

Infant Safe Sleep

In our community, far too many babies have tragically died when they accidentally became trapped by an adult or older sibling's body, bedcovers, or couch cushions. Use these tips* to keep your sleeping baby safe—every time.

- The safest place for a baby to sleep is in a crib with a firm mattress that fits tight, without any space between the mattress and the side of the crib.
- Place your baby on his or her back for sleep - **every** time!
- Always use a firm sleep surface- babies should never sleep on soft surfaces (such as sofas, arm chairs, or pillows), not even for a nap.
- Keep soft objects or loose bedding out of the crib. This means the crib should be free of pillows, wedges/positioners, loose sheets, blankets, toys, and bumper pads. Bumper pads may look nice, but they pose a risk to baby for suffocation, strangulation or entrapment.
- The baby should sleep in the same room as the parents, but **not** in the same bed.
- Car seats are not recommended for routine sleep.
- Don't smoke during pregnancy or after the baby is born. And don't let anyone else smoke around your baby.
- Don't let your baby get too warm; don't bundle the baby with lots of blankets. Dress your baby in a wearable light blanket sleeper at bedtime and keep the room temperature between 65-70 degrees.
- Don't ever fall asleep with your baby and don't let anyone else sleep with your baby (such as an older child). Not even one time. Always keep your baby safe.
- Make sure your baby has a safe place to sleep when visiting or traveling.
- Remember to tell your family, friends, and child care providers about these infant safe sleep tips. **Insist** that when they care for your baby, they follow these safe sleep tips so that your baby sleeps safe **every** time.

*Adapted from the American Academy of Pediatrics (AAP) Infant Sleep Safety & SIDS Risk Reduction



**Give your baby some space.
Share the room.
Not the bed.**

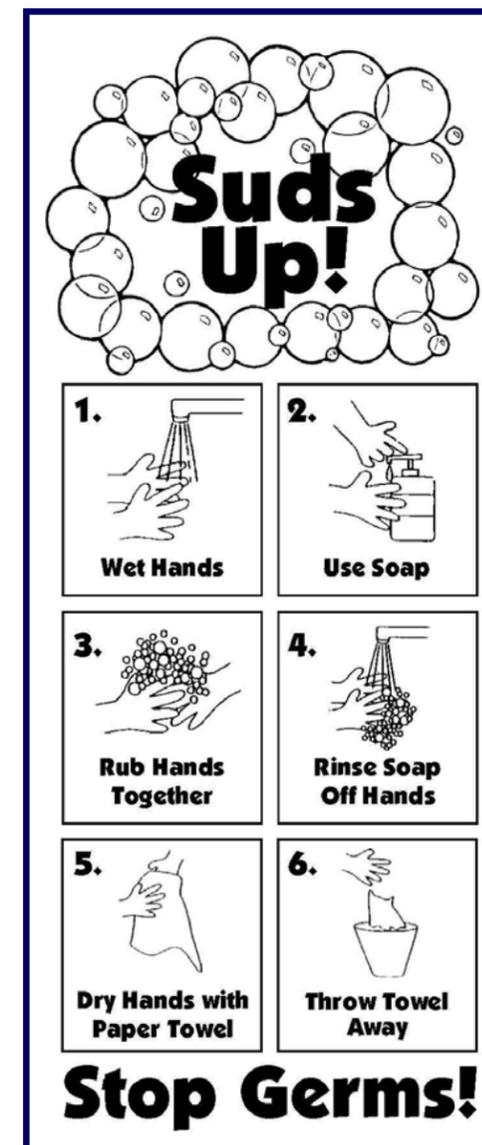
Keep Your Home Flu-Free!

With the weather getting colder it is time to make sure your family is protected from the flu! The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia. Keep your home flu-free by getting a flu vaccine for **all** members of your household. Recommendations are to vaccinate all people ages 6 months of age and older.

Getting a flu vaccine is specially important for:

- Children between 6 months and 5 years old
- Anyone with a chronic health condition such as asthma, diabetes or heart disease
- Pregnant women
- Adults 65 years of age and older
- Parents and caregivers of children under 6 months of age (because children under 6 months are too young to get the vaccine)

Talk to your health care provider about getting your family vaccinated today! No insurance? Call 435-2000 for information on where to get your family a flu vaccine.



Healthy Recipe

Pumpkin Pancakes

Ingredients:

- 2 eggs
- 2 1/2 cups 1% milk
- 1 cup canned pumpkin
- 3 cups biscuit mix
- 1 teaspoon cinnamon



Directions:

In a large bowl, beat together eggs and milk. Stir remaining ingredients into egg mixture until smooth. Drop 1/4 cup of pancake mix onto a large skillet over medium heat. Cook pancake on both sides until golden brown.

Resources



Text4baby provides free text messages 3 times a week with information to help you through your pregnancy and baby's first year. To sign up: text BABY (BEBE para Espanol) to 511411 or visit www.text4baby.org.

Pregnant? Have a new baby or young kids?

Call 435-2000
www.onhealthyfamilies.com
facebook.com/healthyfamiliesonondaga

Healthy Start News

Celebrating Over 10 Years of Syracuse Healthy Start

Volume 6, Issue 4 ■ Fall 2012

2nd Annual Syracuse Stroll



September was National Infant Mortality Awareness Month. To celebrate every baby's first birthday, Syracuse Healthy Start sponsored the 2nd Annual Syracuse Stroll at Kirk Park in Syracuse. Dr. Cynthia Morrow, Onondaga County Commissioner of Health, spoke at the event and stressed the importance of women receiving early prenatal care, education, and support to help make choices that contribute to a healthy pregnancy and a healthy baby.



Thinking about getting pregnant?

Taking care of yourself is very important. You should make sure to:

- Get prenatal care – this is the care you get while you are pregnant from a doctor, midwife or other health care professional.
- Eat healthy – try to maintain a well-balanced diet with lean meats, fruits, vegetables, whole-grain breads and low-fat dairy products.
- Take prenatal vitamins – make sure that the growing baby and you are getting enough nutrients (prenatal vitamins are a good source of calcium, folic acid, and iron).
- Drink plenty of water – drinking a lot of water can help prevent common problems such as dehydration and constipation.
- Exercise – low-impact; walking is a great choice.
- Sleep – it is important to get enough sleep during your pregnancy.
- Stop using tobacco and alcohol.
- See or talk to your doctor about any medications before taking them.

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Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.

Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
Commissioner of Health
www.ongov.net

Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration.

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