

Grandparenting Checklist (0-12 months)

Safe Sleep

- always on their backs to sleep
- never left alone on a bed, couch or higher surface (change table)
- refrain from allowing bottles in sleeping area
- avoid toys, bumper pads, pillows or blanket in the sleeping area
- Make sure the baby is not dressed too warm during sleep time,
- ensure sleep sacks are fitted snug, and are appropriate for the age of the infant
- do not use any wedges to help baby stay in one spot, or on their sides

Baby's room – furniture

- cribs should be Canadian approved
- make sure the crib is away from window covering strings/ cords
- baby monitor cords should be away from the crib
- The crib mattress should be fitted tightly to the crib without any large spaces
- fitted sheets should not be loose
- no teddy bears or toys in the crib
- When changing baby ensure the safety strap is used and do not leave baby unattended on the change table

Bathing

- Infants need only lukewarm water, and not much of it at all
- children must be always supervised in the bath
- bath seats are not recommended

Travel

- car seat should be bought in Canada and should be brand new
- car seats need to be approved for age and weight of infant
- car seats are rear facing at this age
- middle of the back seat is the safest position for the car seat
- car seats should always be placed on the ground and never on counters or tables
- frequent stops when travelling with an infant to remove child from car seat for breathing, feeding and changing
- never wear bulky clothing like snowsuits in the car seat

Feeding

- feeding should take place at least every 3 hours
- keeping baby upright for 20 mins following feeds reduces spitting up and excess gas
- formula should be prepared using exact instructions on the information label
- thawed breastmilk should never be left out, or re-frozen. Always use within the hour
- sterilize all bottles, nipples and pacifiers
- Infants under 6 months of age should not be given solids and no solids should ever be fed via bottle