

## 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 a Car.

- Leaving a child alone in a car can lead to serious injury or death from heatstroke, even in cooler temperatures.
- A car can heat up 19 degrees in just 10 minutes and lowering a window doesn't help.
- Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's.

## Referral Services

### Dental Care: 407-665-3346

Services to children and limited urgent services for adults. Services include x-rays, cleanings, sealants, fillings, and extractions.

### Tobacco Prevention: 407-665-3358

### Florida Quit Line: 1-877-822-6669

### Specialty Clinics: 407-665-3700

STD/HIV/AIDS Testing and Treatment  
Child, Adult, and Travel Immunizations  
Breast and 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, including nutrition education and breastfeeding support.

### Vital Statistics: 407-665-3226

Birth certificates issued after 1930 for the state of Florida.

### Great Start: 407-320-3964

Parent education and early literacy skills.

### Healthy Start Coalition: 321-363-3024



**Florida Healthy Babies**  
A statewide initiative designed  
to reduce infant mortality.

Florida Healthy Babies Program  
407-665-3064

Florida Department of Health in  
Seminole County  
407-665-3000

**Florida**  
**HEALTH**  
Seminole County

For more information, visit  
[Seminole.FloridaHealth.gov](http://Seminole.FloridaHealth.gov)

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

The Florida Healthy Babies Initiative engages Florida's county health departments as well as other public and private sector partners to identify evaluate, prioritize, and address health outcomes 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

### Did You Know?

- Sudden infant death syndrome (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.

### Practice the ABCs of Safe Sleep



your baby  
should sleep  
alone



your baby  
should sleep  
on their  
back



your baby  
should sleep  
in a  
crib

### Reduce the risk of SIDS and other sleep-related causes of infant deaths.

- Breastfeed your baby.
- Share your room, not your bed. Put your baby in a bay-safe bed or crib beside your bed. Your baby will know you're nearby.
- Always place your baby on their back to sleep for all sleep times, including naps.
- Your baby should sleep in a crib with a firm surface free from pillows, soft toys, stuffed animals or 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:

- Ear infections
- Asthma
- Behavioral health issues
- 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 second and thirdhand smoke.**

