

# BABIES FROM BIRTH TO CRAWLING

## BIRTH - 9 MONTHS



### SKILLS YOUR BABY IS LEARNING

Each baby develops at their own pace, usually through similar stages. Your baby will wriggle and roll from birth, start to sit up at about 6 months and crawl at about 9 months. They will also start to reach and grasp for objects and put them into their mouth. Understanding your baby's development as they grow will help you gain a great deal of enjoyment from your child and help to keep them safe.

### BATHING TIPS

- Have everything you need within reach.
- Never leave your child unsupervised or in the care of an older child in the bath.
- Always keep a hand on your baby when they are in the water. Never take your eyes off them or leave them unattended near water.
- When filling the bath, run the cold water first, then hot, then cold again and mix well to keep the tap cold to touch and the water temperature even.

### FEEDING TIPS

- If bottle feeding, always check the milk temperature before giving it to your baby. Microwaves heat milk unevenly so always shake the bottle to mix the contents.
- Always supervise your baby when feeding - never prop a bottle for your baby to feed alone.
- When starting solids, finely mash foods to avoid choking.
- When giving your baby medicine, read the label carefully and never give more than the recommended dose.
- Secure your baby in a high chair with a 5 point harness.
- Always put hot drinks down when holding your baby. If spilt, hot drinks can cause severe burns.

### SLEEPING

- Only use a cot that meets the Australian Standard AS/NZS 2172
- Position the cot away from windows and curtain or blind cords. Secure all curtain and blind cords out of reach with safety devices.
- Always place your baby on their back to sleep with their feet at the bottom of the cot.
- Do not use pillows or bumpers in the cot.
- Remove bibs and dummy (pacifier) cords/ribbon.
- Do not put your baby in a pram to sleep because of the risk of smothering.
- Ensure portacots are erected securely if used. Never used any extra padding or mattresses.
- Refer to SIDS and KIDS for more information on safe sleeping [www.sidsandkids.org](http://www.sidsandkids.org)

### COMMON CAUSES OF INJURY

- Rolling off change tables, benches and beds, or falling from high chairs, prams, strollers, couches, bouncers and baby walkers.
- Choking on small items.
- Burns from hot drinks being spilt over a child or knocked/pulled down by the child.
- Burns from touching hot objects such as an oven, barbeque or heater.
- Drowning, particularly in baths and backyard pools and spas.
- Accessing poisons and medicines.
- Dog bites.

### DRESSING TIPS

- Never leave your baby alone on the change table, bench or bed.
- Do not dress your baby in clothes with long drawstrings, ribbons or cords that could cause strangulation.
- Choose clothing that has a low fire danger label.



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### AT PLAY

- Make a safe play area for your child away from heaters, stairs, pets, driveways and other dangers including choking hazards.
- Ensure that all poisons including cleaning products, pesticides and medications are stored out of reach, preferably in a cupboard with a child resistant lock that is 1.5m above the floor.
- Keep handbags containing medicines out of reach of young children.
- Separate dogs and cats from children and closely supervise at all times.
- If you use a bouncer or Bumbo seat, place it on the floor- never on a raised surface.
- Baby walkers are not recommended due to the risk of severe injury.
- Safety barriers are required for all pools and spas with a depth greater than 30cm. Regularly check and maintain your barrier and gate to ensure they are in proper working order.
- Empty wading pools/nappy buckets/wheelie bins/baths after every use and store them upright or deflate them to reduce the risk of drowning.

### OUT AND ABOUT

- Children under 6 months of age must use an approved child restraint that is rearward facing, properly fitted to the vehicle and adjusted to fit the child's body correctly. Your baby should remain in a rear-facing restraint until they no longer fit their restraint's size limit. Restraints with extended rear facing capabilities (rear facing until approximately 2-3 years of age) are available to purchase and use in Australia.
- Ensure that the harness fits snugly before every trip.
- Never leave your baby alone in the car. Take the baby with you, even for small errands.
- Use an Australian Standards approved pram and place all bags under the pram to avoid it over balancing.
- Always use harnesses in prams, strollers and supermarket trolleys and adjust it to fit your baby every time.
- Always use the brake when letting go of a pram, even for a second.
- Protect your baby from the sun by dressing them in light-weight, long sleeved clothing and a hat, finding shade and using baby sunscreen.

### TOYS

- Toys need to be age appropriate, durable and washable, have smooth edges and no small parts that can be swallowed.

### GENERAL SAFETY TIPS

1. Crawl around the house to view hazards from a child's perspective.
2. Be a good role model. Your child will watch everything you do and try to imitate you.
3. Have a professional install or check your child restraint.
4. Install stair guards, stove guards, fire and heater guards, power point covers and furniture corner covers.
5. Install a smoke alarm in your child's bedroom as well as the hallway outside other bedrooms. Test alarms monthly and replace the batteries annually.
6. If your child receives a burn, immediately place under cool running tap water for 20 minutes. Do not use iced water, ice, butter or oil.

For more detailed information on any of the topics covered in this fact sheet, including on child car restraints and regulations for swimming pool and spa barriers, please visit [www.kidsafevic.com.au](http://www.kidsafevic.com.au)



### FOR MORE INFORMATION

Kidsafe Victoria

9036 2306

Poisons Information Centre

13 11 26

Maternal and Child Health Line 24 hours

13 22 29

Raising Children Network

Consumer Affairs Victoria Toy and Nursery Safety Line

1300 364 894

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

Parenting Hotline Vic

132 289

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