

# PROTECT

## AGAINST FLAT-HEAD SYNDROME

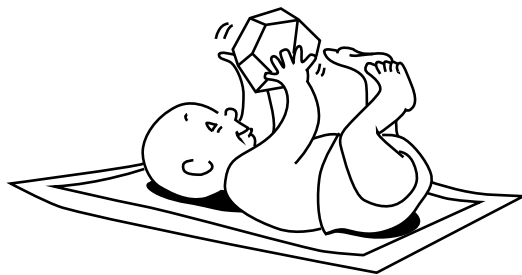
SLEEPING ON MY BACK DOES NOT  
CONTRIBUTE TO ANY FLATNESS OF MY  
HEAD AS LONG AS I AM FREE TO MOVE.

### TO ENABLE MY MOVEMENTS

- . I lie flat on a firm surface (play mat or playpen).  
My toys are around me.
- . I like to discover things on my own.
- . I like to be with you.

If I tend to always turn my head on the same side when I am  
awake, attract my attention to the opposite direction.

I am not in a carrier (except to travel), nor in a baby nest or a  
«cocoon» for I cannot move freely.



# PROTECT MY HEALTH

## BY RESPECTING MY ENVIRONMENT

### FAVOUR BREAST FEEDING

### DO NOT SMOKE AROUND ME

Tobacco increases the risk of infection, asthma and  
sudden unexpected infant death.

### PROTECT ME FROM INFECTIONS

- . Wash your hands with soap and water before taking care  
of me.
- . Avoid placing me in contact with sick people.
- . I am sensitive to germs, avoid taking me to very busy  
public places, particularly during the winter.
- . My vaccines must be up-to-date as well as those of my  
family members (siblings, parents, grandparents...) and of  
those looking after me.

### CONTACT MY DOCTOR IF:

- . My behaviour is unusual.
- . My body temperature is above 38°C  
(100.4° F) or below 36°C (96.8° F)  
(for infants under 3 months of age).
- . I have trouble breathing even after  
having had my nose cleaned.
- . I throw up.
- . I have frequent, plentiful and watery  
stools.



Illustrations: P. Delestre - Version Anglaise, d'après la version originale du CHRU de Montpellier 05/2019

# PROTECT ME!



## The golden rules of my first year



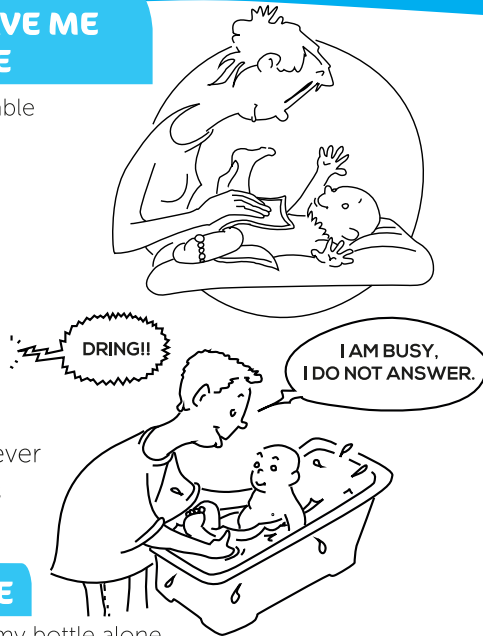
Naître et Vivre - [www.naitre-et-vivre.org](http://www.naitre-et-vivre.org)

# PROTECT ME THROUGHOUT MY DAY

## NEVER LEAVE ME ALONE

- . On my changing table (risk of falling).
- . In my bath (risk of drowning).
- . In a room with an animal, even a pet.
- . In the car.
- . Under another child's watch.

A baby monitor never replaces an adult's attendance.



## BE ATTENTIVE

- . Never let me drink my bottle alone (risk of swallowing the wrong way).
- . Protect me from the sun, I could dehydrate and get sunburnt.
- . Avoid chains and necklaces around my neck, as well as pacifier clips during my sleep (risk of choking).
- . Do not use a baby walker (risk of falling or other traumas).

## DO NOT SHAKE ME

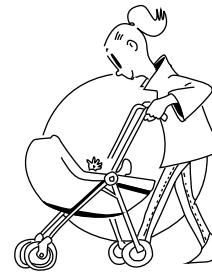
My crying can sometimes become unbearable. In that case, ask for help (family, friends, general practitioner, maternal and children protection, emergency services). Avoid shouting and, first and foremost, do not shake me (risk of dying or lifelong disability).



# PROTECT ME DURING MY TRAVELS

## DURING MY WALKS

I am better off in a pram according to my age and under my parents' watch.



## DURING MY CAR RIDES

I must be strapped:

- . Either in a car seat appropriate to my age.
- . Or in a carrycot.

A baby carrier is a means of travel and not a place to sleep (risk of dizziness or flatness of the head).

[www.securite-routiere.gouv.fr](http://www.securite-routiere.gouv.fr)



## IN A SCARF OR BODY CARRIER

My head, my nose and my mouth are unobstructed and in the open air.  
. I am in an upright position and my head is supported.



# PROTECT MY SLEEP TO PREVENT SUDDEN INFANT DEATH SYNDROME

## AS SOON AS I AM BORN, I ONLY SLEEP ON MY BACK FOR AS LONG AS I CANNOT TURN AROUND ON MY OWN

- . Never on my stomach (risk of suffocation), nor on the side (risk of tipping on my stomach), flat in a sleeping bag in my size and season-specific.

If I do not tolerate back sleeping well, my parents must discuss it with my physician.



## I SLEEP IN MY CRIB WHICH IS RIGID, WITH BARS

- . On a firm mattress, corresponding to the size of the bed, without any bumper, so as not to risk choking.
- . If I occasionally sleep in a folding bed, never add a mattress for I could get stuck.

## I SLEEP ALONE IN MY BED

- . Never in my parents' bed even when I am sick (risk of choking).
- . I sleep in the same room as my parents during my first 6 months.
- . I am safe: without a head block, anti-roll positioner, pillow, cushion, cocoon, stuffed animals, blanket, chain, amber necklace or any other item (risk of obstructing my breathing).

**IN WINTER, I SLEEP IN A ROOM HEATED BETWEEN 18° C AND 20° C (64.4° F TO 68° F). WHEN IT IS WARM, SOME OF MY CLOTHES ARE REMOVED.**

