

SINAI HEALTH LINK

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HEALTH LINK

1-888-AT-SINAI (1-888-287-4624)

PROTECTING YOUR BUNDLE OF JOY

You have a new baby. And nothing will ever be the same. But beyond the magical feelings of parenthood and family, there is work to be done.

“Before long, your new baby will be reaching and rolling, wiggling and crawling, getting into everything,” says Wendy Wright, MD, a pediatrician at Mount Sinai Hospital. “You look the other way for a minute, and the child is tasting a penny found on the floor, reaching into your sewing box, or heading for an electrical outlet with your keys in hand.

Everything from cleaning supplies to medicine, makeup to tools, can be a danger to the curious toddler.”

Avoid accidents and injuries. Take the time to

“childproof” your home. Grocery stores, baby shops and discount department stores have dozens of inexpensive items to help keep your baby safe, everything from plastic electric-outlet covers to cupboard and drawer locks.

“In spite of all your efforts to protect your baby, though, accidents may happen,” Dr. Wright says. “Never hesitate to call your child’s

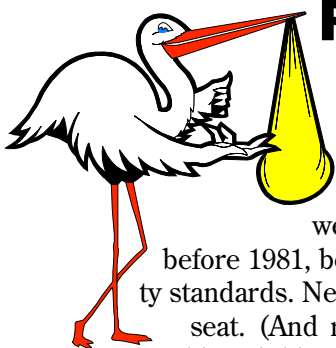
doctor – day or night – if you are

concerned. No question or concern is silly when it comes to your child’s health and safety.”

Even before bringing your new bundle home, you should talk to the child’s pediatrician about a plan for protecting your baby against many health risks. He or she can explain the schedule for the baby’s shots and checkups.



**NEVER HESITATE TO CALL YOUR CHILD’S DOCTOR.
NO QUESTION IS SILLY WHEN IT COMES TO YOUR
CHILD’S HEALTH AND SAFETY.**



Facts About Buying for Baby

- It's the law: Babies must ride in a car seat. Make sure yours is the right size and design for your baby's weight. Don't use a seat made before 1981, because it no longer meets safety standards. Never use a baby carrier for a car seat. (And remember – babies, and even older children, should ALWAYS ride in the back seat.)

- Whether brand-new or second-hand, a baby's crib can cause serious injury if it's not designed to handle all of baby's wiggling, reaching and stretching. The bars should be no more than 2 3/8 inches apart.

Corner posts higher than 1/16 of an inch should be sawed off. The mattress should fit tightly into the crib. Pillows and stuffed animals should be removed when the baby sleeps.

- Always buy toys made for the child's age group. The recommended age is usually printed on the package. Toys designed for older children sometimes can cause choking, strangulation or other injury for a younger child.

- Strollers, changing tables, carriers, swings and high chairs all come with safety straps. Always use them. And never leave the baby alone. Even a sleeping baby can wiggle enough to fall or tip over.

For information on Sinai health and community services, call 1-888-AT-SINAI (1-888-287-4624); TTY (773) 257-6289.

Ask Your Sinai Doctor

Q. *I live close to a busy street, where there is traffic all day long. Should I have my child tested for lead poisoning?*

A. Yes. All young children should be tested. The risk of lead poisoning goes beyond peeling paint or fumes from traffic. Your child can pick up lead from drinking water, dirt, dust, furniture and metal food containers, including cans.

One out of six children in the United States has high levels of lead in the blood. This can lead to learning, growth or behavioral problems. It can even lead to permanent brain damage. Keep everything the child may put in his or her mouth – toys, bottles, pacifiers – as clean and dust-free as possible. Wash your child's hands after playing and before eating.

Keep your house as dust-free as possible, too. Make sure your child has healthy eating habits. A child's stomach will absorb more lead if it's empty. Do not cook or store food in open metal cans. Make sure the child does not have access to peeling paint, whether in the home, at the baby sitter's house or at the day-care center. And have your child tested annually.

Call 1-888-AT-SINAI or your pediatrician for more information.

Healthy Living Tip

Take care of yourself.

As a mom or dad, you need to stay healthy to meet all of your child's demands on your time and energy. Ask friends or relatives to help out so you can get your rest, eat decent meals and maintain a regular exercise program.



Low-Fat Fudgy Brownies

4 oz. unsweetened chocolate
1/2 cup prune puree or commercially prepared fat-free prune butter
3 egg whites
1 cup sugar
1 tsp. vanilla
1/2 cup flour

Heat oven to 350°. Lightly oil an 8-inch-square baking pan. Heat chocolate over fire or in microwave until melted, stirring several times during heating. Set aside. In a mixer bowl, combine all ingredients except flour. Beat to blend thoroughly. Mix in flour. Spread batter in prepared pan. Bake until center top of brownies springs back to the touch, about 30 minutes. Cool and cut into two-inch squares.