



# NEW PARENT RESOURCE GUIDE



CHARLES COUNTY  
DEPARTMENT OF HEALTH

*SPONSORED BY: CHARLES COUNTY FIMR BOARD*

# THE 2023-2024 NEW PARENT RESOURCE GUIDE

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# A MESSAGE FROM OUR HEALTH OFFICER

Dear Community Members,

I am delighted to extend my warmest greetings to all the parents and caregivers in our wonderful Charles County community.

Parenthood is a journey filled with joys, challenges, and countless moments of love and care. As your Health Officer, I am deeply committed to ensuring that every family in our community has the resources and support needed to nurture the health and well-being of our precious children.

It is with great pleasure that I introduce our new Parent Resource Guide, a valuable tool designed to assist you on your parenting journey. This guide is a comprehensive collection of information, tips, and resources covering a wide range of topics, from prenatal care to early childhood development, nutrition, safety, and more. It has been crafted with the utmost care and dedication, with the goal of empowering you to make informed decisions that promote the health and happiness of your family.

At the Charles County Health Department, we believe that healthy families form the foundation of a vibrant and thriving community. This resource guide is just one of the ways we aim to support you in your role as parents and caregivers. We are here for you, ready to provide guidance, answer your questions, and assist in any way we can.

I would like to express my sincere gratitude to all the dedicated professionals who contributed to the creation of this invaluable resource. Their expertise and commitment to the well-being of our community shine through in every page.

I encourage you to explore this guide, reach out to our team if you have any questions, and share your feedback with us. Your input will help us continually improve and expand our services to better serve the needs of our community.

Thank you for allowing us to be a part of your journey as parents. Together, we can build a healthier, happier, and stronger Charles County.

Warm regards,

Dianna E. Abney, M.D.  
Health Officer  
Charles County Department of Health



# ACCU PROGRAM

The Charles County Department of Health ACCU Program's target population includes children, pregnant and postpartum women, individuals with disabilities (physical, mental or developmental), and homeless individuals. The ACC can help anyone who is eligible for HealthChoice. The ACC (Administrative Care Coordinator) serves as a local resource for all HealthChoice members.

## ***The ACC can:***

- Help you understand your Medicaid and HealthChoice benefits and how to access services
- Explain your MCO choices
- Help you find a primary care doctor or specialist in your MCOs network (You can change PCPs at any time.)
- Help you find a dentist for your child (MCOs are not required to cover dental services for adults)
- Help link you to Medicaid transportation services (MCOs are not required to provide transportation)
- Help you get your prescriptions filled

*And more.*

## **Ombudsman**

The local Ombudsman acts as an advocate for your health care needs. An Ombudsman may contact you when there are complex medical issues involving care coordination with the MCO.

If you need help or have a complaint about your care, call the HealthChoice Help Line **800-284-4510** or Charles County Health Department ACC/Ombudsman Program **301-609-6900 ext 6803**

**4545 Crain Hwy, White Plains, MD 20695**



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TO VISIT  
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CHARLES COUNTY DEPARTMENT OF HEALTH

# ASTHMA AND LEAD POISONING PREVENTION PROGRAM

The Asthma and Lead Poisoning Prevention Case Management program aims to educate families on reducing or eliminating asthma triggers in children's environments and/or elements in the home that cause elevated lead levels.

### ***Eligibility Requirements***

- Children 18 years old and under
- Children diagnosed with moderate to severe asthma
- Children enrolled in/eligible for medical assistance (Medicaid or MCHP)
- Children living at the property at least 10+ hours/week

### ***Families enrolled in the program receive:***

- Home visits to provide resources, case management, and education
- Free supplies (Hepa filter vacuum, pillowcase covers, mattress covers, and other needed cleaning supplies) to help eliminate asthma triggers in the home
- Connections to community resources

**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6826 or 6849



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## Lead can be found throughout a child's environment.



**1** Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



**3** Lead can be found in some products such as toys and toy jewelry.



**4** Lead is sometimes in candies imported from other countries or traditional home remedies.



**2** Certain water pipes may contain lead.



**5** Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.

# BABIES BORN HEALTHY PROGRAM

Babies Born Healthy program is dedicated to supporting expecting mothers and ensuring healthy outcomes for newborns. The program provides a comprehensive range of services and resources to mothers during their pregnancy journey, including prenatal care, educational workshops, nutrition guidance, and mental health support.

***Some of our services include:***

- Assisting you with insurance for you and the baby
- Helping you find obstetrical care
- Setting you up with WIC (Women Infant & Child)
- Mental Health Therapy
- Dental Care
- Transportation to doctors' appointments
- Equipment for baby (if needed)
- Education about pregnancy, childbirth, and newborn care.

**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6826



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Charles County Department of Health

# FREE CAR SEAT INSTALLATION

CHARLES COUNTY DEPARTMENT OF HEALTH IS  
NOW OFFERING CAR SEAT SAFETY CHECKS  
ON-SITE BY APPOINTMENT ONLY. CONTACT US  
TODAY TO SCHEDULE AN  
APPOINTMENT.



CHARLES COUNTY DEPARTMENT OF HEALTH  
4545 CRAIN HIGHWAY, WHITE PLAINS, MD 20695  
[HTTPS://WWW.CHARLESCOUNTYHEALTH.ORG](https://www.charlescountyhealth.org)  
(301) 609-6826





# CHILD IMMUNIZATIONS

The Charles County Department of Health provides immunizations through the Vaccines for Children (VFC) Program to eligible children. Our goal is to educate parents and caregivers in making decisions that will protect them, their children, and the community. We offer back-to-school, childhood, preteen, and adolescent vaccines.

## ***Eligibility Requirements***

A child is eligible for the VFC Program if he or she is younger than 19 years of age and is one of the following:

- Uninsured
- Covered by Medical Assistance
- Underinsured (has health insurance that doesn't cover vaccines)
- American Indian or Alaska Native

Children with private health insurance should schedule immunization appointments with their primary health care provider.

## **Birth – 6 Years**

- *DTap*
- *Hepatitis A*
- *Hepatitis B*
- *Hib*
- *MMR*
- *Pneumococcal (PCV13)*
- *Polio*
- *Varicella (Chicken Pox)*

## **7 Years – 11 Years**

- *HPV*
- *Meningococcal (MCV4)*
- *Tdap*

## **Pre-teen and Adolescent Vaccines**

- *HPV*
- *Meningococcal (MCVR)*
- *Serogroup B meningococcal (MenB)*
- *Tdap*

**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6835



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# DENTAL PROGRAM

The Charles County Department of Health Dental Program offers dental services for:

***Children age 6 months to 20 years old***

***Adults age 21 and older***

***Residents of Charles County***

***Children's Maryland Healthy Smiles, Medicaid, Medicare, private insurance, underinsured, or uninsured***

*Some of our services include:*

- Diagnostic oral exams and screenings
- Preventive services such as cleanings, fluoride varnish applications, dental sealants and blood pressure screening
- Treatments including fillings and extractions
- Free preventive and prophylactic services
- Oral cancer screening for adults



**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6886



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# Milestones for mini mouths



**NEWBORN**

**BACTERIA FROM YOUR MOUTH CAN PASS TO YOUR BABY'S MOUTH**  
SO PART OF TAKING CARE OF YOUR NEWBORN'S MOUTH IS

**CARING FOR YOUR OWN ORAL HEALTH**



BRUSH YOUR TEETH TWICE A DAY, CLEAN BETWEEN YOUR TEETH, AND **GET A DENTAL CHECK-UP EVERY 6 MONTHS**



**0 TO 5 MONTHS OLD**

YOU'RE BEGINNING TO SEE THAT **ADORABLE SMILE**



**START PROTECTING IT** BY WIPING HIS GUMS WITH A SOFT, CLEAN CLOTH AFTER EACH FEEDING



**6 TO 12 MONTHS OLD**

BABY IS CUTTING HIS FIRST TOOTH  
START BRUSHING THAT TOOTH **TWICE A DAY**  
USING A SMEAR OF TOOTHPASTE



WHEN BABY IS READY FOR SOLID FOOD **CHOOSE THINGS WITH NO ADDED SUGAR**



**1 YEAR OLD**

MAKE SURE YOUR BABY HAS A **DENTAL CHECK-UP** BY HIS FIRST BIRTHDAY



If you don't have anywhere to take your baby, ask your pediatrician to check his teeth and for a dental referral.



The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. This publication has been developed by the American Academy of Pediatrics. The authors and contributors are expert authorities in the field of pediatrics. No commercial involvement of any kind has been solicited or accepted in the development of the content of this publication. Copyright © 2015 American Academy of Pediatrics. You may download or print from our website for personal reference only. To reproduce in any form for commercial purposes, please contact the American Academy of Pediatrics. This infographic is supported by the Grant or Cooperative Agreement Number 2U49CE000487-04-00, funded by the Centers for Disease Control and Prevention (CDC). All comments are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services. The American Academy of Pediatrics, American College of Obstetrics and Gynecologists, American Dental Association, and The American Dental Hygienists' Association support the value of this clinical document as an educational tool, January 2015.

**American Academy of Pediatrics**  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



# INFANTS & TODDLERS PROGRAM

Services are provided to infants and toddlers, birth through two years old, who may be delayed in development or have disabilities. This program is a family-centered approach to assist families with an eligible infant or toddler to obtain services for themselves and their child. Services vary with the needs of the child and their family.

***Some of our services include:***

- Case Management
- Audiology
- Physical Therapy
- Occupational Therapy
- Speech-Language Pathology
- Family Training
- Home Visits
- Special Instruction



**4545 Crain Hwy, White Plains, MD 20695**

Anyone concerned about the health or development of a child from birth through age two can call to make a referral:

301-609-6900 ext. 6808



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CHARLES COUNTY DEPARTMENT OF HEALTH

# MARYLAND CHILDREN HEALTH INSURANCE PROGRAM (MCHP)

Medicaid and MCHP offer free or low-cost health insurance coverage to:

***Families with children***

***Single Adults***

***Pregnant women***

***Children***

### ***Benefits for Children***

- Doctor visits (well and sick care)
- Hospital care
- Lab work and test
- Dental care
- Vision care
- Immunizations
- Prescription medicine
- Transportation to medical appointments
- Mental health services
- Substance abuse treatment

### ***Benefits for Pregnant Women***

- Doctor visits (prenatal and postpartum)
- Hospital delivery bill
- Lab work and test
- Dental care
- Vision care
- Immunizations
- Prescription medicine
- Transportation to medical appointments
- Mental health services
- Substance abuse treatment
- Family Planning services

**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6897



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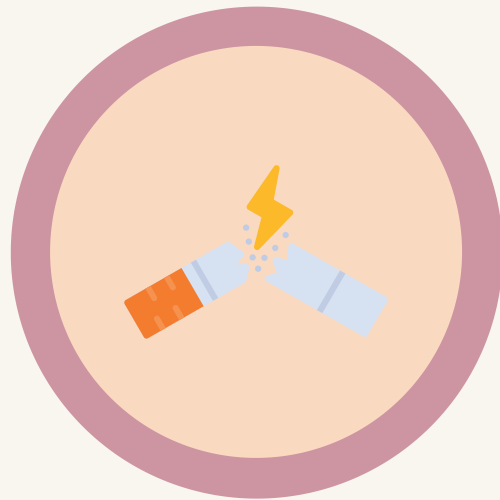


# QUIT SMOKING PROGRAM

Choose to Live a Healthier Life! Join one of our FREE 8-Week sessions available throughout the year. Pre-registration is required.

## ***Some of our services include:***

- Development of a Quitting Plan
- Weekly support group through class
- Free quitting medication or aids
- Nurse monitoring
- Stress management
- Nutrition & Exercise guidance
- Tobacco Education . . . and more!
- Education about pregnancy, childbirth, and newborn care.



## ***Benefits of quitting tobacco and nicotine:***

- Breathe easier
- Reduce your chance of a heart attack by 75%
- Save over \$3,100 a year
- No more nagging addiction
- Lower health insurance premiums
- More energy
- Healthier, longer life!

**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6932

Maryland Quit line: 1-800-QUIT NOW



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CHARLES COUNTY DEPARTMENT OF HEALTH

# REPRODUCTIVE HEALTH & FAMILY PLANNING SERVICES

The goal of the Maryland Family Planning and Reproductive Health Program is to reduce unintended pregnancy and to improve pregnancy outcomes by assuring that comprehensive, quality family planning and reproductive health services are available and accessible.

***Reproductive Health Services***

***Family Planning Services***

***STI Screening & Treatment***

***HIV Testing, Counseling, Referrals, and PrEP services***

### **Family Planning**

We provide high quality, cost-effective family planning and preventative health services.

- Assistance with insurance and support service coordination.
- Counseling and Education
- Birth Control Methods
- Plan B Emergency  
Contraceptive

### **Reproductive Health**

We offer cost-effective and high-quality reproductive health services and assure complete confidentiality of patient's personal information.

- Pelvic Exam
- Pap Smear
- Breast Exam
- STI Screening & Treatment
- Referrals
- Education

**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6018



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# WOMEN, INFANTS & CHILDREN (WIC)

WIC provides nutrition education, breastfeeding support, healthy supplemental foods, and health referrals for pregnant women, new mothers, infants, and children under age five.

## **Who can get WIC?**

### **Women**

- Pregnant and up to 6 weeks after pregnancy
- Postpartum women up to 6 months after baby's birth
- Breastfeeding moms up to baby's first birthday

### **Infants**

- Up to their first birthday

### **Children**

- Up to their fifth birthday

## **Who can apply for WIC?**

- You can have a job or not.
- You can be married, single, or live with parents.
- Fathers, mothers, grandparents, or caregivers can apply for children under age 5.
- You must live in the state of Maryland to be in the Maryland WIC Program.
- You can only make up to a certain amount of income.
- You may be able to get WIC if you participate in other programs like:
  - Foster Care
  - Medical Assistance
  - SNAP or Food Stamps
  - TCA (Temporary Cash Assistance)



**4545 Crain Hwy, White Plains, MD 20695**

For more information please call :

301-609-6900 ext. 6857



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# THE CATHERINE FOUNDATION

The Catherine Foundation is a non-profit organization that was founded in 1983. We believe it is our mission to help men and women make informed decisions regarding pregnancy, sexual health, and family. We strongly believe our services should be given out of love, with no judgement and provided to our clients confidentially and free of charge.

## ***We Offer:***

- Baby Essentials and Supplies
- Abortion Pill Reversal
- Emergency Food Pantry
- Maternity Clothes
- Childbirth/Parenting Education
- Peer Counseling, Community Referrals
- Prenatal Vitamins
- Abortion Recovery Program
- Pregnancy Testing
- Limited Ultrasound
- and More



## **The Catherine Foundation Pregnancy Resource Center**

3065 Old Washington Rd., Waldorf, MD 20601

**Call:** 301-932-8811

**Text:** 240-416-9688

### **Find Us Online**

**<https://catherinefoundation.org/>**

**Facebook:** [www.facebook.com/catherinefoundation](http://www.facebook.com/catherinefoundation)

**Instagram:** <https://www.instagram.com/foundationcatherine/?hl=en>



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# HEALTHY FAMILIES SOUTHERN MARYLAND

Healthy Families Southern Maryland is nationally accredited by **Healthy Families America**. The program supports parents by sending professionally trained staff to visit with families in their home once a week for an hour.

The Family Support Specialist gets to know each family and uses child development curriculum and links to community resources to help parents bond with their baby, find medical care, housing, childcare, and so much more.

Healthy Families is convenient, free, and can support you throughout your pregnancy up until your child turns five years old!



## **Healthy Families Southern Maryland**

For more information, please call **301-392-9332** or email **[healthyfamilies@center-for-children.org](mailto:healthyfamilies@center-for-children.org)** or **[JStrong@center-for-children.org](mailto:JStrong@center-for-children.org)**



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# AETNA MATERNITY PROGRAM

Get help from the time you start planning a family, through your pregnancy and well after your baby is born. The program is staffed by nurses with maternity experience.

***Once you've enrolled, you can get:***

- Educational materials (available in English and Spanish) on prenatal care, labor and delivery, and newborn care
- A pregnancy survey to help determine whether a risk for certain complications exists
- A preterm labor program to support high-risk women
- Access to specially trained nurses for high-risk mothers-to-be
- One-on-one counseling to help pregnant women quit smoking

**Free text messages to keep you and your baby healthy**

Text4baby is a free service that sends you three text messages a week throughout your pregnancy and your baby's first year. The messages include expert health and safety tips on prenatal care, nutrition, safe infant sleep and more. You can cancel the service whenever you wish.

Aetna has been an outreach partner of Text4baby since 2010. Hundreds of thousands of moms and moms-to-be have used Text4baby.

To get started, text BABY (or BEBE for Spanish messages) to 511411.



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## Childbirth guidance from the area's leading birthing center

The Birthing Center at the University of Maryland Charles Regional Medical Center offers childbirth classes, breastfeeding support group, and tours of our Birthing Center to prepare you and your support person for a safe and joyous childbirth experience.

Childbirth classes are offered during the week and over the weekend to accommodate your schedule. Registration is required, and class size is limited. To learn more about our classes and tours, view our class schedule, or register, please scan the QR Code below.



Scan here to see upcoming classes or tours.

### Classes are currently conducted at:

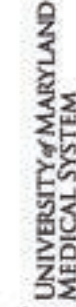
5 Garrett Avenue  
Nagula Conference Room #1  
La Plata, MD 20646

If you have questions or would like to speak with one of our childbirth educators, please call us at **301-609-5455**.

[UMCharlesRegional.org](http://UMCharlesRegional.org)



Scan here to see upcoming classes or tours.

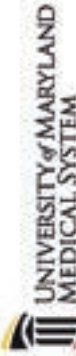


A better state of care.

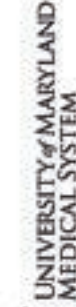


# Helping you welcome your baby into the world

Informative and Compassionate  
Childbirth Classes



A better state of care.



A better state of care.

## Childbirth class

Teaching methods vary based on the instructor, but the course is an informative combination of lectures, hands-on training, and videos. Please bring a blanket and two pillows. You are welcome to bring snacks and/or dinner.

### Topics covered include:

- Breathing and relaxation techniques
- Comfort measures
- Medications
- Hospital procedures
- Stages of labor
- Vaginal and cesarean deliveries
- After-delivery mother and infant care

**Cost: \$85.00 per couple**

## Prenatal breastfeeding class

Is breastfeeding right for you? This two-hour, one-time class, taught by a certified lactation consultant, is for expectant mothers and their partners to discuss experiences, questions, and concerns that are common to mothers considering breastfeeding after the birth of their infant.

### Topics covered include:

- Getting off to a good start
- The advantages of breastfeeding
- Differences between formula feeding and breastfeeding
- Why it is recommended to breastfeed

**Cost: \$30.00 per couple**



## Birthing center tour

The tour of the Birthing Center will address common questions related to giving birth at Charles Regional Medical Center. The tour encompasses both Labor and Delivery and the Mother/Baby Unit. Children are not allowed to participate in the tour.

### Address:

UM Charles Regional Medical Center  
5 Garrett Avenue, La Plata, MD 20646  
Hospital Lobby

**Cost: Free**

# CHARLES COUNTY LOCAL CARE TEAM



Charles County Department of Community Services  
8190 Port Tobacco Road • Port Tobacco, MD 20677  
301-934-3305 • MD Relay: 7-1-1 • [www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

“ The ultimate goal of the Charles County Local Management Board is FAMILY preservation. ”

Our mission is to improve the quality of life for Charles County children, youth, and families by ensuring that human service programs are plentiful, accessible, and excellent.

The **LOCAL CARE TEAM** is a team of professionals from child serving agencies in Charles County that gather together at one table to identify needs, make connections, advise, and assist families with children who have intensive emotional and behavioral needs.



Learn more:  
[www.CharlesCountyMD.gov/services/health-and-human-services/charles-county-advocacy-council-for-children-youth-and-families](http://www.CharlesCountyMD.gov/services/health-and-human-services/charles-county-advocacy-council-for-children-youth-and-families)

Charles County Community Services  
8190 Port Tobacco Road  
Port Tobacco, MD 20677

If you are pregnant, or have a new baby, health insurance is available.



As a partner of the Maryland Health Connection, Seedco's staff can help you complete an application for low-cost or no-cost insurance.

Please call the Seedco hot line: 866-339-3007 (M-F) 8:30-4:30 to schedule an in-person or telephone appointment.

Seedco serves Charles, Calvert, & St. Mary's counties or

Call Maryland Health Connection: 866-492-6057  
[www.marylandhealthconnection.org](http://www.marylandhealthconnection.org)



The Charles County Judy Center services children from birth-5 years old in the Indian Head, Dr. Mudd and Eva Turner School zones. Our mission is to provide comprehensive services to children and families in order to promote school readiness.



Judy Centers work with a variety of community partners to offer the following services and more:

- Adult Education
- Home Visiting Program for children birth to 3 years old
- Professional development for child care partners
- Developmental and Health Screenings
  - Dental Services
  - Family Engagement Activities
  - Day time Play Groups

**For more information about our staff, partnering agencies, and events please visit our website or Contact Jennifer Gimmel, Program Coordinator at 301-934-7493**

<http://judycenter.ccboe.com>



To find out if you reside in the Indian Head, Dr. Mudd or Eva Turner school zones please use the CCBOE School Locator tool on the home page of our website

## NEED DIAPERS?

1. Contact a Community Partner on our website

2. Reach out to us by phone 240-844-2307 or by email [info@marylanddiaperbank.org](mailto:info@marylanddiaperbank.org)

"Maryland Diaper Bank does not distribute diapers directly to families, all are provided by Community Partners."

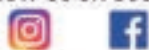


## WAYS YOU CAN HELP

1. Donate diapers to our drop off locations
2. Donate diapers from our Amazon Wishlist
3. Give a monetary gift
4. Host a diaper drive

[MARYLANDDIAPERBANK.ORG](http://MARYLANDDIAPERBANK.ORG)

Follow Us on Social



@MDDIAPERBANK

Maryland Diaper Bank is a 501 (c)(3) organization



*Our mission is to improve the quality of life for struggling Charles County families so they and their children can thrive and succeed.*

**Food Pantry - Clothing - Baby Items - Personal Items**

3000 Huntington Circle, Waldorf, MD 20602

(301) 645-1561

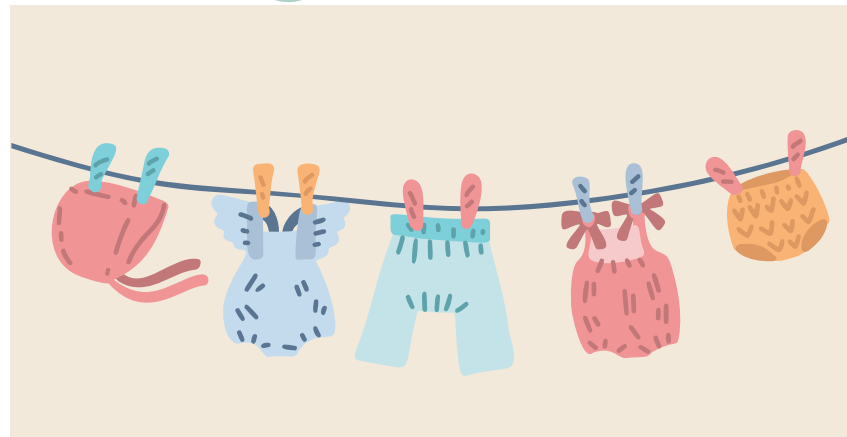
[info@childrens-aid-society.org](mailto:info@childrens-aid-society.org)



Maryland Information Network (MIN) manages 211 Maryland, a statewide hotline that provides essential connections to Marylanders through call, text and chat. The call center network routes callers automatically to their regional call center for assistance. Professionally trained 211 specialists connect callers to over 7,500 resources for food, housing, and utility bills, as well as mental health and substance use support.

**Call:** 211

**Visit:** <https://211md.org/>



## WATCH AND LEARN

Watch videos on how to have a healthy pregnancy at [marchofdimes.org/videos](https://marchofdimes.org/videos)

**HEALTHY  
MOMS.  
STRONG  
BABIES.**







# Childproofing Checklists

BY DEVELOPMENT / AGE

## Newborn *Before Baby is On-the-Go*



It makes sense to begin childproofing before your child is on the go. Installing safety products develops good habits in parents and teaches children what is off-limits. Young babies reflexively bring their hands to their mouths, so it's important to think about choking hazards from an early age.

Begin childproofing your home by doing the following:

- Make sure baby's crib adheres to current safety standards as specified by the US Consumer Product Safety Commission.
- Keep baby's crib free of pillows, bumpers, stuffed animals, and blankets.
- Place baby monitors and their electrical cords at least three feet away from the crib.
- Retrofit or replace any corded window coverings. Any cord is a hazard.
- Use hands-on supervision during bath time and on the changing table.
- Install smoke alarms and carbon monoxide detectors.
- Get in the habit of closing the toilet lid; consider installing a latch.
- Install gates to prevent access to stairs and other areas parents wish to keep off-limits.
- Adjust water heater temperature to 120 degrees Fahrenheit.
- Create a storage area for purses and briefcases that is out of reach of children.
- Anchor TVs and furniture, including dressers and bookcases.
- Install a fence around any pool or hot tub. Install a pool alarm.

## Crawling *Curious Explorers*



Crawling and cruising children will grab onto almost any surface and may pick up any visible item. Everything is new and exciting to them and they like to check out new items by tasting them. Make sure that crawlers can only access areas free of harm. As soon as your child begins rolling over, take care of all the items on the newborn list. In addition, child proofing for curious crawlers includes new steps.

- Cover electrical outlets lower than counter height and select products that are not choking hazards. (Remember your kitchen island!).
- Remove nightlights in any lower outlets.
- Use stationary play centers, not baby walkers.
- Cover sharp furniture edges and corners (or remove furniture).
- Pack up and put away breakables and valuables.
- Keep items away from the edges of tables and countertops.
- Secure and hide electrical cords, including lamp and appliance cords.
- Install latches on appliance and oven doors, or keep them securely closed at all times.
- Ensure that the area three to four feet up from the floor is free of choking hazards, including loose change, marbles, and rubber bands.
- Keep household cleaners and medicines up high (latches help, but children can defeat them).
- Learn and post the number for Poison Control: 1-800-222-1222.
- Turn pot handles inward on the stove and use back burners.
- Ensure stoves are anchored.
- Empty bathtubs and buckets of water immediately after use.
- Ask older siblings or visiting children to pick up their toys carefully after playing with parents double checking the area.

# Toddler *Very Active & Finds Trouble Quickly*



Toddlers walk, run, and climb. As they won't always follow your instruction of "No," it is best to have safety gates installed early so that your child knows which rooms are off-limits. Be prepared to give lots of clear reminders about safety, as children this age cannot remember even simple rules. Make sure that the steps in the previous stages have been completed, and work on the following as well.

- Keep windows latched. Screens will not protect a child from a window fall.
- Lock doors to the outside.
- Keep household medications in child resistant containers and in a high cabinet.
- Never refer to medicine as "candy" or take your medicine in front of them. Toddlers like to imitate adults.
- Unplug small appliances and keep them out of reach.
- Remove sharp items from countertops.
- Secure doors to off-limit areas such as cellars and garages.
- Install stove knob covers.
- Create a space out of reach of children for small electronic devices to rest and charge.
- Place hot foods and liquids on the center of tables and countertops, not on edges, table cloths or placemats.
- Be careful with chairs & step stools especially for climbers!
- Ensure couches and other furniture are not placed next to balconies or railings.

# Child *The More they Do, the More Dangers they Find*



Children ages three to five can understand why some items and actions are dangerous. Nonetheless, their impulses often push them to do what they know is forbidden. Your child will have likely outgrown their crib. At this age, children may use their improved motor skills to investigate rooms and items which have been designated off-limits.

- Double-check previously installed latches, locks, and gates, to see if your child is now able to overcome them.
- Explain to your child why certain items are dangerous, but do not expect them to obey you at all times.
- Continue keeping cleaners and medications out of reach.
- Teach children how to respond to the sound of a smoke alarm at home. Make an escape plan, and practice it with your kids.
- Check your smoke alarms each month.
- Keep matches and lighters up high and out of reach.
- Install window stops or guards on windows on upper floors.
- Do not allow children this age to use a microwave.
- Teach your child his or her full name, street address, and phone number.
- Continue adult supervision during bath time.
- Keep firearms unloaded and locked in a cabinet.
- Remove or retrofit any storage trunks or chests which cannot be opened from the inside.

Childproofing tasks should be started as soon as possible because children grow and develop at different rates. Remember, childproofing does not eliminate the need for supervision!

Learn more and find more valuable resources at: [childproofingexperts.com](http://childproofingexperts.com)



This list does not include all the possible hazards that exist in homes. This information is meant to be one of many resources you use in protecting your children.

# WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?



The following image shows a safe sleep environment for baby.



**Room share:** Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet\*.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.



Use a wearable blanket to keep baby warm without blankets in the sleep area.



Place babies on their backs to sleep, for naps and at night.



Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.

Make sure baby's head and face stay uncovered during sleep.



\*The Consumer Product Safety Commission sets safety standards for infant sleep surfaces (such as a mattress) and sleep spaces (like a crib). Visit <https://www.cpsc.gov/SafeSleep> to learn more.



NIH

Eunice Kennedy Shriver National Institute of Child Health and Human Development



# SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Infant Deaths



Place babies on their backs to sleep for naps and at night.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Feeding babies human milk by direct breastfeeding, if possible, or by pumping from the breast, reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection from SIDS.

Use a sleep surface for baby that is *firm* (returns to original shape quickly if pressed on), *flat* (like a table, not a hammock), *level* (not at an angle or incline), and *covered only with a fitted sheet*.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby human milk, like by breastfeeding.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, bassinet, or portable play yard) in your room, separate from your bed.



Get regular medical care throughout pregnancy.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Keep things out of baby's sleep area—no objects, toys, or other items.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Give babies plenty of "tummy time" when they are awake, and when someone is watching them.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



For more information about the Safe to Sleep® campaign, contact us:

Phone: 1-800-505-CRIB (2742) | Fax: 1-866-760-5947

Email: [SafetoSleep@mail.nih.gov](mailto:SafetoSleep@mail.nih.gov)

Website: <https://safetosleep.nichd.nih.gov>

Telecommunications Relay Service: 7-1-1

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# HOW TO STAY HEALTHY AROUND PETS



**Always wash your hands**—and your child's—after handling or being around animals or their waste, food, or supplies (like cages, water bowls, toys, beds, leashes, etc.). This is especially important before handling baby bottles and pacifiers or holding infants.

- **Choose the right pets for your household.** Do some research before getting a new pet.



» Children under 5 years of age, adults over 65 years of age, and anyone with a weakened immune system should not have contact with rodents, reptiles, amphibians, and poultry.

- **Don't kiss, snuggle, or hold** rodents, reptiles, amphibians, and poultry close to your face. These animals are more likely to spread germs.
- **Always supervise children around pets.** Don't let them kiss their pets, hold pets close to their faces, or allow pets to lick their face or mouth.
- **Keep pets and their supplies out of the kitchen** or other areas where you prepare, serve, or eat food.
- **Clean up after animals properly.**



» Scoop cat litter daily (especially if anyone in the home is pregnant) and change it at least twice weekly. Pregnant women should not clean cat litter.



» Always remove dog waste from private and public spaces.



» Clean cages, habitats, and supplies outside the home when possible to avoid contaminating surfaces. If that is not possible, then clean them in a laundry sink or bathtub and then disinfect that

- **Avoid rough play with animals** to prevent bites and scratches. Teach children to play with animals appropriately. Do not let small children near pets that are eating.
- **Clean bites and scratches immediately** with soap and water, and seek medical care if the wound is serious or becomes red, painful, warm, or swollen; the animal appears sick; or if you don't know the vaccination status of the animal.
- **Enjoy wildlife from a safe distance** to avoid illness and injury.

## **Emergency Numbers**

Poison Control: 1-800-222-1222

Police (Emergency): 911

Fire Department (Emergency): 911

Medical Emergency: 911

## **Non-Emergency Numbers**

Charles County Police (Non-Emergency): (301) 352-1200

Department of Health: (301) 609-6900

Department of Social Services: (301) 392-6400

Maryland Information Network: 211

## **Family Support**

Healthy Families: (301) 392-9332

Center for Children: (301) 609-9887

## **Education**

Head Start Program: (301) 274-4474

Charles County Public Schools: (301) 932-6610

Adult Education Programs (CSM): (301) 934-7770

## **Legal Services**

Legal Aid: (301) 932-6661

Family Law Hotline: 1-800-845-8550

Child Custody & Support Services: (301) 392-9739

## **Community Organizations**

Autism Speaks- Autism Response Team (ART): (888) 288-4762

# NOTES

