

Sickness & Health

Thermometers

- ✔ **Safe:** Digital multiuse thermometer

- ⚠ **Caution:** Ear thermometer, Temporal thermometer

- ⊘ **Shady:** Pacifier thermometer, temperature dots, tactile/touch

Teething Products

- ✔ **Safe:** solid teething toys, cold washcloth

- ⊘ **Shady:** tooth gels, amber teething necklaces, teething tablets, fluid filled teethers

Proven Symptoms of Teething	Teething Does Not Cause
<ul style="list-style-type: none"> • Increased drooling and saliva • Facial rash • Increased need to chew • Gum pain 	<ul style="list-style-type: none"> • Fever • Severe pain • Diarrhea • Diaper rash • Runny nose

Other Health Products

- ✔ **Safe:** saline spray, NoseFrida

- ⊘ **Shady:** Suctioning bulb, Windi, cotton swabs

Medications

- ✔ **Safe:** Acetaminophen

- ⚠ **Caution:** Ibuprofen

- ⊘ **Shady:** Allergy medications, cold medications, gas and colic medications

- ✔ **Safe Medication Use:**
 - Consult your pediatrician prior to use
 - Dose medication based on your baby's current weight and age
 - Give medication using dosing device provided with medication
 - Keep all medications up, away, and out of sight from children

- ✔ **Medication Resources:**
 - **Poison Control**, 1-800-222-1222 –Emergency treatment recommendations for poisoning and toxic exposures
 - **American Academy of Pediatrics**, healthychildren.org -Dosing charts and questions to common medications
 - **LactMed**, toxnet.nlm.nih.gov – Medication information during breastfeeding

Safe or Shady?

More than half of new parents are not following current, evidence based recommendations by the Consumer Product Safety Commission and American Academy of Pediatrics.

New families are overwhelmed with information. Families use the Internet, follow news feeds, blogs, and social network groups without knowing if the sources of information are reputable.

Many baby products sold in stores and online are marketed as safe and critical to have when, in fact, they are neither.

A Review of Popular Newborn Products

SIMPLE IS SAFEST

BORING IS BEST

Just because it's sold,
doesn't mean its safe

Resources

American Academy of Pediatrics, healthychildren.org
Consumer Product Safety Commission, cpsc.gov
Safe to Sleep Campaign, www1.nichd.nih.gov

Presented
by the
nurses of



Clothing & Grooming

Nail Care

✔ **Safe:** Nail file

⊘ **Shady:** Nail clippers, mittens, biting nails

Skin Care

✔ **Safe:** chemical-free and unscented soaps, coconut oil,

⊘ **Shady:** lotions, baby powder, baby oil, bubble bath, undiluted essential oils

Bath Care

✔ **Safe:** Infant bath slings, tubs, and foam pads

⊘ **Shady :** bath chairs, temperature indicators

Baby Gear & Furniture

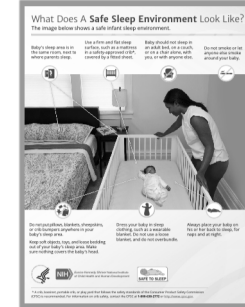
✔ **Safe:** new cribs, new car seats

⚠ **Caution:** Swings, Rock 'n Play

⊘ **Shady** Bath chairs, walkers, Bumbo Infant Floor Seat

Sleep

✔ **Safe:**



⊘ **Shady** bumpers, loose blankets, positioners, heart monitors such as Owlet, alternative sleep surfaces such as a Rock 'n Play, toys, and stuffed animals

Car & Bike

✔ **Safe:** rear facing car seat for minimum of 2 years, new car seat, checked by certified car seat technician



Did you know?
Babies should not be in a car seat more than 2 hours at a time

⊘ **Shady :** ANY products NOT sold with car seat, car seat toys, car seat mirrors, car seat add-on items such as strap pads, bike trailers or bike seats prior to 1 year of age, bulky coats or blankets in car seat, used car seats