

## It's Your Baby

Don't give your baby to anyone who does not have hospital identification.

You have the right to say "no" if you are not comfortable with a request to take your baby.

When they bring your baby back, hospital staff will check your arm band and your baby's arm band to make sure they match.

Hospital staff will only give your baby back to you or your partner if the arm bands match.

## Making Healthcare Safer Together

Everyone wants healthcare to be as safe as possible—patients, their families and friends, healthcare providers, and healthcare leaders.

We invite you to work with us to help make sure that your care and the care of your baby are safe. Be aware, be informed, and be involved.

If you would like to learn more about the information in this brochure, ask your healthcare provider.

## Health Advice and Information

Health Link Alberta is a 24-hour a day telephone nurse advice and information line.

### Health Link Alberta

#### Toll-free:

1-866-408-LINK (5465)

#### Edmonton and area:

780-408-LINK (5465)

#### Calgary and area:

403-943-LINK (5465)

#### Calgary Early Start Line:

403-244-8351

Alberta Health Services is committed to partnering with you in providing safe, quality care throughout the health system.

## Safer Together: Safety Information for New Mothers, their Families, and their Friends



## Preventing Falls

New mothers can sometimes feel dizzy or faint. Use your call bell to call for help.

Have someone help the first time you get out of bed after your baby is born. Do not get up alone.

While still in the hospital, do not carry your baby in your arms if you go outside your room. Put your baby in the cot.

Because even newborn babies kick and wiggle, it is easy for them to fall from furniture and other surfaces. It can happen very fast—even if you think your baby is too young to move much!

Always stay with your baby when he or she is on a high place like a change table or bed. Keep one hand on your baby the whole time.



## Washing Your Hands

Clean hands are the best way to stop spreading germs and to keep your family healthy.

Make sure everyone who holds your baby washes their hands first.

Other times to wash your hands are:

- if they look dirty
- after using the washroom
- after changing a diaper
- before breastfeeding or bottle feeding
- after you have sneezed or coughed
- before preparing or eating food

## Caring for New Mothers

Tell your nurse, doctor, or midwife right away if:

- you have pain in your chest or trouble breathing
- you have bleeding that is soaking a pad in 1 hour or less
- you have a very bad headache that will not go away
- your vision is blurry
- you are dizzy
- you have pain, redness, or swelling in your legs
- your breasts are overfull, hard, and/or painful
- the pain in your C-section incision is worse
- you are having trouble passing stool or urine

## Keeping Your Baby Safe

There are many things you can do to keep your baby safe. If you have any concerns about your baby such as choking, your baby's breathing, colour, or feeding, speak with your nurse, doctor, or midwife.

### Safe Sleep

The safest place for your baby to sleep is in the cot. Always put your baby to sleep on his or her back. Do not put anything in the cot with baby including loose blankets and toys.

### Never Shake your Baby

Never, ever shake your baby for any reason. Babies have weak neck muscles and heavy heads. Even a few shakes can cause serious damage or even death.

### Use a Car Seat

Always use a car safety seat, starting with your baby's first ride home from the hospital. Car seats should be the right size for your baby and have a CMVSS sticker.

### Keep Sick People Away

Keep people who feel sick or have a runny nose, cough, fever, or upset stomach away from you and your baby until they are well.

### Jaundice

If your baby has yellow skin, tell your nurse, doctor, or midwife. Jaundice can sometimes make your baby very sick.