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Home & Travel

Kindness, consideration for others, love and cleanliness create an atmosphere of peace and serenity in the home. A baby absorbs this from his or her parents and will thrive in this environment. Here is what you need to know about bringing your baby home, including how to create a safe sleep environment, introduce your newborn to siblings, and safely travel with your baby in a car and an airplane.



Home Life



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The Newborn's Room

A NEWBORN NEEDS A WARMER room than an older baby. For the first few weeks, keep the temperature of the room around 68 to 72 degrees, both during the day and at night. For older babies, keep the daytime temperature between 65 and 70 degrees.

The baby's room also needs fresh air, but be careful of drafts. Indirect ventila-

tion, achieved by keeping the door and windows open in an adjacent room, is often best for the first few weeks of life or if the baby has cold symptoms.

Never use an open gas heater in a baby's room. Electric heat or a ventilated gas heater is better. If an open gas heater is all that is available, we advise you to open at least one window in the room for direct ventilation.

Dealing with Older Siblings

CHILDREN OVER 6 YEARS OLD should join the adults in welcoming their newborn brother or sister, and can help care for the baby. If they want to hold and cuddle their new sibling, you can seat them in the middle of your bed and allow them to safely hold the baby under supervision. Children under 3 years

old are usually too immature to share much "pride of ownership" in the new baby since they are really only babies themselves. It's normal for siblings to feel jealous when a tiny (but popular) stranger becomes the center of attention. Include the siblings and introduce them as the "big brother" or "big sister" to family and friends.



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Safe Sleep

THE AMERICAN ACADEMY OF Pediatrics updated its safe sleep recommendations in 2016 to protect infants against sleep-related deaths, including Sudden Infant Death Syndrome (SIDS). The following is what you need to know:



1 Always put babies to sleep on their backs for the first year of life. As your baby gets older, she may roll from her back to her stomach, which is OK.



2 The AAP recommends all infants sleep in the same room as their parents until they are at least 6 months old, and preferably 1 year old.

3 Avoid these items in the crib



Blankets



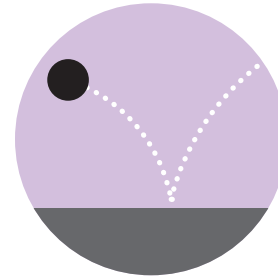
Bumpers



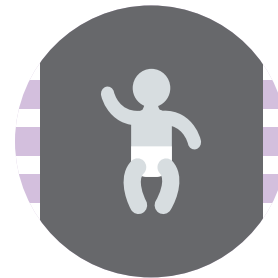
Pillows



Stuffed toys



4 Babies should always sleep on a firm mattress that fits snugly in the crib, covered with a fitted sheet.



5 The crib or bassinet should meet current safety standards. There should never be any loose or soft objects in it.



6 Using a pacifier at nap and bedtime helps reduce the risk of sleep-related death, including Sudden Infant Death Syndrome (SIDS).

7 Your infant can be brought into your bed for feeding or comfort, but should be returned to their own crib or bassinet before you go to sleep.

8 Do not put your baby down to nap or sleep in:



Your bed



A sibling's bed



A car seat



A reclining sleeper



A stroller



A couch or armchair



An infant swing

Traveling With Your Newborn



When going out with your newborn, try to avoid crowds for the first month and plan outings between feedings. Always have a bottle with breast milk or formula and extra diapers with you in case you are delayed.

Child Safety on Airplanes

AIR TRAVEL IS GENERALLY OK IF your baby is in good health starting around 1 month of age. Be sure to talk to your doctor before any international travel.

To help relieve pressure in the ears during takeoff and landing, have your infant either nurse or take a bottle.

The safest place for an infant if there is turbulence or an emergency is in a child restraint system (CRS).

A CRS is a hard-backed child safety seat approved for use in both motor vehicles and airplanes. The CRS must be government approved and have the following message on it or you might have to check it as baggage: "This restraint is certified for use in motor vehicles and aircraft." The CRS should be no wider than 16 inches. You can only use it in a window seat and not in an emergency row.



Child Safety in the Car

YOUR CHILD MUST ALWAYS RIDE in a car seat when in the car. The following are details about the types of car seats that are safe for newborns and infants.

- All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years old.
- Infant car seats are small and have carrying handles. They may come with a base that can be left in the car.
- Convertible car seats can also be placed in a rear-facing position, but they have higher height and weight limits (up to 30 to 40 pounds), which make them ideal for bigger babies. Convertible seats usually have a five-



- point harness that attaches at the shoulders, at the hips, and between the legs.
- 3-in-1 seats can be used rear-facing, forward-facing, or as a belt-positioning booster. These seats are

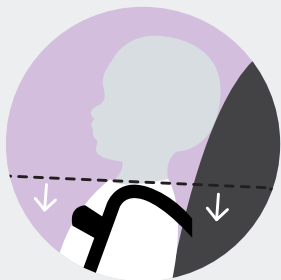
bigger in size, so adequate space in the vehicle is required. They may have higher rear-facing height and weight limits (35 to 40 pounds) than infant-only seats, which make them ideal for bigger babies.

Common Car Seat Concerns

Baby slouches down or to the side in his car seat: You can place blanket rolls on both sides of your baby and place a diaper or small blanket between him and the car seat's crotch strap. Do not place padding under or behind him or use a car seat insert unless it came with the seat or was made by the seat's manufacturer.

Child's feet touch the seat when in a rear-facing position: Don't worry if your child's feet touch the vehicle seat. He can easily bend his legs to keep comfortable. Also, it is rare for there to be leg injuries in the event of an accident.

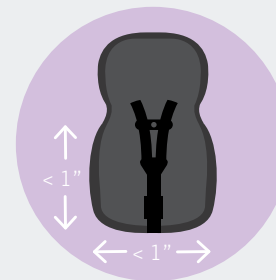
Installation Tips for Rear-Facing Seats



1 Place the harness in your rear-facing seat in the slots that are at or below your baby's shoulders.



2 Ensure that the harness is snug and that the harness clip is positioned at the mid-chest level.



3 Make sure the car safety seat is installed tightly in the vehicle. If you can move the seat at the belt path more than an inch side-to-side or front-to-back, it's not tight enough.



4 Make sure that the seat is at the correct angle so your infant's head does not flop forward. Many seats have angle indicators or adjusters that can help prevent this.