

Keep Your Baby Secure

All infants and children under the age of 12 should be securely fastened in the vehicle's back seat. A child safety seat should not be placed in the front seat where a passenger air bag is installed.



Depending on the baby's age and weight, purchase an infant or convertible child safety seat with harness straps. Safety seats with a 5 point harness are safer than those with an overhead shield.

**NEVER LEAVE A CHILD
IN THE CAR!**



safekids.org/Seminole-county
407-665-6880
407-665-2604

Referral Services

Dental Care: (407) 665-3346
Services to children and limited urgent services for adults. Services include: X-rays, cleanings, sealants, fillings, extractions.

Tobacco Prevention: (407) 665-3278

Florida Quit Line: 1 (877) 822-6669

Specialty Clinics: (407) 665-3700
STD/HIV/AIDS Services
Teen Choices
Child, Adult and Travel Immunizations
Breast & Cervical Cancer
School Health

Women, Infants and Children (WIC):
(407) 665-3705
Services for eligible pregnant and postpartum women, infants, and children up to the age of five. Nutrition education and breastfeeding support.

Vital Statistics: (407) 665-3226
Birth certificates issued after 1930 for the State of Florida.

Safe Kids: (407) 665-3604
Unintentional injury prevention for Seminole County children ages 0-14.

Great Start (407) 665-3604
Parent education and early literacy skills.

Healthy Start (407) 322-8645

Mom Care (407) 322-8645

For more information visit
www.seminolecohealth.com

FloridaHEALTH**y**babies



A statewide initiative to positively influence social determinants of health and reduce racial disparities in infant mortality.

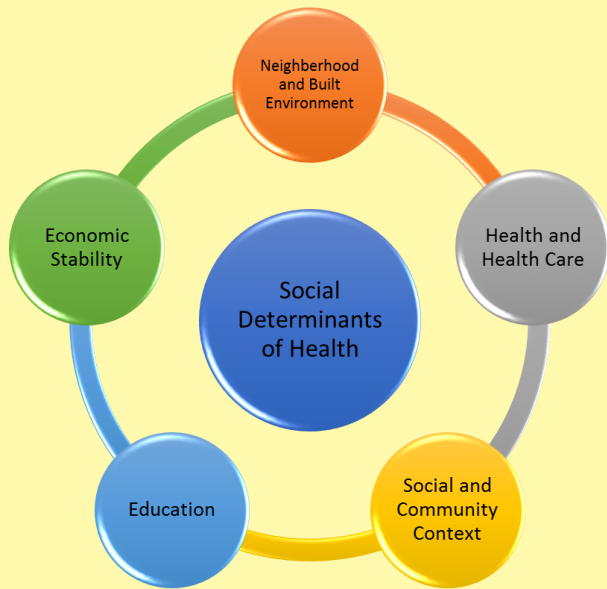
**Florida Department of Health in
Seminole County
Florida Healthy Babies Program
(407) 665-3278**



Florida has experienced declining infant mortality rates however, disparities persist.

The Florida Healthy Babies Initiative engages Florida's 67 county health departments as well as other public and private sector partners to identify, evaluate, prioritize, and address health disparities with evidence-based interventions.

This Initiative represents the collective strength of these partners working together to improve the health and well-being of all Floridians.



Safe Sleep for Your Baby

Did You Know That?

- *SIDS* is the leading cause of death in infants between 1 month and 1 year of age.
- Most *SIDS* deaths happen when babies are between 1 month and 4 months of age.
- Each year, about 4,000 infants die unexpectedly during sleep time, from *SIDS*, accidental suffocation or unknown causes.

To reduce the risk of *SIDS* and other sleep-related causes of infant deaths:

- Breastfeed your baby.
- Always place baby on his or her back to sleep for all sleep times, including naps.
- Keep the baby's sleep area in the same room, not your sleep area.
- Use a firm sleep surface, free from objects, toys, blankets and bumpers.



Quit Smoking for Your Baby

Quitting tobacco is the most important thing you can do for your health and your baby's health.

Smoking during pregnancy and after delivery can increase your child's chances of:

- Sudden Infant Death Syndrome (*SIDS*)
- Ear infections
- Asthma
- Behavioral problems
- Childhood cancers



Thirdhand smoke is when harmful chemicals from tobacco build up on skin, hair, furniture, walls, bedding and carpet. Children can then become sick by touching, inhaling or ingesting the chemicals.

Create a smoke free environment to protect children from thirdhand smoke