

Safety first baby monitor manual

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As a new parent, it's natural to want to keep careful tabs on your baby when they are sleeping in another room. Baby monitors can give parents a lot of peace of mind, allowing you to keep a watchful eye or ear on your baby at all times. These days, technology even allows you to monitor your baby while you're at work, running errands, or even halfway across the country! Let's take a look at the types of baby monitors that are out there for new parents, which kind might work best for your lifestyle and budget, what safety tips to keep in mind, and more. There are three basic kinds of baby monitors: Audio monitorsVideo monitorsWiFi monitors All of these allow you to monitor your baby in different ways and can be helpful—it's all a matter of what your budget allows, what features you are looking for, and what your lifestyle is like. Audio monitors pick up on any sounds that your baby makes while sleeping or when waking up. Unlike video monitors, though, audio monitors can't always tell you if your baby is simply stirring and making noise in their sleep, or whether they have fully awoken. Audio monitors are usually the most budget-friendly choice, though. If your baby will be sleeping in your room and you are mostly monitoring them at naptime or when you need to leave your bedroom, this monitor will likely suit your needs. Video monitors allow you to see your baby for the entire time they are sleeping. You usually attach the video camera on the wall of your baby's room, and most video cameras offer special features like zooming, tilting, and night vision—so that you can see your baby even when the lights are out. You can have more than one video receiver so that you can monitor your baby while you are in different parts of your home. These types of monitors connect to your WiFi network so you can see or hear your baby via your smartphone or other digital device. This means that you can continue monitoring your baby even when you are out of the house, which can be really reassuring, especially when others are watching your baby or when you need to be separated from your baby for a period of time. Usually, a simple audio monitor is the most budget-friendly. But many basic video monitors are affordable as well. Even the monitors with the most whistles and bells sometimes go on sale, or you can add it to your baby registry as a shower gift. Remember, though, having a high-tech baby monitor is not a necessity. Most baby monitors on the market do their job just fine, and offer that peace of mind you are looking for. If possible, it's best to purchase and set up your monitor before you welcome your baby home. The reason for this is that all homes are different and some baby monitors are more likely to cause frequency interference than others. You'll also want to make sure the baby monitor doesn't pick up too much background noise, such as fans or air conditioners. In general, baby monitors are safe to use. However, when used incorrectly, or without due diligence, some issues can arise. Here are some baby monitor safety tips to keep in mind. Since 2002, the U.S. Consumer Product Safety Commission (CPSC) has reported seven deaths associated with baby monitor cords, as well as three incidents of babies being nearly suffocated by these cords. As a result, the CPSC advises that baby monitors with cords be placed at least three feet from a baby's sleeping space, including crib, bassinet, or pack 'n play. Additionally, CPSC advises against ever putting a baby monitor inside a crib or on the edge of the crib. There are baby monitors on the market that monitor your baby's breathing, in an effort to protect against sudden infant death syndrome (SIDS). However, the Academy Of American Pediatrics (AAP) advises against using these monitors in most cases. AAP asserts that these devices have not been proven to protect against SIDS and can cause more worry than anything else. However, if your baby has known breathing problems or requires home oxygen, you and your doctor can discuss the safe use of a sleep apnea monitor. Baby monitors can be really helpful, but they should not replace parental supervision. Take note if you haven't seen your baby move for a while or haven't heard them cry. Make sure to check on your baby regularly when they aren't feeling well, as baby monitors don't pick up on fevers or other details that only a parent in the room will notice. Besides making sure to set up any corded baby monitor at least three feet for your baby's crib, and never putting the baby monitor in your baby's crib or within arm's reach, there aren't too many rules about this. If you use a video monitor, you will likely be mounting it on the wall, and will need to ensure that you pick a spot that will allow you to adequately video your baby. The instructions that come with your particular device will give you more information about best practices. How long you choose to use a baby monitor is really up to you! Most parents use a baby monitor for at least their baby's first few months when frequent night waking is common. Some parents find these devices invaluable for naps as well. But many parents end up continuing to use one into the toddler years too, as it can be helpful to see what your little one is doing when they enter the climbing-out-of-bed-stage of life. Still, some parents choose to forgo a baby monitor altogether. This may be because their baby sleeps in their room, or even because they find the constant vigilance required for baby monitoring stressful. As long as you can hear your baby when they wake up, a baby monitor isn't strictly necessary. As you build your baby registry must-haves list, you will likely have many questions about baby monitors. These days, there are just so many products on the market and you may not know if a particular device is right for you, and whether you actually need one with quite so many features. You may also wonder if you even need one at all. While most parents find baby monitors really useful, you might want to start with a more basic model at first if you're unsure about the decision. Most baby monitors have more than enough features to help you keep an eye on your little one. If you have any other questions about what type of monitor is best for your baby, and how to use your monitor in a safe and responsible way, make sure you discuss this with your pediatrician. Hot summer days used to mean carefree days laying out by the pool or swimming in lakes, but as a new parent, might find yourself more concerned about your baby's safety in the heat. And that's understandable since hot weather can quickly become dangerous for infants. Learn more about the impact of heat on a baby's body and how to keep your little one safe in summer weather. Once the temperature gets over 80 degrees, the body has a harder time cooling off, especially for babies. The American Academy of Pediatrics (AAP) has no official statement on babies and high temperatures, but Jan Montague, M.D., director of pediatrics at Good Samaritan Hospital in Suffern, NY, says to avoid the heat as much as possible. "It is not OK to take a newborn or any infant outside when it's very hot—over 80 degrees or so," she says. "Babies cannot sweat, which is your body's way of cooling itself off, so they can often suffer heat stroke much quicker than an older child or adult." Plus, babies can get dehydrated faster, too. Heat rash is also a concern. Overheating has also been linked to sudden infant death syndrome (SIDS), a fatal sleeping disorder. "Babies sleep deeply when they're hot, making them difficult to arouse, which may increase the risk of SIDS," explains Bruce Epstein, M.D., a pediatrician in Pinellas Park, Florida. To make sure your little one stays cool and protected during the long, hot days of summer, check out our expert advice. If you're going to be indoors, dress your infant in loose-fitting, lightweight garments, preferably made from a natural fiber like cotton, which absorbs perspiration better than synthetic fabrics. A good rule of thumb: "Dress the baby the way you're dressed," Dr. Epstein says. "If you're wearing shorts and a T-shirt, that will be fine for her, too." For the outdoors, put them in light-colored long pants, a long-sleeved shirt, and a wide-brimmed hat to shield their face. Resist the temptation to leave them exposed to the sun on a gray day, since harmful rays can still penetrate the clouds and result in a sunburn. Since a baby doesn't perspire effectively, they can become overheated far more quickly than an adult. That's why you should never leave an infant in a hot room or a parked car. Even a few minutes could cause their temperature to spike and, in extreme cases, may prove life-threatening. According to the AAP, dozens of babies and children die of heat stroke after accidentally being left in (or crawling into) hot cars each year. In addition, don't overdress your newborn for the car. "Since we keep babies rather tight in the car seat and rear-facing, it can get quite hot, so keep them dressed in one light layer only, no hats or feet covered—babies transfer some heat out to cool themselves from their feet and head," Montague says. "Also, make sure the sun is not beating on the infant during your drive." You can use a window shade to avoid sunburn. The combination of your body heat and the carrier's confining space can make an infant hot and bothered within a matter of minutes. If you want to use a carrier in warmer weather, choose a carrier made from lightweight nylon rather than a heavy fabric like denim, and if your child's face starts to look flushed, remove them from the carrier. "You can help keep your baby cool by spraying his hands and feet with water or by wiping him with a wet cloth occasionally," Dr. Montague says. "A carrier that is lightweight made from thin material will keep him cooler than one made of thick, dark material." Even if you don't see beads of sweat dripping from your infant's forehead, they can be losing precious fluids to perspiration in hot weather. A flushed face, skin that's warm to the touch, rapid breathing, and restlessness may be warning signs of dehydration. Since infants under 6 months shouldn't drink water (babies over 6 months can take in modest amounts), replace the lost liquids by nursing more frequently or giving them extra formula. Babies should drink at least 50% more than usual in the summer (normal fluid intake is at least 2 ounces per pound per day), so a 10-pound baby who usually takes in 20 ounces should be offered a minimum of 30 ounces. Also, make sure your newborn is having as many wet diapers as usual. The worst time for your baby (and you, for that matter) to be outdoors in the summer months is between 10 a.m. and 2 p.m. when the sun does the most harm to skin, says Eric Siegel, M.D., a dermatologist in Millburn, New Jersey. Plan outdoor activities before or after this peak period. When outside with your little one, monitor them closely for signs of heat exhaustion. "If he's overheated, he may get very cranky or irritable, or he may get very lethargic and not wake to eat or drink," Dr. Montague says. Also, look to see if they are flushed or feel hotter than normal. "As the overheating gets more severe, she might be more sleepy, might vomit, and her skin might go from being moist to very dry," Dr. Broder says. "She can develop a fever. A baby with these signs needs immediate medical attention." When you arrive at the beach or the park, look for a protected spot, such as under a tree, an umbrella, or a canopy. A handy item to take to the shore is a tent made of fabric treated to block the sun's harmful rays. Make sure it has see-through mesh sides for proper ventilation. Sunglasses for your little one can protect their eyes and reduce glare—just make sure that the label states that the lenses block at least 99% of ultraviolet (UVA and UVB) radiation. Since a baby under 6 months has thin, delicate skin, try to keep them out of direct sunlight. But for times when that's impractical (such as when taking a dip in the water), make sure they're wearing sunscreen. The American Academy of Pediatrics now says it's OK to apply a minimal amount of sunscreen to a baby's exposed skin, including their face. For a baby older than 6 months, use sunscreen more liberally and more often. Reapply every two hours, or whenever they get wet or sweaty. Choose a waterproof sunscreen designed for kids, with a sun protection factor (SPF) of at least 15. Apply it under clothing, too. "An average cotton T-shirt has an SPF of only five," Dr. Siegel notes. If an infant sweats profusely during hot, humid weather, tiny red bumps may start to cluster on their neck or groin, in the folds of their skin at the back of their knees, or in the crease of their elbows. This is known as heat rash. To relieve heat rash, remove the sticky outfit and dress them in loose cotton clothes (or simply a diaper), and apply cornstarch baby powder to the affected areas. Keeping them in a cool, well-ventilated room will help relieve symptoms, too. A sunburn, characterized by hot, red, swollen skin that's painful to the touch, can cause a baby even greater misery. Contact your doctor immediately if a child under age 1 gets a sunburn. They'll likely have you apply cool (not cold) tap water, followed by a moisturizer, to the burned area. Don't pop blisters; they protect against infection. Your child's pediatrician may also recommend infants' acetaminophen or ibuprofen for relieving any burn-related discomfort. In hot weather, it's important to keep a baby cool and protected from the sun. Contact their doctor if you have any questions or concerns about taking care of your infant in the heat—or if you're worried they may have heat stroke or a sunburn. Thanks for your feedback!

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