



# Wings

A Weekly Newsletter for Families

August: Week 5  
**Family Safety**

“A man travels the world in search of what he needs, and returns home to find it.” – George Moore

## Prevent Lead Poisoning

According to the American Academy of Pediatrics, children can get lead in their bodies if they swallow lead dust, breathe lead vapors, or eat soil or paint that have lead in them. Lead poisoning can cause learning disabilities, behavioral problems, anemia, or damage to the brain and kidneys. A child who has high lead levels may not look or act sick. The only way to know if the child has lead in their body is to take a blood test.

Lead is found in:

- Paint inside and outside of homes built before 1978, and dust and chips from that paint
- Soil
- Hobby materials like paint, fishing weights and buckshot
- Food stored in some ceramic dishes
- Older painted toys and furniture
- Tap water in homes with lead solder on pipes
- Mini-blinds made outside the US before July 1997

What you can do

- If your home was built before 1978, test the paint. If there's lead in it, get expert advice on safe repairs.
- Don't scrape or sand paint that may have lead in it.
- Check with your health department to see if the water in your area contains lead.

For more information on preventing lead poisoning, go to <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Environmental-Hazards.aspx>



## •• INFANT Inspiration

Get Ready for Bathtime

Never, ever leave a baby in water for any reason. So have everything you need at arm's length BEFORE bathtime.

- Water should be no more than 3-4 inches deep. Test the water temperature with your wrist or elbow to make sure it's not too hot.
- Soap and shampoo. Washing baby with plain water is fine, but make sure to rub and rinse skin folds and the diaper zone.
- A towel or two, the softer and cozier the better! Custom-sized baby towels may be easier to work with than adult-sized towels.
- Diapering supplies
- Change of clothes

## •• TODDLER Tales

Tips for Young Tricycle Riders

Most children are ready for a tricycle around the age of three. Here are some suggestions to help reduce the risk to your trike-riding toddler.

- Buy a tricycle that is low to the ground and has big wheels because it's less likely to tip over.
- Get a bicycle helmet that fits properly. It should be certified on the label that it meets the Consumer Product Safety Commission standards. Teach your child to wear the helmet every time they ride.
- Tricycles should be used only in protected places. Don't allow your child to ride near cars, driveways or swimming pools.

It takes balance and muscle coordination to ride a two-wheeler. Most children won't be ready for a two-wheeler with training wheels until their 6 years old.

## •• PRESCHOOL Power

Sandbox Safety

- Sandbox safe frames should be made of non-toxic landscaping timbers or non-wood containers to prevent splinters and chemical exposure.
- Use only natural river or beach sand. Do not buy or let your child play in sand made from crushed limestone, crushed marble, crushed quartz or other products that are obviously dusty.
- Cover the sandbox when it's not in use to keep out bugs and animals.
- Don't let kids play in wet sand.
- Rake sand regularly to remove clumps and foreign materials.
- Don't let household pets play with your child in the sandbox - they may mistake it for a litter box.

