

VACCINATE FAMILY

A HEALTH AND SAFETY CHECKLIST FOR GRANDPARENTS

LEARN INFANT CPR AND ASSEMBLE A FIRST AID KIT



CPR can be a life-saving procedure for your grandchild. Infant CPR varies from the common adult CPR methods. Check the American Heart Association (www.americanheart.org) or the American Red Cross (www.redcross.org) websites to find a CPR class in your community.

A readily available infant first aid kit will have you prepared to tend to the minor ailments, bumps, and cuts that may happen to your precious grandchild while under your care. See what the American Red Cross recommends to include in a first aid kit on their [website](#).

PRACTICE INSTALLING A CAR SEAT



According to the National Highway and Traffic Administration, the majority of children are improperly restrained in the car. The type of car seat you need varies based on the child's age and your vehicle. The American Academy of Pediatrics provides the general guidelines on their [website](#). If you are going to drive your grandchild around, have your car seat inspected at a child seat fitting station. To find inspection locations near you or for more information call 1-866-SEAT-CHECK or visit www.seatcheck.org.

A PROGRAM OF 
every child by two

CREATE A SAFE SLEEPING ENVIRONMENT



Roughly 3,500 infants die from Sudden Unexpected Infant Death, such as Sudden Infant Death Syndrome, each year. A safe sleeping environment can help reduce this risk. Always place your grandchild on his or her back when putting them down for a nap. Never put pillows, blankets, sheepskins or crib bumpers anywhere in the baby's sleep area. Also keep soft objects, toys, and loose bedding away from your sleeping baby. See what a safe sleeping environment looks like on the National Institute of Child Health and Human Development [website](#).



MORE

FACTOR IN SOCIAL MEDIA



Think before you post! It is important to have a conversation with your child about sharing photos of and updates about your grandchild via your social networks. Some new parents prefer to keep details and photos private.

TAKE CARE OF YOUR WHOLE BODY HEALTH



As a grandparent, staying healthy and active is important so you can spend quality time with your grandchild/children and watch them grow up.

Having a balanced diet and getting light to moderate exercise two to three times a week can contribute to your overall health and well-being.

BE A CHAMPION FOR YOUR GRANDCHILD'S HEALTH



Vaccinations are an important way to help keep you and your family healthy. Encourage everyone in your family to check with their healthcare provider such as a doctor, nurse, or pharmacist, about what vaccines may be right for them.

TALK TO YOUR HEALTHCARE PROVIDER, SUCH AS A DOCTOR, NURSE OR PHARMACIST ABOUT THE WHOOPING COUGH VACCINE (Tdap) AND FLU VACCINE



You may not be aware that the United States continues to have outbreaks of whooping cough each year. Whooping cough can be particularly severe in infants, even proving fatal in a very small number of cases. In a recent study, where researchers were able to identify how a baby caught whooping cough, they determined that in approximately 85% of the cases someone in the baby's immediate or extended family, including parents, siblings, grandparents, cousins, aunts, and uncles, exposed the child to the disease.

It is recommended that everyone who is in close contact with a newborn be up-to-date with their flu and whooping cough vaccinations.

Be sure to talk to your healthcare provider, such as a doctor, nurse, or pharmacist, to see which vaccinations may be right for you.

FOR ADDITIONAL INFORMATION

- American Red Cross
www.redcross.org
- SeatCheck.org
www.seatcheck.org
- Eunice Kennedy Shriver National Institute of Child Health and Human Development
www.nichd.nih.gov
- The American Academy of Pediatrics
www.aap.org
- Centers for Disease Control and Prevention
www.cdc.gov
- American Heart Association
www.heart.org
- HealthyChildren.Org from the American Academy of Pediatrics
www.healthychildren.org

FOR MORE INFORMATION,
PLEASE VISIT
WWW.VACCINATEYOURFAMILY.ORG