

4 STEPS TO KEEP CHILDREN SAFE

1. Think twice about who you leave your child with. Can they handle a fussy baby or a child that doesn't listen? Do they snap easily? If so, pay attention. These are warning signs.
2. Never leave your baby alone at home or in the car.
3. Never, ever shake a baby no matter how much it cries. This can cause permanent brain damage or death.
4. Babies should sleep alone on their back in a crib with no blankets or toys. Safe sleep can prevent SIDS.

TIPS FOR CAREGIVERS

- Make sure you don't expect too much from your child. Because of their age, some things are hard to understand. Give positive feedback when they listen.
- Nobody's perfect and it's not personal. Children don't mean to do things that hurt your feelings.
- Create a safe place for kids to explore and a healthy lifestyle for yourself as a caregiver.

GOOD PARENTS ARE MADE
NOT BORN

IMPORTANT CONTACT INFO

In Case of Emergency, Dial 911

Poison Prevention Line: 1 (800) 222-1222

Parent's Cell:

Other numbers you can call for help:

Home Address:

Child's Medical Issues:

Child's Doctor:

**PARENTING IS
TOUGH**
FOR RESOURCES & HELP...
CALL 828.250.6000
AVAILABLE 24/7

