

## Weighted Products and Babies: a Potentially Dangerous Mix

A trend that has been gaining popularity is causing concern for the safety of babies. In a letter to the Consumer Product Safety Commission (CPSC), the American Academy of Pediatrics (AAP) warned that weighted products should never be used for babies because of the risks associated with their use. These products include weighted sleep sacks, weighted swaddles, and weighted infant blankets.

### The risk to your baby

**Suffocation hazard:** babies lack the motor skills and strength to easily remove weighted items from their faces, increasing the risk of suffocation.

**Overheating:** additional weight can lead to increased body temperature, posing a risk of overheating, a known factor in Sudden Infant Death Syndrome (SIDS).

**Restricted movement:** babies need freedom of movement for proper development. Weighted products can get in the way of natural movements, affecting motor skills and coordination.



### Stick to Safe Sleep Guidelines

It's crucial to adhere to safe sleep guidelines to create a secure sleep environment for your baby. The American Academy of Pediatrics (AAP) recommends placing baby on their back to sleep, using a firm mattress, and avoiding soft bedding or toys where your baby sleeps.

## Healthy Smiles Lead to a Bright and Confident Tomorrow

In today's fast-paced world, it's crucial to instill healthy habits in our children from a young age. One aspect often overlooked is dental health, which plays a significant role in their overall well-being. February is National Children's Dental Health Month, and we are taking this opportunity to provide practical tips to ensure your little one maintains a radiant smile for a lifetime.



### What's hiding beneath those gums?

Don't you love seeing a baby's adorable, gummy smile? Believe it or not, those tiny teeth are already there, and you need to be thinking about how to keep them healthy. February is National Children's Dental Health Month, and we would like to remind you that your child can avoid cavities with a few easy steps.

- Wipe your baby's gums after feedings
- Don't put baby down to sleep with a bottle
- Begin brushing baby's teeth once you see one appear

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## Pregnant? You're brushing for two!

Give baby a healthy start by taking care of your own oral health. Although dental care may not be the first thing on your mind when you find out about your new bundle of joy, taking care of your oral health is an easy way to give your baby a healthy start. You can start by making a dental appointment to get your teeth checked before you deliver.

Other ways to keep your mouth healthy are to brush your teeth twice a day, floss once a day, and choose healthy foods and drinks that are low in sugar. If you are having trouble finding a dentist or buying a toothbrush and toothpaste, talk to your doctor about getting help.

Why should you do all of this?

Pregnant women are more prone to cavities and gum disease because of changes in your body and your lifestyle. Although it's completely normal to be too exhausted to brush your teeth before bed or have some extra snacks to quiet a queasy

stomach, it is important to stay connected with your doctor and dentist about your oral health—for your own health and your baby's health. If you have mouth pain, it is important to discuss with a health care professional. Also, you can pass along to your baby the “bad bacteria” that contributes to tooth decay. That's why it is important to keep your mouth healthy and not to share utensils or clean pacifiers with your mouth.

By prioritizing your baby's dental health, you will not only contribute to their physical well-being but also set the stage for a lifetime of healthy habits. To learn more about oral health during pregnancy and for your baby, visit [Healthychildren.org/tinyteeth](http://Healthychildren.org/tinyteeth).

Source: American Academy of Pediatrics Tiny Teeth Oral Health Toolkit

# 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.



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**Important dates this month:**

February 2 Groundhog Day  
February 14 Valentine's Day  
February 19 Presidents Day