

I CAN BE  
**LEGENDARY.**



**BE THE END.**  
**END Child Abuse**  
visit [www.suncoastcenter.org](http://www.suncoastcenter.org)

P.O. Box 10970 • St. Petersburg, FL 33733  
Client Services: (727) 388-1220 • Administrative Offices: (727) 327-7656 • TTY: 711  
24/7 Rape Crisis Hotline 727.530.RAPE



*Suncoast Center, Inc.*

*Children's Advocacy Services*

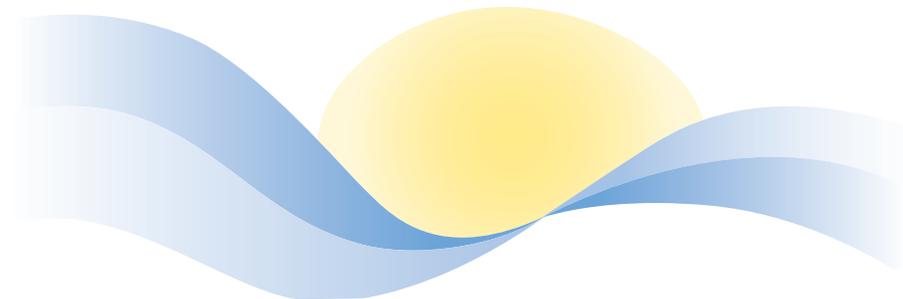
**CHILD SAFETY**  
**NEWBORNS AND INFANTS**

**BE THE END.**  
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December 2015 edition

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This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health, or the health of his/her child and particularly with respect to any symptoms that may require diagnosis or medical attention.



# Newborn/Infant Dog Bite Prevention

## Fast Facts for Parents & Caregivers

- Children under the age of 6 are at the highest risk for dog bites.
- Most dog bites were from dogs known to the family.
- More than half of dog bites to children occur in the home.

## Tips for Preventing Dog Bites

- NEVER leave a child unattended with a dog, even the family pet.
- Do not leave your dog on a chain for long periods of time because they are more likely to bite.
- Follow leash laws and do not let your dog roam freely.
- See a veterinarian promptly if your dog is sick or injured. Illness and pain can make a dog more likely to bite.
- Child should never approach or play with dogs unless supervised by an adult.
- Do not disturb a dog if it is eating, sleeping or caring for puppies.
- Teach a child how to react if a dog knocks the child over-roll into a ball, cover his or her face and stay still.

Before getting a dog, seek the advice of a veterinarian or animal shelter about which dog is right for your family and your lifestyle.

Across all age groups, the most common cause of dog bites is inappropriate behavior by the child including:

- Interacting with the dog while it's eating
- Taking a dog's chew toy
- Playing too roughly with the dog
- Moving the dog against its will.

### For Other Resources, Call:

211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

Newborn/Infants: Pets

## Suncoast Center, Inc. Services

Taking care of a child presents all sorts of challenges and concerns regarding health and safety. There are many things parents and caregivers can do to protect children from injuries or health concerns. By being observant and having educational tools, parents and caregivers can be prepared for the many situations that arise while caring for children.

Healthy families are the foundation for a healthy community. Suncoast Center is committed to educating parents and caregivers about child health and safety throughout Pinellas County

**Contact:**  
**Children's Advocacy Center**  
**2960 Roosevelt Boulevard**  
**Clearwater, FL 33760**  
**727-388-1220**



Limited English Proficiency and sign language interpreters will be made available at no charge to the client, including utilization of 711 Relay. Suncoast Center assures accessibility to clients and companions who have disabilities. For assistance contact (727) 388-1220.

## SERVICES

- Initial medical treatment/exam
- Follow-up medical services
- Multi-Disciplinary Team development of a quality plan for your family
- Assistance in accessing community resources
- Services provided home or in the office
- Trauma counseling for children
- Assistance in parenting skills
- Counseling for personal and family problems
- Parent to Parent mentoring program
- Learn home management skills
- Benefits application assistance
- Coping with crying
- New parent support
- Early childhood services (ages 2 to 6 with behavioral problems)
- SAFE...Sexual Awareness Family Education
- Emergency financial assistance

General Information

## Newborn/Infant Prenatal Care

Proper prenatal care is crucial to the health of your child. Prenatal care comes in many forms and providers including obstetricians, family doctors, certified nurse-midwives, certified professional midwives and doulas.

Women who think they may be pregnant should schedule visits to their health care provider to begin prenatal care, including a physical exam, screenings and testing. These visits also include discussions about your health as a mother, the health of the infant and any questions about pregnancy.

It is crucial to reduce your infant's risk for complications. NEVER smoke or use alcohol during pregnancy.

- Tobacco smoke and alcohol use have been shown to increase the risk for Sudden Infant Death Syndrome (SIDS).
- Alcohol use also increases the risk for fetal alcohol spectrum disorders including abnormal facial features, having a small head, poor coordination, poor memory, intellectual disability and problems with the heart and kidneys.

Prenatal care also includes education and counseling about how to handle different aspects of your pregnancy.

Typically, a woman's age, family history, medical history, and pregnancy risk factors are addressed during the initial prenatal visit.

Prenatal care costs can be expensive. Programs and services are available to help women get the care they need.

### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

### Community Health Centers

Community Health Centers at Clearwater 727-824-8181

Community Health Centers at Largo 727-821-8181

Community Health Centers at Pinellas Park Park 727-824-8181

Community Health Centers of Pinellas at Johnnie Ruth Clarke Center 727-824-8181

Community Health Centers at Tarpon Springs 727-824-8181

Community Health Centers at Bayfront 727-824-8181

Community Health Centers at Suncoast Center High Point Neighborhood 727-824-8181

### Florida Department of Health in Pinellas

Services include dental services for children up to 18 years (Medicaid: to age 21), family planning for teens and adults, immunizations for adults and children (free for children)

Mid County 727-524-4410

Clearwater 727-469-5800

St. Petersburg 727-824-6900

Tarpon Springs 727-942-5457

Pinellas Park 727-547-7780

Largo 727-588-4040

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well baby care and prenatal visits.

Ridgecrest- 727-588-4018

Midcounty- 727-538-7278

Pinellas Park- 727-549-6633

St. Petersburg- 727-824-6986



## Infants/Newborns Immunizations

Immunizations have had an enormous impact on improving the health of children in the United States. Most parents today have never seen first-hand the devastating consequences that vaccine-preventable diseases have on a family or community. While these diseases are not common in the U.S., they persist around the world.

Before leaving the hospital or birthing center, a child receives several vaccines. Throughout the first two years of his or her life, a pediatrician will make recommendations about which vaccines should be given and the schedule of vaccination.

By immunizing your child by 2 years of age, your child should be protected against 14 vaccine preventable diseases. If your child missed a vaccine, this is a good time to catch-up. Your child may receive additional vaccine doses to fully protect against up to 14 diseases.

- **Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases.**
- **Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly .**
- **It is important that parents and caregivers continue to protect their children with vaccines because outbreaks of vaccine preventable diseases can and do occasionally occur in this country.**

### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

### Bayfront Baby Place at All Children's Hospital

Provides parenting education, new mother support groups and prenatal breastfeeding classes for expectant mothers to learn how to set up a nursery and choose a pediatrician. Siblings age 10 and older may also attend. Contact: 727-893-6854

### The Baby Place at Florida Hospital

Provides family and parent education programs designed to help new parents and siblings to adjust to life with a newborn. Classes cover every topic including: childbirth, breastfeeding, baby care, labor and delivery, CPR and more. Contact: 727-943-3600

### Community Health Centers

Clearwater 727-824-8181

Largo 727-821-8181

Pinellas Park 727-824-8181

Johnnie Ruth Clarke Center 727-824-8181

Tarpon Springs 727-824-8181

Bayfront 727-824-8181

Suncoast Center High Point

Neighborhood 727-824-8181

### Florida Healthy Start

Provides universal screening for all pregnant women at their first prenatal care visit and for infants at their birthing hospital to ensure early preventative care. Services include: family planning, immunizations, father services, developmental screening, referral assistance, childbirth education, nutrition counseling, transportation assistance, support to stop smoking, and support groups. Contact: 727-824-6990

### Good Start = Good Life

Incorporates home visitation and trained advocates called Personal Pregnancy companions to assist underserved, economically disadvantaged, pregnant women by providing prenatal, postnatal and parenting education. Contact: 727-443-0471

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits. Ridgecrest: 727-588-4018  
Midcounty: 727-538-7278  
Pinellas Park: 727-549-6633  
St. Petersburg: 727-824-6986

### Operation PAR Motivating New Moms

Assisting mothers to decrease or eliminate the use of alcohol and illicit drugs and strengthening parent/child bonds by parenting education. Contact: 727-432-3416

### Pinellas Nurse-Family Partnership

Home-visiting program intended to promote well-being of first-time, low income mothers and their children. Services include home visiting by trained nurses to provide parenting education, assisting with referrals to community resources and promoting family enrichment and self-sufficiency. Contact: 727-542-4410 ext. 7863

### Pre-Natal Breastfeeding Classes

St Pete Health Center 727-824-6900  
Clearwater Health Center 727-469-5800  
Pinellas Park Health Center 727- 547- 7780  
Mid County Health Center 727-524-4410  
Tarpon Springs Public Library 727-943-4922  
Morton Plant/ Mease Hospitals- 727-462-7500  
Bayfront 727-290-1310  
St. Petersburg General Hospital 727-341-4055  
La Leche League- 1-800-525-3243

### Parents as Teachers+ (PAT+)

Home-visiting parent education program offered for pregnant women or families with children ages 0-3 years where there is a history of drug or alcohol misuse and who need extra support to start a healthy lifestyle. Contact: 727-350-5900

### St. Petersburg General Hospital

Provides prenatal nutrition education with additional emphasis on several key nutrients, daddy boot camp classes and newborn care. Contact: 727-341-4055

## Newborns/Infants Coping with Crying

Children are wonderful when they are happy, but parents and caregivers face a serious challenge when a child will not stop crying. It is important to think about and have a plan for what to do when a child won't stop crying.

Crying is the main trigger for an adult to violently shake a child. **NEVER shake a child.** Shaking a small child will cause Abusive Head Trauma.

When a caregiver shakes a child, the brain will shift back and forth inside of his or her skull, resulting in permanent brain damage or death. If a child survives the violent shaking, he or she may be left with cerebral palsy, vision problems, hearing problems, seizures, learning difficulties, and/or behavioral difficulties

### Try to keep yourself calm by:

- Put the child in a safe place such as a crib, and leave the room.
- Call a friend for support— someone you know and trust to come over and sit with the baby so you can get some space.
- Try listening to some music.
- Refuse to judge yourself as a failure.
- Reassure yourself that it is normal for babies to cry.
- Feel your control returning.



Parents and caregivers may be overwhelmed when a child won't stop crying. Try these tips to help calm the child:

- Check the comfort of the baby: does he or she need changing or feeding, warmer clothes, cooler clothes? Is he or she teething?
- Call your doctor if you suspect your child may be ill.
- Try to calm the child by
- Holding the child against your chest and walking or rocking the child.
- Talk, sing or play.
- Take the child for a walk or a ride in the car.

### For Other Resources, Call:

211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

### Suncoast Center— 727-388-1220

#### Active Parenting Now- Suncoast Center

A court-approved six-week program designed to help parents of children of all ages build positive family relationships.

#### Coping with Crying— Suncoast Center

This training program is designed to teach parents and other caregivers the dangers of violently shaking a baby or young child to prevent Shaken Baby Syndrome/ Abusive Head Trauma.

#### Early Childhood Services

Provides specialized services for young children who have been exposed to violence or other traumas and/or are experiencing social/emotional or behavioral difficulties. Services are provided in home or in office.

#### Intensive Family Services— Suncoast Center

Provides an urgent, intensive response to families with children who require on-site intervention due to a mental health issue impacting their stability.

#### Parent Aide

Provides peer-to-peer counseling and mentoring for parent education, emotional support, home management, support groups, and referrals to additional resources and child development workshops.

#### Peaceful & Powerful Parenting— Suncoast Center

Parents will learn to understand a child's temperament, practice core discipline basics and explore goals of positive and negative behaviors.

#### Sexual Awareness Family Education (SAFE) Training

Parents will learn how to add layers of sexual safety around a child, how to recognize behaviors of a child molester, how to safely set limits for a child's safety and how to hope a lifelong conversation about healthy sexuality.

#### Total Family Strategy— Suncoast Center

Provides in-home, family-centered therapy and family social networking/ support activities to families at risk for dependency. Includes personalized case management, home & life management skills and other resources to promote stability and self-sufficiency.

#### All Children's Hospital— Community Education

Educational programs on child health, child safety, parenting skills, child development and childhood injury prevention.  
Contact: 727-767-4188

#### Dr. Martin Luther King Jr. Neighborhood Family Center

Provides parenting classes, resources, support groups for moms, and life skills classes.  
Contact: 727-442-5355

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.

Ridgecrest- 727-588-4018 Midcounty- 727-538-7278  
Pinellas Park- 727-549-6633 St. Petersburg- 727-824-6986

### Healthy Start Coalition of Pinellas

Provides pregnant women, infants, and young children services promoting healthy pregnancies and healthy babies, including breastfeeding education and support, childbirth education, parenting support, nutritional care. Contact: 727-507-6330

### High Point Community Family Center

Parents receive child care resources, parenting classes, food assistance and youth programs to improve literacy skills.  
Contact: 727-533-0730

### Hispanic Outreach Center (Intercultural Advocacy Institute)

Provides support to families through counseling, advocacy, referrals, education, and positive parenting classes.  
Contact: 727-445-9734

### Lutheran Services Florida Pinellas- Early Head Start

Provides education, health, nutrition and parent involvement services.  
Contact: 727-547-5979

### Operation PAR Motivating New Moms

Assisting mothers to decrease or eliminate use of alcohol and illicit drugs and strengthening parent/child bonds by parenting education.  
Contact: 727-432-3416

### Parents as Teachers+ (PAT+)

Home-visiting parent education program offered for pregnant women or families with children with a history of drug or alcohol misuse.  
Contact: 727-350-5900

### Pinellas Nurse-Family Partnership

Home-visiting program intended to promote well-being of first-time, low-income mothers and their children including home visits by trained nurses, assist with referrals to community resources and promote family enrichment and self-sufficiency.  
Contact: 727-542-4410 ext. 7863

### WARM Line

Information on child care centers, developmental screenings, parental rights/responsibilities.  
Contact: 727-400-4456

## Newborns/Infants Parent Education

Parenting classes can cover a variety of topics such as positive discipline techniques, general child development, expected milestones according to age, appropriate uses of play, or finding and utilizing available community or social services. These types of classes can benefit parents in how they understand and interact with their children on a daily basis, as well as helping them focus on positive and age-appropriate practices.

New parents or parents who are having difficulties raising a child can benefit from the preventative aspect of an educational program. Parenting classes can help parents gain the problem-solving techniques that are necessary to deal with situations.

- **Be consistent**– Toddlers do best when they know what to expect in regards to routine and discipline. As much as you can, keep regular routines. Also, make sure you and your partner decide together how to react to your child's behaviors and respond consistently.

### General Information

Parenting classes can cover a variety of topics such as positive discipline techniques, general child development, expected milestones according to age, appropriate uses of play, or finding and utilizing available community or social services. These types of classes can benefit parents in how they understand and interact with their children on a daily basis, as well as helping them focus on positive and age-appropriate practices.

When parents have a history of possible child neglect or family abuse, parenting classes can help head-off negative behavior and future legal issues.

Additionally, parenting classes are often a prerequisite for parents going through a divorce. These classes might focus on parenting without a partner or parenting in a new family. State requirements for parenting classes in relation to a divorce vary.

## Local Agencies Providing Services

### Active Parenting Now- Suncoast Center

A court-approved six week program designed to help parents of children of all ages build positive family relationships. Parents will discover and practice enhanced communication skills and techniques.

Contact: 727-327-7656 ext. 4160

### Coping with Crying– Suncoast Center

This training program is designed to teach parents and other caregivers the dangers of violently shaking a baby or young child to prevent Shaken Baby Syndrome/Abusive Head Trauma.

Contact: 727-327-7656 x 8137

### Early Childhood Services– Suncoast Center

Provides specialized services for young children from ages 0-6 who have been exposed to violence or trauma and/or are experiencing social/emotional or behavioral difficulties. Services are provided in the family's home or in a classroom setting.

Contact: 727-388-1220

### Peaceful and Powerful Parenting– Suncoast Center

Parents will learn their temperament and their child's temperament. Caregivers and parents will also learn to identify and practice coaching a child's emotions. The class will also teach parents and caregivers to explore the goals of positive and negative behaviors, while learning core discipline basics.

Contact: 727-327-7656 ext. 4160

### Pinellas Nurse-Family Partnership

Home-visiting program intended to promote well-being of first-time, low income mothers and their children. Services include home visiting by trained nurses to provide parenting education, assist with referrals to community resources and promote family enrichment and self-sufficiency.

Contact: 727-542-4410

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.

Contact:

Ridgecrest: 727-588-4018

Midcounty: 727-538-7278

Pinellas Park: 727-549-6633

St. Petersburg: 727-824-6986

## Newborns/Infants Safe Sleep

### Newborns (0-2 months)

Always follow the ABCs when putting newborns to sleep. **Newborns need to sleep Alone, on their Backs in a Crib.** Newborns may sleep up to 20 hours a day, but will not have a set sleep pattern for the first two months. Let babies form their own schedule by feeding them when they are hungry and putting them to bed when they seem tired.

### Infants (2-24 months)

Always follow the ABCs when putting infants to sleep. **Infants need to sleep Alone, on their Backs in a Crib.** Although babies may now roll over on their own, you should still place your baby to sleep on his or her back. It's fine if babies roll over on their own during sleep.

No soft bumpers or blankets should be used in the baby's crib. Baby should be clothed in season-appropriate clothing that will keep the baby warm without a blanket.

Some parents fall into the trap of letting their children fall asleep in an infant swing or backseat of a car. Instead, use the motion for calming, not naps. If the child falls asleep, stop the swing or take them out of the car so he or she can have better quality sleep.

It is normal for babies to cry at bedtime because they feel scared when a parent leaves the room. Establishing a bed time routine with quiet activities together will help lessen fear and stress. When putting babies to bed, give them some time to fall asleep on their own.

If crying continues, check in on your baby, but do not pick your baby up. Instead, rub your baby's tummy and talk softly to help your baby fall asleep.

#### For Other Resources, Call:

211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

### Car Seat Safety Check Locations

- Clearwater Police Department 562-4142
- East Lake Fire 784-8668
- Lealman Fire Rescue District 526-5650
- Oldsmar Fire Rescue 813-749-1200
- Palm Harbor Fire Rescue 784-0454
- Pinellas park Fire Department 727-541-0713
- Sunstar EMS (Largo & St Petersburg area) 582-2056
- Tarpon Springs Fire Rescue 727-938-3737

### Florida Department of Health in Pinellas

Provides Child Passenger Safety Classes dedicated to teaching technical guidance and education regarding the safest practice of transporting children in all types of motor vehicles. Classes are conducted by a National Child Passenger Safety Technician and will detail common misuse and proper installation. Contact: 727-824-6900

### Florida Suncoast SAFE KIDS Coalition- All Children's Hospital

This informative and interactive class is designed to show you how to use and properly install your child's car seat in your vehicle. If you are unable to purchase a car seat for your child at retail prices, convertible seats (for children birth to 4 years) are \$20 and booster seats (for children 4 years to approximately 8 to 10 years old) are \$10. Contact: 727-767-8581

### Morton Plant Hospitals

Provides car seat inspections . Contact: 1-877-692-2922

### Things to Remember:

- All locations by appointment only.
- Provide the age & weight for each child under 8 when scheduling the appointment.
- It is recommended that you bring the child with you using the child's current car seat.
- Allow at least 20 – 30 minutes for each car seat to be checked.
- Bring the vehicle owner's manual to the appointment.
- Bring the child restraint instructions to the appointment.

## Newborns/Infants Car Seat Safety

### Rear-Facing Only Seats

These seats are used for infants up to 22 to 40 pounds, depending on the model. They are small and have carrying handles (and sometimes come as part of a stroller system). These seats usually come with a base that can be left in the car. The seat clicks into and out of the base so you don't have to install the seat each time you use it. Parents can buy more than one base for additional vehicles. Should be used only for travel.

### Installation Tips- When using a rear-facing seat, keep the following in mind:

- Place the harnesses in your rear-facing seat in slots that are at or below your baby's shoulders.
- Ensure that the harness is snug and that the harness clip is placed at the mid-chest level.
- Make sure the car seat is installed tightly in the vehicle. If you can move the seat at the belt path more than an inch, it's not tight enough.
- If you are using a convertible or 3-in-1 seat in the rear-facing position, make sure the seat belt or lower anchor and tether is routed through the correct belt path.
- Make sure the seat is at the correct angle so your infant's head does not flop forward. All rear facing seats have built-in angle indicators.

All infants and toddlers **MUST** ride in a rear-facing car seat until they are at least two years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.

All children should ride in a car seat or booster seat until age 6.

Never place a rear-facing car seat in the front seat of a vehicle that has an active front passenger air bag. If the air bag inflates, it will hit the back of the car seat, right where your baby's head is, and could cause serious injury or death.

### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

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Midcounty: 727-538-7278

Pinellas Park: 727-549-6633

St. Petersburg: 727-824-6986

## Newborns/Infants Water Safety

### Five Layers of Water Safety

- **The Caregiver**– Pool safety starts with the caregiver. Pay close attention to your child to keep him or her from accessing the water. Limit distractions that interfere with supervision. Avoid cell phone use and NEVER leave a child in the water alone.
- **Inside the Home**– Have a clear view of the pool within the house. Access to the pool area should be limited to adults. Use childproof locks and door alarms to alert caregivers. Monitor all buckets and bathtubs and empty them after use.
- **Outside the Home**– The backyard should be secured. The pool area should also have approved safety fences with self-closing, self-latching gates at least 4 feet in height. Keep furniture away from the safety fence and use a locking cover on hot tubs. Empty wading pools when not in use.
- **The Pool Area**– Keep toys and floating objects out of the pool when they are not being used and remove trip hazards from the pool area. Wave alarms can be used on the pool or the pool should be covered when not in use.
- **Swimming Lessons**– Enroll in swim lessons and make sure family members can swim as well. Always swim with a buddy. Use life jackets for swimmers who are still learning. Do not use air filled swim aids in place of life jackets.

Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water. Supervisors of preschool children should provide “touch supervision– be close enough to reach the child at all times.

Drowning occurs quickly and quietly, adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children, even if life-guards are present.

Parents should learn CPR to be prepared in case of an emergency. Local hospitals, fire departments and recreation departments offer CPR training.

**For Other Resources, Call:**  
211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

## Newborn/Infant Heat Safety

### Tips for Parents & Caregivers

- Touch a child’s seat and safety belt before placing a child in the car seat to make sure it is not too hot.
- NEVER leave a child unattended in a vehicle, even with the windows down, for any amount of time.
- Teach children to not play in, on, or around cars.
- Always lock car doors and trunks, and keep keys out of child’s reach.
- Keep a stuffed animal or other memento in your child’s car seat when it’s empty, and move it to the front seat as a visual reminder when your child is in the back seat.
- Always make sure children have left the car when you reach your destination.
- Don’t leave sleeping infants in the car.
- Make arrangements with your child’s day care center or babysitter that he or she will always call if your child is not there on schedule.
- Put something you need, such as your phone, purse, ID or bag on the floor of the backseat to ensure you open the back doors before leaving the vehicle.

### Look Before You Lock

Get in the habit of always opening the back door of your vehicle every time you reach your destination to make sure no child has been left behind.

Each year, dozens of children die from being left in parked cars. Temperatures inside of cars can rapidly rise to a dangerous level for children and even adults. Leaving windows open is not enough to prevent the temperature from rising to dangerous levels.

If you see a child alone in a car, get involved! If they are hot or seem sick, get them out as quickly as possible. Call 911 to get help.

**For Other Resources, Call:**  
211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

## Newborn/Infant Who is really watching your child?

**More than 25% of child abuse investigations involve a non-relative caregiver as the cause. Parents are encouraged to know the backgrounds and parenting skills of anyone who is watching their child.**

**There are steps any parent can take to lower the risk of harm when leaving your child with a secondary caregiver. Ask yourself:**

Does the caregiver..

- Treat other people with disrespect?
- Get angry or impatient when your child cries or has a tantrum?
- Call your child bad names or put them down?
- Make all the decisions for you and your child?
- Put you down or tell you that you are a bad parent or that you shouldn't have your kids?
- Pretend you are to blame when he or she hurts your child?
- Pretend it is not an issue when he or she hurts your child?
- Tell you your child is a nuisance or annoying?
- Scare or threaten your child by using guns, knives or other weapons?
- How does the caregiver treat and interact with other children?

**If you say yes to any of these questions, your child could be at risk. Seek other forms of child care or work with other parents in your area to provide safe child care. Suncoast Center classes can help.**

When you leave your child with a caregiver, you assume they will care for your child like you would, but that is not always the case.

Spend time observing a caregiver with your child before leaving them alone together. Make sure you and your child are comfortable and the interaction is appropriate.

### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

### American Heart Association

Provides CPR classes for parents and caregivers to ensure they are prepared for emergency situations.

Contact: 727-563-8000

### American Red Cross

Provides maintenance and safety information for home pool or hot tub owners, foster or adoptive parents, health advocates, child service organizations, and parents to understand pool concerns and prevention steps.

Contact: 719-540-9119

### Florida Suncoast SAFE KIDS- All Children's Hospital

Provides in-home safety checks and water safety classes to educate pool owners to go beyond the minimum requirements and install the five layers of protection to protect children around water.

Contact: 727-767-8581

### Morton Plant Hospitals

Provides infant and newborn CPR classes for parents and caregivers.

Contact: 1-877-692-2922

### St. Petersburg General Hospital

Provides infant and child CPR class taught by a certified instructor and includes home safety, rescue breathing, choking and CPR techniques for infants and children.

Contact: 727-341-4055

### YMCA Swimming Lessors

The YMCA offers swim lesson for all ages, family swim, and many kinds of swim programs for kids with special needs so all kids can safely enjoy fun in the water.

Contact: 1-800-872-9622

## Newborns/Infants Nutrition

### Newborns (0-2 months)

Newborns need to be fed every two to four hours. Breast feeding is strongly supported. Baby formula is a popular alternative to breastfeeding for infants less than one year of age. Baby formula must be prepared exactly as described on the container.

### Infants (2-6 months)

Baby is not ready for cereal or any solid food at this age. Babies usually need 4-5 ounces of breast milk or formula per feeding, usually 20-25 ounces per day. At your baby's four-month check-up, consult your pediatrician about increasing the amount of breast milk or formula your baby is consuming.

### Infants (6-9 months)

It is recommended that babies are not fed solid food until six months.

To introduce solids:

- Mix single ingredient solids like rice cereal with equal amounts of breast milk or formula.
- Start with one serving of solids a day. Add a second feeding when your baby can eat two-three tablespoons per feeding.
- It is important to start begin with vegetables, then fruit and finally protein.
- To make sure your baby is not allergic to a specific food, wait two-three days before starting another new food.

### Infants (9-12 months)

By nine months old, babies can pick up foods and drink from a sippy cup. By their first birthday, they can be weaned from a bottle and should be eating three meals a day while still receiving breast milk or formula. Serve soft foods and supervise your child constantly during feeding times. Be aware of signs of allergic reactions including rashes, hay fever, or breathing difficulties.

Avoid eggs, peanuts, shellfish, chocolate, citrus, wheat, corn, and honey until after the baby's first birthday.

Good nutrition is crucial for the growth and development of a child's first year of life.

To determine an infant's nutritional needs and develop a plan, parents need to make sure they have an accurate assessment of the infant's status. This assessment can be done by a nutritionist or health counselor.

Parents can benefit from nutrition education session designed to encourage appropriate feeding practices and strategies.

#### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

### Family Emergency Treatment Center— PEMHS

Provides evaluations, assessments, substance abuse counseling and medication management. FETC also provides individual and group therapy, referrals to community resources and follow-up services.

Contact: 727-552-1053

### Fairwinds Treatment Center

Provides evaluations, assessments, treatment for substance abuse.

Contact: 727-449-0300

### Florida Healthy Start

Provides universal screening for all pregnant women at their first prenatal care visit and for infants at their birthing hospital to ensure early preventative care. Services include: family planning, immunizations, father services, developmental screening, referral assistance, child birth education, nutrition counseling, transportation assistance, support to stop smoking, and support groups.

Contact: 727-824-6990

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.

Ridgecrest: 727-588-4018

Midcounty: 727-538-7278

Pinellas Park: 727-549-6633

St. Petersburg: 727-824-6986

### Integrity Counseling

Provides evaluations, assessments, treatment for alcoholism and alcohol abuse, and treatment for addictions and substance abuse.

Contact: 727-531-7988

### Operation PAR—Motivating New Moms

Assisting mothers to decrease or eliminate the use of alcohol and illicit drugs and strengthening parent/child bonds by parenting education.

Contact: 727-432-3416

### Parents as Teachers+ (PAT+)

Home-visiting parent education program offered for pregnant women or families with children ages 0-3 years where there is a history of drug or alcohol misuse and who need extra support to start a healthy lifestyle.

Contact: 727-350-5900

### Westcare Foundation

Provides education, intervention services, outpatient treatment, stabilization, detoxification, and residential treatment to adults and families affected by substance use.

Contact: 727-502-0188

### Windmoor Healthcare

Provides full-service psychiatric Provides full-service psychiatric and substance abuse assessment and treatment..

Contact: 727-541-2646

## Prenatal Care Substance abuse

When pregnant women take illegal drugs, prescription medications, drugs or alcohol during their pregnancies, their babies may be born with various problems. These babies may be born suffering from impaired growth, withdrawal symptoms, fever, seizures, blotchy skin, incessant crying, respiratory problems, heart defects, and extreme sensitivity to sounds and light. Drug and alcohol use can also increase the risk of Sudden Infant Death Syndrome (SIDS).

Doctors often have to treat these newborns with methadone, the same drug used to treat drug addicts, and morphine to ease their constant pain. These newborns also require longer and more costly hospital stays.

**There are several warning signs to watch for if you suspect a pregnant family member or friend may be using illegal drugs, unauthorized prescription drugs, tobacco, or alcohol.**

These signals include:

- Drop in attendance/performance at work or school.
- Frequently getting into trouble.
- Engaging in secretive or suspicious behaviors.
- Changes in appetite or sleep patterns.
- Sudden mood swings, irritability, or angry outbursts.
- Periods of unusual hyperactivity, agitation, or giddiness.
- Lacking motivation.
- Appearing fearful, anxious, or paranoid with no reason.
- Bloodshot eyes and abnormally sized pupils.
- Sudden weight loss or weight gain.
- Deterioration of physical appearance.
- Tremors, slurred speech, or impaired coordination.
- Sudden change in friends, favorite places to spend time, and hobbies.
- Legal problems related to substance use.
- Unexplained need for money or financial problems.
- Using substances even though it causes problems in relationships.

**Pregnant women who use illegal drugs should seek help early in their pregnancies to stop drug use and ensure proper prenatal care.**

**Pregnant women should know their doctors will ask about their use of alcohol, drugs, and prescription medication. These questions are to ensure they receive appropriate care and all information will be kept confidential.**

### **For Other Resources, Call:**

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing

### **Florida Healthy Start**

Provides universal screening for all pregnant women at their first prenatal care visit and for infants at their birthing hospital to ensure early preventive care.

Contact: [727-824-6990](tel:727-824-6990)

### **Lutheran Services Florida Pinellas- Early Head Start**

Provides education, health, nutrition and parent involvement services to children and families.

Contact: 727-547-5979

### **Healthy Families Pinellas**

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.

Ridgecrest: 727-588-4018

Midcounty: 727-538-7278

Pinellas Park: 727-549-6633

St. Petersburg: 727-824-6986

### **Healthy Start Coalition of Pinellas**

Provides pregnant women, infants, and young children services that promote healthy pregnancies and healthy babies. Services include breastfeeding education and support, childbirth education, parenting support, nutritional care. These services can be provided in the family's home or in an office setting.

Contact: 727-507-6330

### **Pinellas Nurse-Family Partnership**

Home-visiting program intended to promote well-being of first-time, low-income mothers and their children. Services include home visiting by trained nurses to provide parenting education, assisting with referrals to community resources and promoting family enrichment and self-sufficiency.

Contact: 727-542-4410 ext. 7863

### **Morton Plant Hospital (Baycare)**

Provides newborn and breastfeeding classes and support groups.

Contact: 1-877-692-2922

### **Community Health Centers**

Clearwater 727-824-8181

Largo 727-821-8181

Pinellas Park 727-824-8181

Johnnie Ruth Clarke Center 727-824-8181

Tarpon Springs 727-824-8181

Bayfront 727-824-8181

High Point Neighborhood 727-824-8181

### **DOH Pre-Natal Breastfeeding Classes**

St Pete Health Center 727-824-6900

Clearwater Health Center 727-469-5800

Pinellas Park Health Center

727- 547- 7780

Mid-County Health Center 727-524-4410

Tarpon Springs Public Library

727-943-4922

### **Hospital Breastfeeding Classes**

Morton Plant/ Mease Hospitals-  
727-462-7500

Bayfront 727-290-1310

St. Petersburg General Hospital

727-341-4055

La Leche League- 1-800-525-3243

### **WIC**

A federally funded nutrition program for women, infants, and children that provides healthy foods, nutrition education, nutrition counseling, breastfeeding support, and referrals for healthcare.

Contact: 727-824-6913



*Suncoast Center, Inc.*

# ABOUT US

## **ABOUT THE AGENCY**

Suncoast Center, Inc. is a 501 (c)(3) nonprofit organization offering multiple levels of evidence-based care for children, adults and families in Pinellas County, with select services available in surrounding counties. Suncoast Center is dedicated to helping more than 28,000 children, adults and families each year ... “through strengthening, protecting and restoring lives for a healthy community.”

## **ACCESSIBILITY & FLEXIBILITY**

Our doors are open to the community, offering professional, accredited services, when and where we are needed. Flexible appointments are available across a variety of community sites, as well as in clients’ homes.

Suncoast Center accepts private pay, Medicare, Medicaid, private insurance, and contributions. Reduced fees or no-cost services and classes may also be available to those who qualify.

## **OFFERING A WIDE RANGE OF CARE FOR CHILDREN, FAMILIES AND ADULTS:**

- Child Abuse Prevention & Advocacy
- Medical Foster Care
- Family & Individual Counseling
- Financial Counseling & Education
- Substance Abuse Services
- Trauma Services
- Healthy Families/School Partnership
- Parent Aide Mentoring Program
- Mental Health & Psychiatric Services
- Early Childhood Services
- Total Family Strategy
- Forensic Outreach

## **PINELLAS COUNTY’S only:**

- Certified Rape Crisis Center
- Child Protection Team

Visit our web site and learn about the many opportunities to partner in our mission, including:

- Employment
- Volunteer Service & Internships
- Donations
- Community Fund Raising Event
- Corporate & Event Sponsorships

