

## Who is Kidsafe SA?

We are an independent, not-for-profit organisation – we exist only to make a safer place for South Australian children at home, at play, and on the road.

Kidsafe SA has a child car restraint service located at Kidsafe Hilton (see below). Kidsafe SA specialises in fitting, selling and hiring a range of child car seats, baby carriers/capsules and booster seats for the safe transportation of children. Our expert team can provide advice on the best child car restraint for your child including those with additional needs (e.g. hip spicas) and premature or low birth weight babies.

**Please call us on (08) 7089 8554 to book an appointment for child car restraint fitting and hire.**



For more information, please visit [www.kidsafesa.com.au](http://www.kidsafesa.com.au)

(08) 7089 8554  
enquiries@kidsafesa.com.au

Visit our Kidsafe Centre, Hilton  
6/69 Sir Donald Bradman Drive  
Hilton SA

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## Keeping Your Newborn Safe: A quick guide

*Congratulations  
on your new baby!*

### Transporting your newborn safely

When travelling with a newborn baby in a car they must be appropriately secured in a rear facing child car restraint. This can be either a capsule/carrier or a rear facing convertible car seat.

#### When purchasing a child car restraint, be aware that:

- ✦ All child car restraints used in Australia must comply with the Australian Standard AS/NZS 1754.
- ✦ Child car restraints from overseas are illegal to use in Australia.
- ✦ A child restraint that has been in a crash or is not in good working condition should never be used.
- ✦ It is not recommended to use a child car restraint that is more than 10 years old.

### Installing your seat

Kidsafe recommends having your child car restraint fitted by a professional, at least for the first time, to ensure that it is correctly installed. **Kidsafe SA can help you with this, call us on (08) 7089 8554.**

If you install the restraint yourself, ensure you follow the manufacturer's instructions.

### Safe travel tips

#### Every time you travel in the car check:

- ✓ The seatbelt is buckled up and firm. Or, the ISOFix connections are attached and the indicators are showing green.
- ✓ The top tether strap is connected and not loose.
- ✓ The harnesses are not twisted and sit just at or above baby's shoulders. The harnesses should be firmly fitted to baby.

Keep your baby rear facing as long as possible and do not move them into the next seat until they have outgrown the current one.

Never leave children alone in the car, always take them with you.



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# Creating a safe sleep environment

## Safe cot, safe nursery, safe products

Keep cot free of unsafe items such as any pillows, quilts, cot bumpers, sheepskins, toys or anything soft. Sleep positioners are unsafe and should not be used.

If using bedding, place baby's feet at the end of the cot and use light layers, pulled up to baby's chest and tucked in securely.

A baby sleeping bag is a safe alternative to eliminate bedding. Choose a sleeping bag that is the correct size for baby and TOG (warmth rating) that matches the room temperature. Follow the sleeping bag manufacturer's guide on how to dress baby and which TOG to use.

Make sure the cot is well away from dangling curtain and blind cords. Secure cords up high and out of reach.

Use a safe cot that meets the mandatory **Australian standard (AS/NZS 2172:2003)** with a mattress that is the right size for your cot, firm, flat, and meets the voluntary **Australian standard (AS/NZS 8811.1:2013)**.

### Safe sleeping

**There are positive steps that can be taken to make sleep environments safer for infants and reduce the risk of sudden infant death.**

- ✓ Sleep baby on their back from birth, never on their tummy or side.
- ✓ Make sure their head and face are uncovered during sleep.
- ✓ Sleep baby in a cot in the same room as parents or carers for the first 6–12 months.
- ✓ Create a safe sleep environment for both night and day, refer to cot image.
- ✓ Keep your baby's environment smoke free, before and after birth.
- ✓ Breastfeed baby if you can.

### Quick safety checklist

- Are all poisonous items, including medicines, out of reach?
- Are small items out of reach to prevent choking?
- Have you checked your home for button batteries and stored them out of reach?
- Are working smoke alarms fitted in your home?
- Has furniture such as bookcases and drawers been secured to stop them from falling onto baby?
- If purchasing second-hand nursery furniture, does it meet the current Australian Standard, have all parts and is it in good working condition?
- Is the change table set up with everything in easy reach so that baby is never left alone?

**For a detailed checklist, go to [kidsafesa.com.au](https://kidsafesa.com.au) and download the Home Safety Checklist**

### Quick tips at home with baby

- ✦ Always check the temperature of the bath water before bathing your baby.
- ✦ Never leave baby alone in the bath.
- ✦ Never leave baby alone on a raised surface (bed, change table, couch, etc). They can roll off and hurt themselves.
- ✦ Never hold a baby and a hot drink at the same time.
- ✦ Keep baby away from hot items such as heaters, fires, oven, stove, iron and hair straighteners.
- ✦ Always use the harness provided in the pram and high chair.
- ✦ Supervise dogs around children or keep them separated.