



UW Medicine

如何在家中维护宝宝的安全

重要的提示

作为新生儿的父母，您有很多事项需要考虑。本章为您介绍如何维护宝宝的安全、正常的身体症状以及如何防止跌倒和意外事故。

如何保护我的宝宝免受陌生人的侵害？

- 只允许您认识并信任的人进入您的家。绑架者可能是最近才与一个有新生儿的家庭交朋友的人。
- 在公共场所时、对刚认识的愿意照顾婴儿的人要警惕。不要让您的宝宝和您不太熟的人在一起、即使是一下下也不可。如您需要使用洗手间、请把宝宝一起带到厕所间里。
- 考虑您可能的风险、如您：
 - 在报纸上刊登出生通知。如要这样做、请不要包含您的地址。
 - 使用户外装饰品宣布婴儿的到来。气球、标语或大束鲜花等告诉陌生人您家有一个新生儿。



新生儿的健康和安全是父母的当前要务

我如何减少婴儿猝死综合症的风险？

婴儿猝死综合症 (SIDS) 是指不到 1 岁的婴儿突然意外死亡。我们不知道导致婴儿猝死综合症 (SIDS) 的原因、但是我们确实知道您可以采取一些措施来降低婴儿猝死综合症 (SIDS) 的风险。其中一些是：

- **仰卧。** 不论是小睡或晚上睡觉一定要让宝宝仰着睡。这是最安全的睡眠姿势。自从我们开始建议父母将婴儿仰睡以来、**婴儿猝死 (SIDS) 的人数就减少了一半。**

为了宝宝的安全、在小睡或睡眠时请遵照下列 ABC 三点：



独自睡小床



仰卧



靠近您的床

- **使用硬的床垫。**必需把宝宝放在硬的床垫、例如安全认证的婴儿床垫、上面覆盖一张铺紧的床单。**切勿**让宝宝在枕头、被子，羊皮或其他表面柔软的东西上睡觉。
- **亲哺。**与婴儿猝死综合症（SIDS）减少 50% 有关。换句话说、配方奶喂养会使婴儿猝死综合症（SIDS）的风险加倍。
- **清除宝宝睡眠区的杂物。**不要把柔软的物品、玩具和被褥、宽松的床单放在宝宝睡觉的地方。其中包括枕头、毛毯、被子、羊皮和婴儿床栏杆上的护垫。另外、请不要让其他物品靠近宝宝的脸。
- **请勿在宝宝周围吸烟。**婴儿出生前后请勿吸烟。不要让其他人在您的婴儿周围吸烟。
- **让宝宝有一个单独睡觉的地方。**宝宝睡觉的地方应靠近您。但和其他人的睡床、要分开。您宝宝不应该与成人或其他儿童一起睡在床上、沙发或扶椅上。但是、宝宝可以和您或他人在同一个房间里睡觉。如您在床上哺乳、请在喂养后把宝宝放在他独自睡觉的地方。
- **试着用奶嘴。**当母乳喂养进展顺利时、或大约 4 周后、可在宝宝入睡时使用干净、干燥的奶嘴。不要强迫宝宝来用。如您不是亲哺、就可以早些试用奶嘴。
- **让宝宝睡眠时舒适：**
 - 不要让宝宝太热。给宝宝穿上轻薄的睡衣就可。
 - 把房间保持在适合成年人的温度。
- **给宝宝接种疫苗。**遵循婴儿护理人员的建议进按时接种疫苗。
- **避免使用声称降低婴儿猝死综合症（SIDS）风险的产品，**它们多数是没做过功能性或安全性测试的。
- **不要依靠婴儿监护仪来降低婴儿猝死综合症（SIDS）的风险。**如您出于其他原因对使用监护仪有疑问、请与您的医疗保健提供者联系。

什么情况下可能会发生意外事故？

意外事故经常在这些情况下发：

- 婴儿独自一人、即使是很短的时间。
- 婴儿或保姆感到疲倦、病了、饿了、口渴或压力大。

- 家庭的作息惯例改变了。
- 其他人在照顾您宝宝。
- 宝宝学到了新的技能、例如爬行或走路。

为了降低发生意外事故的风险、请在这些时候密切注意宝宝的安全。
在没有可信赖的人照顾时、切勿离开婴儿。

如何保护我的宝宝不要跌倒？

婴儿是会跌倒。急诊室报告说、跌倒是 **0 至 2 岁** 儿童中最常见的意外事故。

新生儿常常在父母睡着了的时候从父母的怀里滑出来而跌落。为了防止宝宝跌落：

- 如您是剖腹产、请记住止痛药会使您困倦。
- 所有照顾者都应注意彼此的困倦情况。睡意可以随时很快地启动。当抱婴儿的人昏昏欲睡时、请将婴儿抱到安全的睡眠区。
- 请注意母乳喂养会释放体内的激素、使您放松和困倦。
- **切勿**让婴儿独自留在可能掉落的台面上。
- 在秋千、高脚椅、蹦蹦床和婴儿车上使用安全带

行车安全

汽车中发生的伤害是婴儿死亡的四大原因之一。

汽车安全座椅必须面向汽车后面、直到婴儿至少 **2 岁**。面向后的汽车座椅婴儿的安全性增高了 **5 倍**。如汽车出了车祸、在面朝后的汽车安全座椅中婴儿：

- 大大降低重伤的可能性
- 头部、颈部和脊柱受力较小
- 受到汽车座椅所提供“茧”的效应保护

请阅读本手册“车座”安全一章。

溺水

婴儿可能在 **2 英寸** 深的水中溺水。因此**切勿**将婴儿独自留在水中或水边。如您带婴儿上船、必须穿救生衣。



面向后的汽车座椅婴儿的安全性增高了 **5 倍**。



切勿将婴儿独自留在水中或水边

烧伤

婴儿的烧伤多半是房屋起火、吸入烟气、烫的液体和家用电器燃烧。为了保护宝宝的安全：

- 安装烟雾探测器和一氧化碳探测器。
- 家里放一个灭火器。
- 禁止在家里抽烟。
- 小心烫的液体：
 - 在喂宝宝的时候自己不要喝烫的东西。
 - 抱宝宝的时候切勿拿着或传递烫的东西。

哽咽

哽咽在婴儿中是很常见。心理有准备知道他会发生、也知道一旦发生了如何处理。可以做下列事项来防止窒息：

- 小的物件不要放在宝宝身边。
- 只给适合宝宝年龄的玩具和食物。

幼儿震摇伤害综合症

震摇婴儿或孩子时、会发生摇晃伤害综合症。当父母或照顾者想让哭闹的幼儿安静下来、但幼儿却还是不断地哭闹时、可能就会发生这种伤害。成人会感到沮丧、以至于摇了摇婴儿。**这种震摇可能会对婴儿的颈部、脊椎和眼睛造成持久性的伤害。**

与您的家人以及照顾您的婴儿的任何人谈论。告诉他们震摇晃婴儿的危险。

另请阅读“紫色哭闹期间”一章。它提供了如何抚慰婴儿的建议。还提供了一些技巧、提示婴儿的照顾者在感到沮丧、疲倦或不知所措时如何舒缓自己。

宝宝安全区

每个婴儿都需要一个玩耍和探索的地方。在家里至少创建一个婴儿安全区。您可以这么做：

- 使用障碍物或婴儿门圈出一个地方、保持地面清洁、按宝宝的年龄在这里放适合的玩具。

- 做家庭安全搜查。消除危险的物品或把它们锁起来。
- 任何设备都不能代替看护人。不要依赖婴儿监视器或其他设备来保护婴儿安全。
- 让宝宝有时间来：
 - 在婴儿安全区让宝宝自己玩
 - 每天醒着的时候、让宝宝又趴着的时间。



虽然对婴儿来说、仰卧睡觉是最安全的、但每天在清醒的时段让他们趴着也很重要。

咨询资源

婴儿猝死综合症(SIDS)

- 疾病预防与控制中心 (Centers for Disease Control and Prevention) : www.cdc.gov/SIDS
- 国立卫生研究院 (National Institutes of Health) : www.nichd.nih.gov/sids

幼儿震摇伤害综合症

- 紫色哭闹期: www.purplecrying.info
- 西雅图儿童医院的教育片: www.seattlechildrens.org/classes-community/community-programs/period-of-purple-crying/

婴儿车座的安全

请致电 1-800-282-5587 或上网: www.800bucklup.org.

日用品的安全

认知用来帮助照顾宝宝及宝宝成长的产品。要了解产品召回、安全提示、将家居、或其他宝宝会带留的地方儿童安全化的资讯；

请上网：

- 消费品安全委员会: www.cpsc.gov
- 美国安全儿童: www.safekids.org

有关宝宝安全的课程

欲了解有关确保婴儿安全的更多资讯、可参加包括婴儿心肺复苏术 (CPR) 及基本安全的婴儿安全课程。请上以下网站以了解有关婴儿安全课程的更多资讯：

- 华大医学 **UW Medicine:**
www.uwmedicine.org/services/obstetrics/childbirth-classes
- 美国心脏学会 **American Heart Association:**
www.cprseattle.com/adult-child-infant-cpr-aed-first-aid
- 西雅图儿童医院 **Seattle Children's:**
 - www.seattlechildrens.org/content.aspx?id=88132
 - www.seattlechildrens.org/classes-community/classes-events/cpr-and-first-aid-for-babysitters

现在、请回到本工作簿的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

您有疑问吗？

我们很重视您的提问。如对您的宝宝有疑问、请致电您的儿科医生。

紧急事故、请打 911.

Keeping Your Baby Safe at Home

Important tips

As the parent of a new baby, you have many issues to think about. This chapter explains how to keep your baby safe, what physical symptoms are normal, and how to prevent falls and accidents.

How can I protect my baby from strangers?

- Allow **only** people you know and trust well to enter your home. A kidnapper can be someone who has recently made friends with a family that has a new baby.
- When you are in public places, be alert to people you have just met who offer to watch your baby. Do **not** leave your baby, even for a moment, with someone you do not know very well. If you need to use the restroom, take your baby into the stall with you.
- Think about the risks you are taking if you:
 - Place a birth notice in the newspaper. If you do this, **never include your address.**
 - Use outdoor decorations to announce your infant's arrival. Balloons, signs, or large bouquets of flowers tell strangers that you have a new baby in the house.



A new baby's health and safety are a parent's top priorities.

How can I reduce the risk of sudden infant death syndrome?

Sudden infant death syndrome (SIDS) is the sudden, unexpected death of an infant who is less than 1 year old. We do not know what causes SIDS, but we do know some things you can do to help reduce the risk of SIDS. Some of these are:

For your baby's safety while napping or sleeping, follow the ABCs:



***A**lone in crib*



***B**ack to sleep*



***C**lose to your bed*

- **“Back to sleep.”** Always place your baby on their back to sleep, for naps and at night. This is the safest sleep position. Since we began advising parents to place their babies on their backs to sleep, there are half as many deaths from SIDS.
- **Use a firm mattress.** Always place your baby on a firm sleep surface, such as a safety-approved crib mattress covered with a fitted sheet. **Never** place your baby to sleep on pillows, quilts, sheepskins, or other soft surfaces.
- **Breastfeeding** is linked with a 50% reduction in SIDS. In other words, formula feeding doubles the risk of SIDS.
- **Clear the clutter from your baby's sleep area.** Keep soft objects, toys, and loose bedding out of your baby's sleep area. This includes pillows, blankets, quilts, sheepskins, and pillow-like crib bumpers. Also keep any other items away from your baby's face.
- **Do not allow smoking around your baby.** Do not smoke before or after the birth of your baby. Do not let anyone else smoke around your baby.
- **Keep a separate sleeping area for your baby.** Keep your baby's sleep area near, but apart, from where you and others sleep. Your baby should **not** sleep in a bed or on a couch or armchair with adults or other children. But, your baby can sleep in the same room as you or others. If you breastfeed in bed, put your baby in their separate sleep area after feeding.
- **Try using a pacifier.** When breastfeeding is going very well, or after about 4 weeks, think about using a clean, dry pacifier when placing your infant down to sleep. Do not force your baby to take it. If you are not breastfeeding, you can try a pacifier sooner.
- **Keep your baby comfortable when they sleep:**
 - Do **not** let your baby get too hot. Dress your baby in light sleep clothing.
 - Keep the room at a temperature that is comfortable for an adult.
- **Immunize your baby.** Follow the advice of your baby's care provider about vaccines.
- **Avoid using products that claim to lower the risk of SIDS.** Most have not been tested for effectiveness or safety.

- **Do not rely on a baby monitor to reduce the risk of SIDS.** If you have questions about using monitors for other reasons, talk with your healthcare provider.

When are accidents likely to occur?

Accidents tend to occur when:

- An infant is left alone, even for a short time.
- The infant or caregiver is tired, ill, hungry, thirsty, or stressed.
- Family routines change.
- Others are caring for your infant.
- The baby learns new skills such as crawling or walking.

To lower the risk of accidents, pay close attention to your baby's safety at these times. **Never leave your infant without a trusted caregiver in charge.**

How do I protect my baby from falls?

Infants can and do fall. Emergency rooms report that falls are the most common accidents in children 0 to 2 years old.

Newborn falls often occur when the baby slips out of a parent's arms when the parent falls asleep. To protect your baby from falls:

- If you gave birth by Cesarean, remember that pain medicines can make you sleepy.
- All caregivers should watch out for sleepiness in each other. It can come on quickly. When someone who is holding your baby gets sleepy, move your baby to a safe sleeping area.
- Be aware that breastfeeding releases hormones in your body that can make you relaxed and sleepy.
- **Never** leave your baby alone on any surface they could fall from.
- Use safety straps on swings, high chairs, bouncers, and strollers.



Infants are 5 times safer in rear-facing car seats.

Car Safety

Injuries that occur in cars are one of the top 4 causes of infant death.

Car seats must face the rear of the car until a baby is at least 2 years old. Infants are 5 times safer in rear-facing car seats. If the car is in an accident, a baby in a rear-facing car seat:

- Is much less likely to have a serious injury

- Has much less force on their head, neck, and spine
 - Is protected by the “cocoon” effect the car seat provides
- Please read the chapter “Car Seat Safety” in this workbook.



Never leave a baby alone in or near water.

Drowning

A baby can drown in as little as 2 inches of water. **Never leave an infant alone in or near water.** Infants must wear a life vest if you take them in a boat.

Burns

Babies are burned most often by house fires, inhaling smoke, hot liquids, and household electrical devices. To keep your baby safe:

- Install smoke detectors and carbon monoxide detectors.
- Have fire extinguishers.
- Never allow smoking inside your home.
- Be careful with hot liquids:
 - Do **not** drink hot liquids while you are feeding your baby.
 - Do **not** hold or pass hot drinks to other people while you are holding your baby.

Choking

Choking is very common in babies. Expect it to happen and learn what to do when it does. To help prevent choking:

- Keep small objects away from your baby.
- Give your baby only those toys and food that are right for your baby’s age.

Shaken Baby Syndrome

Shaken baby syndrome happens when a baby or child is shaken hard. This kind of injury can happen when a parent or caregiver tries to quiet a crying baby, but the baby keeps crying. The adult can get so frustrated that they shake the baby. **This shaking can cause lasting harm to a baby’s neck, spine, and eyes.**

Talk with your family and anyone who will be taking care of your baby. Tell them about the danger of shaking the baby.

Also read the chapter “Period of PURPLE Crying.” It gives ideas on how to soothe a baby. It also gives tips on how caregivers can soothe themselves when they feel frustrated, tired, or overwhelmed.

Baby-Safe Zones

Every baby needs a place to play and explore. Create at least one baby-safe zone in your home. To do this:

- Use barriers or baby gates, keep floors clean, and provide the right toys for your baby’s age in this area.
- Do a home safety search. Get rid of hazards or lock them up.
- No device can take the place of a caregiver. Do **not** rely on a baby monitor or other device to keep your baby safe.
- Give your baby time:
 - To play alone in a baby-safe place
 - To spend on their tummies each day while they are awake



Although it is safest for babies to sleep on their backs, it is also important for them to spend awake time on their tummies each day.

Resources

Sudden Infant Death Syndrome (SIDS)

- Centers for Disease Control and Prevention: www.cdc.gov/SIDS
- National Institutes of Health: www.nichd.nih.gov/sids

Shaken Baby Syndrome

- Period of PURPLE Crying: www.purplecrying.info
- Educational video from Seattle Children’s: www.seattlechildrens.org/classes-community/community-programs/period-of-purple-crying/

Car Seats

Call 800.BUCK.L.UP or visit www.800bucklup.org.

Product Safety

Research the products you use to help care for your newborn and child as they grow. To learn about product recalls, safety tips, and childproofing your home and other places where your child spends time, visit:

- Consumer Product Safety Commission: www.cpsc.gov
- Safe Kids USA: www.safekids.org

Baby Safety Classes

To learn more about keeping your infant safe, take a baby safety class that covers infant CPR and basic safety. Visit these websites to learn more about baby safety classes:

- **UW Medicine:**
www.uwmedicine.org/services/obstetrics/childbirth-classes
- **American Heart Association:** *www.cprseattle.com/adult-child-infant-cpr-aed-first-aid*
- **Seattle Children's:**
 - *www.seattlechildrens.org/content.aspx?id=88132*
 - *www.seattlechildrens.org/classes-community/classes-events/cpr-and-first-aid-for-babysitters*

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.

Questions?

Your questions are important. If you have questions about your baby's safety, ask your baby's healthcare provider.

For urgent concerns, call 911.