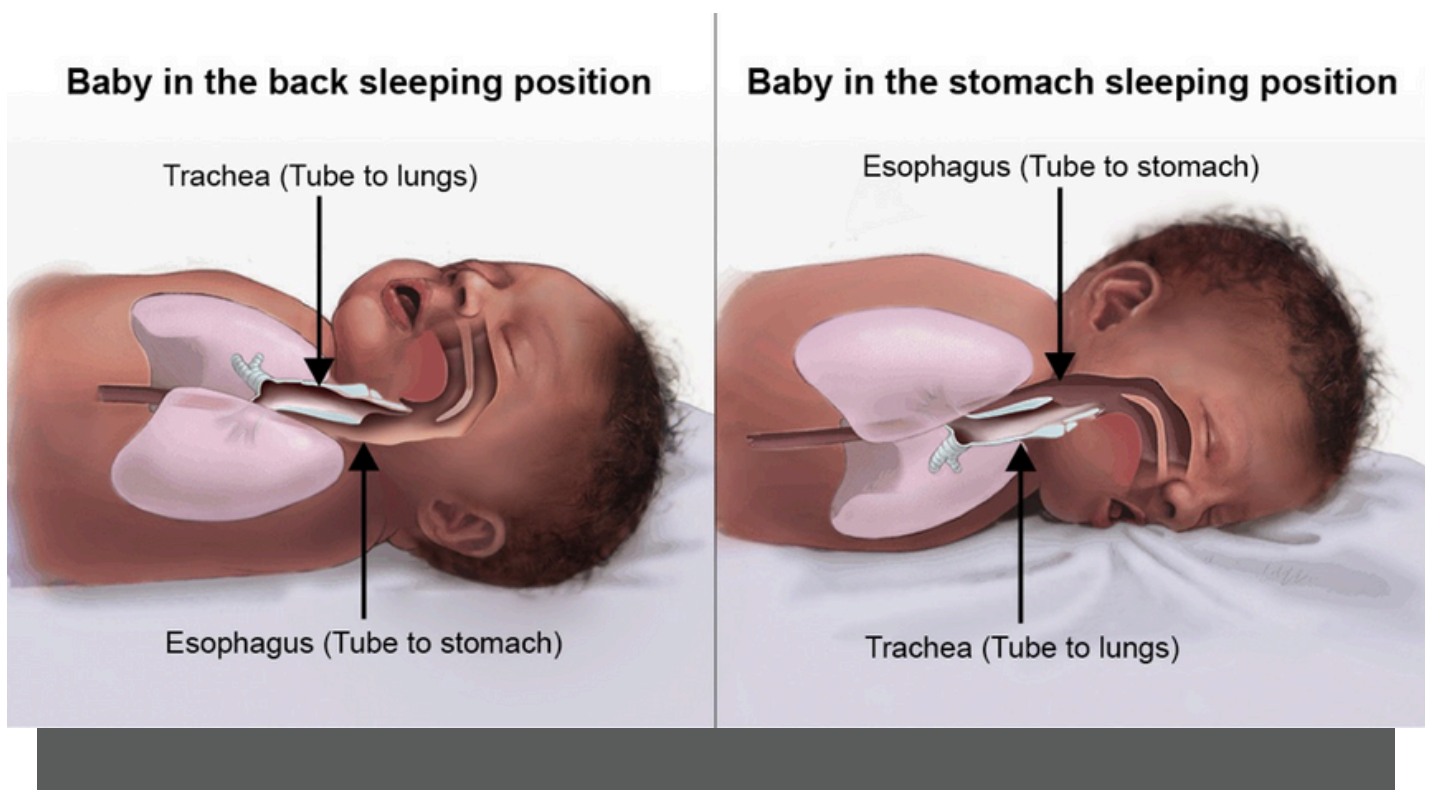
How can you tell if a product manufactured before June 2022 meets the standards for safe sleep?

- FLAT: Inclined sleep surfaces should be no greater than 10 degrees.
- FIRM: The surface of a sleeping product should not be too soft because this poses a suffocation risk.
- Avoid soft or padded sides. Any soft surface is a suffocation risk for infants.
- Ensure sides are high enough to prevent the infant from falling and use the provided harnesses.

Why is “Back Best”?

Take a look at baby’s anatomy.

When a baby is placed on their back the esophagus is below the trachea which helps prevent spit up or saliva from entering the trachea during sleep.



PART 2

Feeding Safety



Feeding 0-6-month-olds & beyond.

Preparing Food for Your Baby: Breastmilk and Formula

- ✓ **Wash your hands** well before preparing bottles or feeding your baby, and use clean, sanitized bottles.
- ✓ Carefully read and follow the instructions on the infant formula container. **Measure water first, then powder.**
- ✓ **Never add extra water or foods** (powdered formula or purees) to a bottle without specific instructions from your baby's care provider.
- ✓ If your baby is younger than 3 months old, was born prematurely, or has a weakened immune system, you may want to take extra precautions in preparing your infant's formula to protect against *Cronobacter*, a rare but serious infection that can be caused by germs in powdered infant formula.
Use hot water to prepare formula!



Never heat breast milk or formula in the microwave!

You can warm milk under hot tap water, in water that has been warmed over the stove, or using a bottle warmer.

When heating baby's milk, always swirl the liquid to even out the temperature and test on top of your hand before feeding. Milk that's 'baby-ready' should feel lukewarm.



Warming and Using Breast Milk and Formula

- Use prepared infant formula within 2 hours of preparation and within 1 hour from when feeding begins.
- If you do not start to use it within 2 hours, immediately store the bottle in the fridge and use it within 24 hours.
- Breast milk can be stored for about 4 hours at room temperature, 4 days in the refrigerator, and 4 months in the average freezer.
- Breast milk that has been thawed from frozen should also be used within 24 hours. It cannot be re-frozen.
- Discard formula or breast milk left in the bottle after feeding your baby.

How do I know my baby is Ready to start solids?

- ✓ Baby can sit up well without support.
- ✓ Baby has lost the tongue-thrust reflex and does not automatically push solids out of their mouth with their tongue.
- ✓ Baby is ready and willing to chew.
- ✓ Baby is developing a “pincer” grasp, where they pick up food or other objects between thumb and forefinger. Baby is eager to participate in mealtime and may try to grab food and put it in their mouth.



Prepare your baby's food in soft, tiny pieces - remember their airway is only 4 mm in diameter!

Choking

It is developmentally normal for a baby to want to put
EVERYTHING in their mouths!

Follow these tips to help avoid common choking hazards:

- Always SUPERVISE your baby when they are eating or playing. Designate a time and place for meals.
- Children under 5 should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or cubes, hard candy, nuts, grapes, marshmallows or popcorn.
- Check new toys and games for small parts or pieces, magnets, or batteries that can pose a choking or other type of hazard. Choose age-appropriate toys for your child and read the manual.
- Keep your handbag or wallet out of reach

Button batteries are more than a choking hazard!

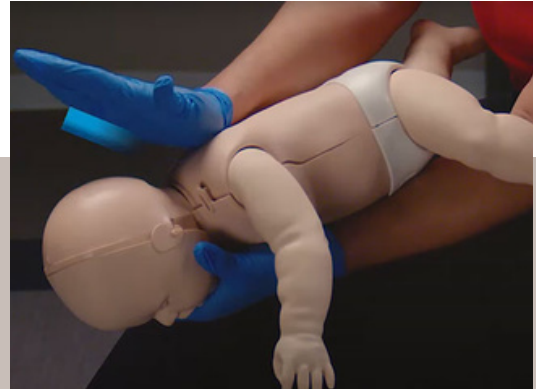
Prompt medical intervention is essential when parents find an open battery compartment or missing battery that may have been swallowed by an infant or young child.

EVERY MINUTE COUNTS!

Visit the nearest pediatric ED immediately.

Infant Choking Rescue

- ✓ Lay the infant face down on your forearm. Hold the infant's jaw with your thumb and forefinger, supporting their chest with your hand. Use your lap for support and point the infant's head downward, keeping their head lower than their body.
- ✓ Using your free hand, give 5 quick, forceful blows between the infant's shoulder blades.
- ✓ Sandwich the infant's head between your hands and gently roll them face-up, keeping their head low.
- ✓ Place two fingers at the center of the chest along the breastbone, just below the nipple line.
- ✓ Give 5 quick thrusts, compressing about 1/3 the depth of the chest and allowing recoil between.
- ✓ Continue this pattern of 5 back blows and 5 chest thrusts until the airway block is dislodged or the infant becomes unresponsive.



Remember that choking doesn't sound like gagging or coughing. Choking is silent. Baby will be alert, possibly panicking, but making no sound. If a baby is gagging or coughing, encourage them to continue to clear their mouths of the object, but do not scare them, move them, or cause them to choke.

Infant CPR

Infant CPR is done when a baby is unresponsive and not breathing normally.

Remember C-A-B. Compressions, Airway, Breaths.

Here are the steps for effective friends & family level infant CPR:

1. Check the scene for safety.
2. Check the infant for responsiveness by tapping them on the foot and shouting their name.
3. Activate the emergency response. Have a bystander call 9-1-1 and get an AED if available.
4. Move the infant to a flat, hard surface above the ground, if available.
5. Check the infant's breathing by observing or feeling for chest rise and fall.
6. If the infant is unresponsive and not breathing, begin CPR. Place two fingers or two thumbs at the center of the chest, just below the nipple line. Perform 30 compressions, compressing to $\frac{1}{3}$ the depth of the chest.
7. Open the infant's airway by performing a gentle head-tilt, chin lift.
8. Give 2 normal breaths, about 1 second per breath.
9. Continue the pattern of 30 compressions, 2 breaths, until help arrives.

CPR Special Circumstances

- ✓ If you are alone but have your phone, check for responsiveness and then call 911
- ✓ If you are alone without your phone and the event was witnessed, then take the baby with you, call 911, and then begin CPR. If the event was unwitnessed, then complete 5 rounds of CPR before moving the baby to call 911.
- ✓ If CPR needs to be done and you are in the car, always perform CPR in the trunk. Never on the hood of the car and never on the side of the road.



If you are with someone else who knows how to perform CPR, switch off after every 5 sets to avoid fatigue.

PART 5

Safety Around The Home



Baby Proofing, Fire Safety, Water Safety,
Firearms, and Medication Storage

Baby Proofing Checklist



- Secure heavy furniture, TVs, bookcases, dressers, and changing tables to the wall with anchors or tethers.
- Pull the crib away from other furniture
- Install safety guards on windows
- Lower the crib mattress
- Use non-slip rug liners
- Put safety covers over electrical outlets
- Hide electrical cords
- Move tall floor lamps behind other furniture
- Remove blinds with looped cords
- Place baby gates at the top and bottom of the stairs
- Install fireplace screens around hearths
- Place lockable covers on the garbage can
- Install stove knob covers and cook on the back burners
- Move knives, cleaners, and heavy items to locked cupboards
- Remove tablecloths
- Keep dishware and glasses out of reach
- Unplug and store small appliances when not in use
- Install a safety lock on the toilet seat
- Store medications out of reach
- Check the garage door safety sensor
- Safely store tools, cleaning supplies, laundry essentials, and toxic substances in locked cabinets and out of reach

Fire Safety

- ✓ Install and inspect smoke alarms and carbon monoxide detectors. Place at least 1 on each floor of your home, in or just outside sleeping areas, and near electrical appliances. Check the batteries every 6 months.
- ✓ Designate one person to get infants and small children out safely. Have a backup plan for young children, just in case the primary person is overcome by smoke
- ✓ Create and practice a home fire escape plan with two escape routes out of each room of the house. Designate a meeting point across the street or next door to your home – not in front!
- ✓ Remember PASS for how to use a fire extinguisher.
PULL the pin, AIM the nozzle at the base of the fire, SQUEEZE the handle, SWEEP from side to side
- ✓ Sleep with bedroom doors closed.



Every home needs at least 1 fire extinguisher and most need 2-3. It is important to have a fire extinguisher in or near the kitchen! You will also want one on each floor of your home, preferably somewhere like a central hallway. Dry chemical fire extinguishers are preferable since they are safe to use on small electrical or grease fires

Poison Prevention

- ✓ STORE MEDICATIONS OUT OF SIGHT AND OUT OF REACH, EVERY TIME.
- ✓ Remember that poisoning can happen with many substances, including cleaning products, plants, and alcoholic beverages.
- ✓ Store the Poison Control number in your cell phone and have it posted prominently in the kitchen and bathrooms.
- ✓ Start the practice of not taking medications in front of children to model safe behavior
- ✓ Talk with family members and other caregivers to ensure that medication is stored safely in all locations where baby may be.



POISON HELP LINE:

1-800-222-1222



Water Safety

- **Small children can drown in less than 1 inch of water!**
- Gather all supplies for bathing ahead of time
- Never leave your baby unattended in or near water, and keep a hand on them while bathing
- Empty tubs and pools immediately after use
- Be mindful of water temperature: a wet baby is easily chilled. The ideal temperature is around 100°F
- Babies under 6 months of age should not regularly go underwater: avoid your baby swallowing excess water!
- Avoid distractions – no cell phone zone!



Sun Safety

- **Babies are at special risk for heatstroke and sunburn because of their thin, delicate skin and small bodies.**

For infants under 6 months:

- Sunscreen is not recommended unless the sun cannot be avoided! Small amounts are okay. Shade is preferred.
- Avoid sun exposure as much as possible, especially between 10 am and 2 pm when the sun's rays are strongest.
- Dress the baby in lightweight cotton clothing with a wide-brimmed hat. Stay in the shade; use an umbrella or stroller canopy.

After 6 months of age, sunscreen can be used. Mineral-based sunscreens designed for infants are preferred.

- Apply sunscreen 30 minutes prior to sun exposure and reapply throughout the day, especially if the baby goes in the water.

Firearm Safety

- ✓ In 2020, firearm-related injuries surpassed motor vehicle crashes as the #1 cause of death for people ages 1 to 19 in the United States.

These statistics do not convey the effect of non-fatal injuries or the emotional stress of witnessing gun violence.

- ✓ **The American Academy of Pediatrics (AAP) advises that the safest home for a child is one without guns.** The most effective way to prevent unintentional gun injuries, suicide and homicide to children and adolescents, research shows, is the absence of guns from homes and communities.

- ✓ All guns in your home should be *locked and unloaded, with ammunition locked separately*. Make sure children and teens can't access the keys or combinations to lock boxes or gun safes. And remember not to keep loaded, unlocked guns in the car, or anywhere else on your property, either.



Studies show that 1 in 3 NC parents own a firearm, and over 1 in 4 of those parents' firearms are unsecured.

- ✓ Parents and guardians ask all sorts of questions before they allow their children to visit other homes; they ask about pets in the house, discuss allergies and screen time, and ask questions about supervision. As part of the End Family Fire campaign, ASK encourages parents and guardians to add one more question to this conversation:
"Is there an unlocked gun in your house?"

Car Seat Safety

Road injuries are still a leading cause of preventable deaths and injuries among children in the United States. Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

Over half of all car seats are not used or installed correctly.

Putting Your Baby in Their Seat:

1. Place your baby in the seat.

Your baby's back and bottom should be flat against the car seat. Do not put anything behind or underneath them, such as a blanket or pillow.

2. Check the harness straps.

Make sure that the harness straps come through the car seat's slots at or just below your baby's shoulders.

3. Buckle and tighten the harness so it is snug.

Do the Pinch Test to make sure you cannot pinch the harness strap at your baby's shoulders. You will need to loosen and tighten the harness each time you put your child in the car seat to get a snug fit.

4. Position the chest clip.

It needs to be level with your baby's armpits.

Car Seat Safety Reminders

- ✓ Visit buckleupnc.org to find Permanent Checking Stations where you can have your car seat inspected or installed.
- ✓ Register your car seat to be notified of potential recalls.
- ✓ Bulky items should never be worn in the car seat. Do not use positioners that did not come with your car seat or place items behind your baby or around the straps. There are safe options to keep baby warm in their seat!
- ✓ A-C-T to avoid Heat Stroke. Never leave a child alone in the car for any amount of time. Create reminders and take action if you ever see a child in a car alone.
- ✓ Infants should always be rear facing
- ✓ There should be no more than an inch of movement at the belt path when a seat is installed
- ✓ The chest clip should be at armpit level, with the strap unable to be pinched.



Install your car seat by 36 weeks of pregnancy and have the installation checked by a CPST.

An ounce of prevention is
worth a pound of cure.

-Benjamin Franklin

Conclusion and Next Steps

Please see the resources list sent by your instructor for links, videos, and more information. We hope that this class and accompanying e-book have given you the information and resources necessary to enter parenthood with confidence and peace of mind.

Thank you!

LEARN MORE ABOUT
BIRTH & FAMILY EDUCATION
AT WAKEMED



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