

Check that your crib is safe:

- made after 1986
- solid frame, no loose screws
- firm mattress
- bars must lock into place
- bars must be less than 6 cm apart
- no blankets, pillows or bedding

If your baby is going to sleep in your bed, make sure to:

- Avoid all alcohol, drugs or medication for anyone sharing baby's bed.
- Use a firm mattress and keep blankets, pillows and bedding to a minimum.
- Prevent spaces against a wall or headboard where baby could become trapped.
- Always be alert and aware that there is a small baby in your bed.

Prepare siblings for the new arrival

Talk to your other children about the new baby. Let them help you unpack their old baby clothes for the new brother or sister. They can make some pictures to welcome baby home. While you are out of town you can pick up a small gift from the dollar store that the new baby can "give" to them.

Choose a method of birth control

If you want to get pregnant again right away, make sure to continue taking your folic acid or prenatal vitamins.



If you **do not** want to get pregnant again right away, you should have a plan to start birth control right after your baby is born. (Breastfeeding does not work for birth control). Talk to your nurse, doctor or CHR for more information.

CH-9

Version française disponible



Preparing your home for baby



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

After baby is born you may be too busy, excited or tired to get much done. So plan ahead:

Have some food ready at home

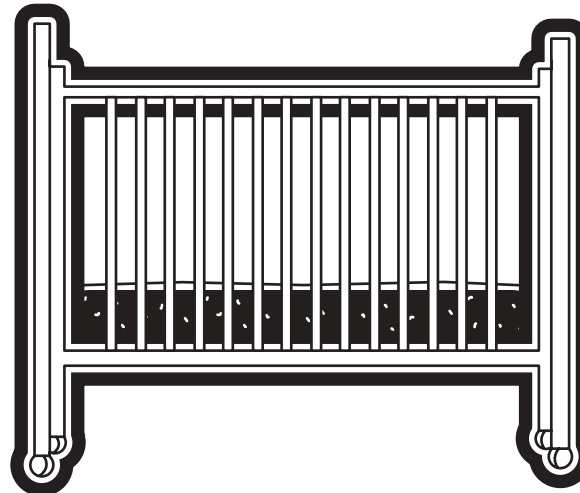
Before you leave, cook and freeze some meals for when you get home. While you are in the hospital ask family and friends to cook some more!



Make a bed for baby

Baby is safest in his own bed.

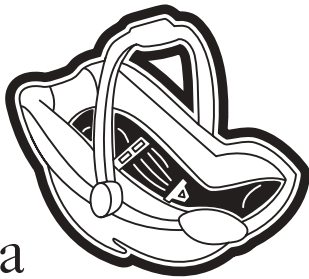
Always put your baby to **sleep on his back**, to protect him from Sudden Infant Death Syndrome (SIDS) or crib death.



Get a car seat

Your newborn baby will need a rear-facing infant car seat. An infant car seat is the only safe way for baby to ride in a car, and is required by law.

Ask around—you may be able to borrow one from friends or family whose baby has grown too big for theirs.

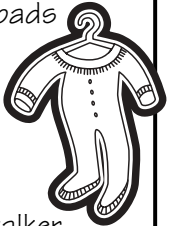


Get equipped

Buy diapers, an infant thermometer, nursing bras, and menstrual pads (for after childbirth).

Borrow or buy baby clothes, a stroller, infant swing.

DO NOT plan to use a baby walker. These are dangerous and selling them is no longer allowed in Canada.



Get a smoke alarm

Have one on every floor, and one for the kitchen or other cooking or fire areas. Test the batteries and replace them twice a year (you can do this when the time changes in the spring and fall).



Turn down your hot water heater

Lower the temperature on your hot water heater to 49° C (120° F). This will protect baby and other family members from burns.

