



# Parenting Clips

*Kohl's A Minute for Kids Parenting Clips offers practical information on common child health and safety issues from the experts at Dayton Children's.*

*As the region's pediatric referral center, Dayton Children's is the only hospital in the region with a full-time commitment to the health care needs of infants, children and teens. Our pediatric expertise is also offered at locations in Springboro, Middletown, Springfield, Troy, Lima and Vandalia.*

*Call 937-641-3666 or visit our website at [www.childrensdayton.org](http://www.childrensdayton.org) for more information.*

*Experts you trust, caring for the children you love.*

## ***Safe sleep ABCs for baby***

***Nearly one child a month dies in Montgomery County alone because of unsafe sleep practices, according to the county's Child Fatality Review Board.***

"A tragic sleep accident could happen to any family, so do everything possible to try to prevent one," says Thomas Krzmarzick, MD, medical director of the Regional Pediatric Trauma and Emergency Center at Dayton Children's.

Dr. Krzmarzick points out that while there is no single sleep space that can guarantee a baby will be risk-free, there are ways to reduce the risk.

### ***The ABCs of safe sleep***

Dr. Krzmarzick says that parents should be familiar with the ABCs of safe sleep:

- ▶ **A – Alone.** A baby should sleep alone. Never let your baby sleep with another child, adult or pet.
- ▶ **B – Back.** A baby should sleep on his or her back – the safest position for a baby to sleep. Also, the baby should wear a one-piece sleeper to avoid other chances of suffocation or strangulation.
- ▶ **C – Crib.** Do not allow your child to sleep on any other surface besides a crib.

"One of the most important things for parents and caregivers to remember is to be responsible for their baby's sleep safety," says

Dr. Krzmarzick. He and other staff in Dayton Children's Trauma and Emergency Center have seen firsthand what can happen when babies share a sleep space with an adult.

### ***Avoid these dangers:***

- ▶ Do not let babies sleep on an adult bed, couch, chair, beanbag, waterbed, feather bed, futon or recliner.
- ▶ Do not let babies sleep with other children or pets.
- ▶ A baby should not be in bed with anyone who smokes, even if they don't smoke in bed.
- ▶ A baby should not be in bed with anyone who has used alcohol, drugs, prescriptions or other medications. Any of these can lower a person's ability to respond.
- ▶ A baby should not be in bed with someone who is overly tired, ill or does not wake easily.
- ▶ Babies should not be in bed with someone who is obese.
- ▶ Babies should not be in bed with someone who has long hair that is not tied up.

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***To receive more health and safety tips from the experts at Dayton Children's, join our online community today. Go to [www.childrensdayton.org](http://www.childrensdayton.org), click on E-newsletter on the left.***



*Kohl's A Minute for Kids Parenting Clips are published regularly by Dayton Children's for parents and families in the region.*

*For more information or to be removed from our mailing list, call 937-641-3620.*

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## Family bed rules

If the family chooses to co-bed, recognize there is an increased risk for serious injury or death to the infant. Families who bring their baby to bed for short periods must provide a safe space for them.

### An adult bed should

- ▶ Have a firm mattress that fits tightly between the headboard and footboard;
- ▶ Be at least two feet from the wall; and
- ▶ Not have pillows or covers that could smother a small baby.

### Your baby's caregivers need to know and agree to follow your baby's sleep rules.

- ▶ Everyone who cares for your baby must know all of the sleep rules you follow in the normal care of your baby.
- ▶ If a caregiver does not want to follow those rules, you should find another caregiver.
- ▶ Your caregiver should provide a safe sleep space for your baby that is free of people, objects or pets that could cover your baby's nose or mouth and not allow the baby to move or breathe.

"As an emergency room physician, I see firsthand the devastating effects of unsafe sleep practices," says Dr. Krzmarzick. "We strongly recommend that infants do not co-bed."

If you have questions about baby's safe sleep, talk to your pediatrician or family doctor. Other helpful resources are listed below. Visit [kohlsminutes.childrensdayton.org](http://kohlsminutes.childrensdayton.org) for tips on keeping baby's crib and playpen safe, and for a podcast on this and other health and safety topics.

## ABOUT OUR EXPERT



**Thomas Krzmarzick, MD**, is medical director of the Regional Pediatric Trauma and Emergency Center. Dr. Krzmarzick is also a clinical assistant professor of pediatrics

and emergency medicine at Wright State University Boonshoft School of Medicine. He is board certified in pediatrics and pediatric emergency medicine. He earned his medical degree at the University of Iowa School of Medicine. Dr. Krzmarzick completed his pediatric residency at Children's Hospital Medical Center in Cincinnati, where he was also chief resident in pediatrics. Dr. Krzmarzick has been the medical director of the emergency department at Dayton Children's since 1999.

### Other resources

- ▶ National Institute of Child Health and Human Development – [www.nichd.nih.gov](http://www.nichd.nih.gov)
- ▶ American Academy of Pediatrics: Healthy Child Care America – [www.healthychildcare.org](http://www.healthychildcare.org)
- ▶ American Academy of Pediatrics: National Sleep Awareness Campaign – Read the full recommendation from the AAP on safe sleep and SIDS – [www.aap.org/healthtopics/sleep.cfm](http://www.aap.org/healthtopics/sleep.cfm)
- ▶ Juvenile Products Manufacturers Association – [www.jpma.org](http://www.jpma.org)

## PEDIATRIC EXPERTS IN YOUR NEIGHBORHOOD

### Dayton Children's

**1** One Children's Plaza  
Dayton, OH 45404-1815

### Urgent Care Center's

**2** **Dayton** — Dayton Children's Campus. 937-641-5995  
Conveniently located just off Route 4 on Valley St.  
Hours: Mon-Fri 5:00 to 10:00 pm  
Sat-Sun Noon to 8:00 pm

**3** **Kettering** — Lamplighter Square  
5583 Far Hills Ave. 937-435-6063  
Hours: Mon-Fri 3:00 to 10:00 pm  
Sat-Sun 11:00 am to 8:00 pm  
Lab and x-ray services available at this location.

### Opening November 2008

**4** **Springboro** — 3333 West Tech Road.  
937-641-5725  
Conveniently located just off Rt. 741.  
Rehabilitative services, lab and medical imaging (x-ray, fluoro, etc.) available at this location.

### Dayton Children's

**Outpatient Testing Center's**  
Hours: Mon-Fri. 8:30 am to 5:30 pm  
Sat. 8:30 am to 12:30 pm  
Lab and medical imaging (x-ray, etc.) with physician referral.

**5** **Beavercreek** — The Midtown Shoppes of Beavercreek.  
937-641-5770  
3224 Dayton-Xenia Road, Suite 100

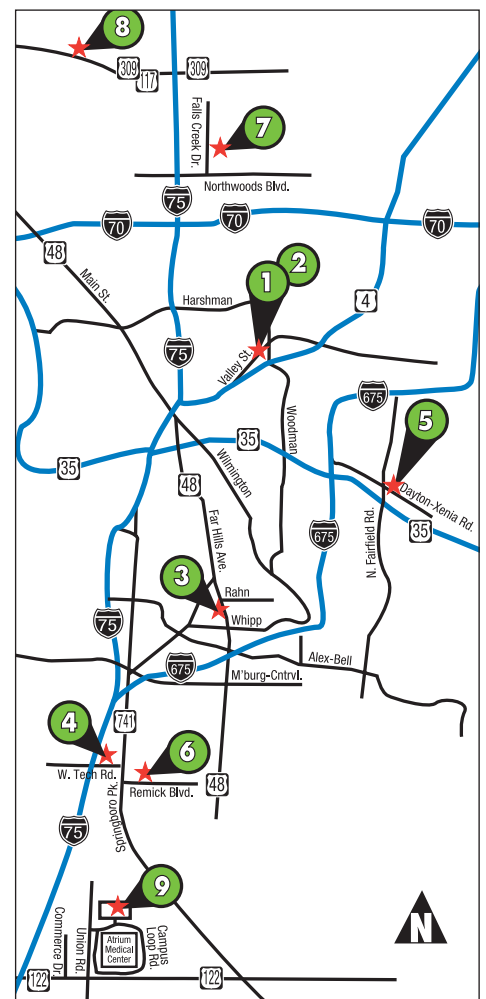
**6** **Springboro** — LedgeStone Professional Park,  
60 Remick Boulevard. 937-641-5700  
Speech therapy available at this location.

### Opening December 2008

**7** **Vandalia** — 810 Falls Creek Drive.  
937-641-5765

### Specialty Centers

**8** **Lima - St. Rita's Med Care Clinic** —  
939 W. Market Street. 937-641-3000  
Hours: Vary by clinic  
Specialty clinic visits with physician referral. Ask operator for specific clinic.



**9** **Specialty Care Center – Warren County** —  
100 Campus Loop Rd. Conveniently located near the new Atrium Medical Center, on the Premier Health Campus – Middletown. 513-424-2850  
Hours: Mon-Fri. 8:30 am to 5:30 pm  
Sat. 8:30 am to 12:30 pm  
Specialty clinic visits, lab and medical imaging (x-ray, etc.) with physician referral.