



Wings

A Weekly Newsletter for Families

March: Week 5
Family Safety

“Home is the nicest word there is.”
- Laura Ingalls Wilder

Be Prepared for Emergencies

If you’ve ever been faced with an emergency situation, you know it’s critical to have the right information to respond. This handy list will help you be ready in case someone in your family is ill, injured or in danger.

Have phone numbers readily available for yourself, family members and caregivers. Place copies of the phone list throughout your home, on the refrigerator and in the car. Program the phone numbers into the cellphones of all family members and caregivers, and give the numbers to babysitters and the parents of your child’s friends. The list should include these numbers:

- Emergency medical service, fire department and police department (usually 911)
- Poison control center (1-800-222-1222)
- Hospital emergency room
- Your child’s doctor and dentist
- Parents’ work
- Parents’ cellphones
- Neighbors and/or relatives
- Pharmacy

An emergency list should also include:

- Known allergies (especially to medications)
- Medical conditions
- Medications taken by all family members
- Insurance information for all family members

Teach your kids how to dial 911 and talk to the operator.

They should know:

- Their full name
- Their full address
- How to give a short description of the emergency

No one wants to think about an emergency happening, but it’s better to be ready so it can be handled calmly.



•• INFANT Inspiration

Crib Safety – Look for cribs with fixed side rails, slats no more than 2 3/8 inches apart, a firm mattress that fits the crib snugly and proper corner posts. Avoid cribs that are more than 10 years old. For more information on crib safety,

check out this short article: <http://kidshealth.org/en/parents/products-cribs.html?WT.ac=ctg#cathome>



•• PRESCHOOL Power

Keep Batteries Away from Your Kids – The small, coin-shaped “button batteries” that power small electronic devices, watches and calculators are dangerous if kids swallow them or put them up their nose. Store unused batteries out of sight and reach of children, and dispose of them correctly. Watch kids carefully when they’re using devices that contain batteries. If your child shows symptoms of swallowing a battery, call 911 or go to the emergency room immediately. Do not try to make your child vomit or let them eat or drink.

•• TODDLER Tales

Prevent Choking – Food, toys and other small objects can get lodged in a small child’s airway. Encourage kids to sit while eating, chew their food completely and swallow it before they talk or laugh. Do not give children under 4 years old nuts, sunflower seeds, popcorn, raw carrots or celery, hard candy, or raw apples and pears. You can get more information on preventing choking from this article: <http://kidshealth.org/en/parents/safety-choking.html?WT.ac=ctg#cathome>

