

SLEEP AND SAFETY

HOW TO POSITION THE BABY FOR SLEEP

- As per the American Academy of Pediatrics (AAP), place the baby on their back to sleep.

SCREENING TEST:

- The test is usually done 24 hours or more after birth, before you leave the hospital.
- To do the tests, blood is taken from the baby's heel through a small needle poke.
- If there are any concerns, we will call you within 1 month.

SAFETY:

- Whenever you hold your baby make sure to support the head and neck.
- A baby is unable to recognize dangers, so protect your baby right from birth.
- Don't hold your baby while smoking or drinking a hot drink.
- Never leave your baby alone in the bath area or a couch or bed.
- Begin using a car seat with your baby's ride home from the hospital.
- Check with your doctor before giving your baby any medication.
- Put your baby in the crib when you are napping or using the bathroom.



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SAFETY:

- Do not put pillows or stuffed animals in the newborn's crib while he is sleeping (cause suffocation).
- Avoid soft mattress.
- Keep the newborn in a calm and comfortable environment.
- Don't kiss your baby on hand because he can put fingers in his mouth.
- Avoid any contact with sick persons.
- Wash hands before any contact with the baby.



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