

# TEACHING LIFE SKILLS TO PARENTS

## PARTICIPANT GUIDE

# Teaching Life Skills to Parents

## Section Two: Home and Child Safety

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# Home and Child Safety Tool Kit

## Teachable moments

- Client expresses concerns about safety
- There is a news story about some aspect of child or general safety.
- Client talks about wanting to get a car seat for her child.
- You see the client cross in the middle of a block with her young child.

## Life skills questions

- Do you have working smoke alarms?
- Do you have, know the location of a fire extinguisher where you live?
- Do you always properly restrain your child in a car?
- Is your home child proofed?
- Do you look for safety in your child's toys?

## Pitfalls

- A client may not always have control over an unsafe living situation. S/he may be renting a room in someone's house. S/he may also live in substandard housing with a landlord who is unwilling to make repairs.
- A client may not be able to afford the tools needed to childproof her living space.

## Life skills

- How to assess a home for general safety
- How to assess a home for child safety
- How to properly install a car seat

# Curriculum Units for Home and Child Safety

## Safety in every room

- What are the safety issues in the kitchen, bathroom, living room, or bedroom?
- Learn how to make various rooms in a house safer
- Learn activities that can make a family safer and more safety conscious.

## How to child-proof a house

- What are particular safety challenges for children in different developmental stages?
- Learn how to childproof the kitchen, bathroom, bedroom and living room.

## Keeping children safe

- Learn about toy safety
- Learn what various safety hazards are for children and how to protect them from these hazards.

## Car seat safety

- What is a safe car seat for infants, toddlers, preschoolers, school-aged children?
- Learn how to install a car seat safely
- Learn how to make sure a car seat is adjusted correctly for an individual child

# Home and Child Safety Activities to do with Clients

## Safety in every room

- Do a general safety assessment of the client's kitchen.
- Help the client make the living room a safer place for his/her family.
- Review a client's family rules for safety. Help the client come up with a couple of new rules if appropriate.

## How to Childproof a Home

- With the client, do a child safety review of the bathroom.
- Help the client purchase and install outlet covers.
- Check the water temperature in the client's home and, if possible, adjust it to a child-safe temperature.

## Keeping children safe

- With client, review his/her child's playthings for safety.
- Go to a store (thrift or new) and purchase one age-appropriate safe toy for his/her child.
- Take a walk with client around his/her neighborhood and review for safety issues. Practice good pedestrian safety.

## Car seat safety

- Look at and evaluate client's child's car seat.
- With client, install his/her child's car seat and evaluate for safety.
- Make plan with client to have appropriate child restraint system.









## The Bedroom

Please make a list of everything you would look for in a safe bedroom. Please break it down by things you would generally be concerned about and those that would be of special concern in keeping kids safe.

General Safety in the Bedroom: \_\_\_\_\_

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Child Safety in the Bedroom: \_\_\_\_\_

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# Is Your Home A Healthy Home?

## All living areas

- To prevent asthma attacks, eliminate sources of mold, dust, and insects, such as cockroaches. If you have a pet, keep it and its bedding clean and keep the pet off the furniture.
- If you must smoke, avoid smoking in the house, and especially around children.
- Make sure furnaces, fireplaces, wood-burning stoves, space heaters, and gas appliances are vented properly and inspected annually.
- Use safety gates to block stairways (and other danger areas), safety plugs to cover electrical outlets, and safety latches for drawers and cabinets.
- Keep children – and the furniture they can climb on – away from windows.
- Install window guards (on windows that are not fire emergency exits).
- To prevent falls, keep hallways and stairways well-lit and use non-slip backing for area rugs.
- Keep cleaning solutions, pesticides, and other potentially dangerous substances in their original, labeled containers, and out of the reach of children.
- Test homes built before 1978 for lead paint. Call 1-888-LEADLIST for certified inspectors. Ask your doctor or health department if your child should be tested for lead.
- If you have guns or rifles in your home, store the firearms and ammunition in separate containers and lock them out of the reach of children.
- Learn First Aid and Cardiopulmonary Resuscitation (CPR).
- Keep an updated list of emergency telephone numbers, including your local poison control center, physician and hospital emergency room, next to every phone in your home.

- Have your home tested for radon. If levels are above EPA's recommended level, call 1-800-557-2366 to find out about ways to reduce the levels.
- Make sure your family knows what to do during a natural disaster. In an earthquake, drop to the floor and get under something sturdy for cover; during a tornado, take shelter in a basement or an interior room without windows; and during a hurricane stay away from windows. Have handy supplies of food, flashlights, and water.

## **In the bedroom**

- Install smoke alarms outside bedrooms and on every level of the home. For added protection, consider installing smoke alarms in each bedroom. Test them at least once a month and change batteries at least once a year.
- Practice fire escape routes and identify an outside meeting place.
- Place a baby to sleep on his or her back in a crib with no pillows or soft bedding underneath.
- Use a crib that meets national safety standards and has a snug-fitting mattress.
- Never use an electric blanket in the bed or crib of a small child or infant.
- Keep small toys, balloons, and small balls away from young children.
- Check age labels for appropriate toys. Make sure toy storage chests have safety lid supports.
- To prevent strangulation, use safety tassels for mini-blinds and avoid strings on children's toys and pacifiers.
- Install carbon monoxide (CO) alarms outside bedrooms to prevent CO poisoning.

## **In the kitchen**

- Keep knives, plastic bags, lighters, and matches locked away from children.

- Avoid fires and burns by never leaving cooking food unattended, turning pot handles to the back of the stove, and keeping hot liquids and foods away from the edges of tables and counters.
- Make sure you and your children know the STOP, DROP, and ROLL procedure in case their clothes catch on fire.
- Keep appliance cords unplugged and tied up. Replace any frayed cords and wires.
- Securely strap young children in high chairs, swings, and other juvenile products.
- Do not give young children hard, round foods that can get stuck in their throats – like hard candies, nuts, grapes, popcorn, carrots, and raisins.
- Avoid scald burns by keeping children away from the hot water taps on drinking water coolers.

## **In the bathroom**

- To prevent poisonings, lock away all medicines and vitamins, even those with child-resistant packaging.
- Never leave a young child alone in the bathroom, especially in a bath.
- Before bathing a child, always test bath water with your wrist or elbow to make sure it's not too hot.
- To prevent scalds, set the water heater thermostat to 120° F and install anti-scald devices.
- Make sure bathtubs and showers have non-slip surfaces and grab bars.
- Keep electrical appliances, like hair dryers and curling irons, out of the reach of children and away from water.

U.S. Department of Housing and Urban Development

## Baby-Proofing Your Home

Babies learn quickly in their first year. For new parents, it's a pleasant surprise to see how soon they begin moving and exploring. But turn your back for a moment, and the infant who was squirming helplessly on a blanket is suddenly crawling across the room at high speeds.

Children are naturally curious. Tasting, touching and feeling are how infants and toddlers learn about the world around them. Take a moment to look at your surroundings from a youngster's point of view. Then make any necessary adjustments to baby proof your home.

### Suffocation and choking

- Infants, when placed on an adult bed of any kind, can roll into the space between the wall and the mattress and suffocate. Exercise caution if sleeping in the same bed with an infant. It is possible for an infant to become wedged between your body and the mattress and suffocate. Infants should never be placed on top of soft surfaces like sofas, large soft toys, sofa cushions, pillows, water beds or on top of blankets, quilts or comforters.
- Babies should sleep on their backs.
- Crib bars should be no more than 2 3/8 inches apart to prevent infants from getting their heads stuck between them. Cribs manufactured after 1974 must meet this and other strict safety standards.
- The crib mattress must fit tightly so there are no gaps for an infant to fall into. Keep the crib clear of plastic sheets, pillows and large stuffed animals or toys. These can be suffocation hazards.
- Keep toys with long strings or cords away from infants and young children. A cord can become wrapped around an infant's neck and cause strangulation. Toys with long strings, cords, loops or ribbons should never be hung in cribs or playpens. Similarly, pacifiers should never be attached to strings or ribbons around the baby's neck.
- Place an infant or child's bed away from any windows. Check window coverings for potentially hazardous pull cords.
- Use child safety gates at the top and bottom of all staircases and be sure they're installed correctly. Avoid accordion style safety gates with large openings that children could fit their heads through.
- Choking is a common cause of unintentional death in children under the age of 1. Avoid all foods that could lodge in a child's throat. Some examples

include popcorn, grapes, foods with pits, raisins, nuts, hard candies, raw vegetables, and small pieces of hotdogs.

- Never let children of any age eat or suck on anything, such as hard candy, while lying down.
- Keep floors, tables and cabinet tops free of small objects that could be swallowed. Such objects include coins, button-sized batteries, rings, nails, tacks and broken or deflated balloons.

## **Falls and burns**

- A mixer faucet on the basin, tub and shower will prevent scalds. Set your hot water thermostat for 120° F. A baby's bathwater should be 100° F. Always check bathwater temperature with your wrist or elbow before putting a baby in to bathe. Don't allow children in a whirlpool, Jacuzzi or hot tub. Their bodies are more sensitive to hot water.
- Teach youngsters that matches are tools for adults, not toys. Adults should never ignite lighters or matches in front of children. Store matches in a fire-resistant container out of the reach of youngsters.
- Do not smoke, use matches or drink hot beverages while holding an infant. Don't leave burning cigarettes unattended.
- Remember that radiators, heating vents, space heaters, fireplaces, stoves and hot water taps are not always hot. Children can touch them once safely and the next time receive a severe burn.
- Keep electrical cords and wires out of the way so toddlers can't pull, trip or chew on them. Cover wall outlets with safety caps.

## **Drowning**

- Never leave a child unsupervised in the bathtub. If you must leave the room for a telephone call or to answer the door, wrap the child in a towel and take him or her with you. Don't leave a small child alone with any container of liquid, including wading pools, scrub buckets, and toilets.
- A swimming pool drowning could also be called a "silent death" as there is rarely a splash or cry for help to alert parents to the problem. The typical drowning victim is a boy between 1 and 3 years old who is thought not to be in the pool area at the time of the incident.
- Fence in the pool completely. Doors leading to the pool area should be self closing and self-latching or equipped with exit alarms and should never be propped open.
- Never take your eyes off children when they are in or near any body of water, not even for a second. Don't rely on inflatable devices, such as inner tubes, water wings, inflatable mattresses and toys or other similar objects to keep a youngster afloat. Keep toys, tricycles and other playthings away from the pool area. A toddler near the water could unexpectedly fall in.

- All pool owners and their families are encouraged to seek training in swimming, lifesaving, first aid and cardiopulmonary resuscitation.

If it seems that there is a lot to do before that new bundle of joy comes home -- you are correct. However, simple safety checks can help ensure that you and baby will have many happy and healthy years together.

Permission to reprint granted by the National Safety Council, a membership organization dedicated to protecting life and promoting health.

# For Kids' Sake: Think Toy Safety

CPSC Document #281

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## When buying toys

- Choose toys with care. Keep in mind the child's age, interests and skill level.
- Look for quality design and construction in all toys for all ages.
- Make sure that all directions or instructions are clear -- to you, and, when appropriate, to the child. Plastic wrappings on toys should be discarded at once before they become deadly playthings.
- Be a label reader. Look for and heed age recommendations, such as "Not recommended for children under three". Look for other safety labels including: "Flame retardant/Flame resistant" on fabric products and "Washable/hygienic materials" on stuffed toys and dolls.

## When maintaining toys

- Check all toys periodically for breakage and potential hazards. A damaged or dangerous toy should be thrown away or repaired immediately.
- Edges on wooden toys that might have become sharp or surfaces covered with splinters should be sanded smooth. When repainting toys and toy boxes, avoid using leftover paint, unless purchased recently, since older paints may contain more lead than new paint, which is regulated by CPSC. Examine all outdoor toys regularly for rust or weak parts that could become hazardous.

## When storing toys

- Teach children to put their toys safely away on shelves or in a toy chest after playing to prevent trips and falls.
- Toy boxes, too, should be checked for safety. Use a toy chest that has a lid that will stay open in any position to which it is raised, and will not fall unexpectedly on a child. For extra safety, be sure there are ventilation holes for fresh air. Watch for sharp edges that could cut and hinges that could pinch or squeeze. See that toys used outdoors are stored after play -- rain or dew can rust or damage a variety of toys and toy parts creating hazards.

## The Nine Toy Dangers

### 1. Sharp Edges

New toys intended for children under eight years of age should, by regulation, be free of sharp glass and metal edges.

With use, however, older toys may break, exposing cutting edges.

**2. Small Parts**

Older toys can break to reveal parts small enough to be swallowed or to become lodged in a child's windpipe, ears or nose. The law bans small parts in new toys intended for children under three. This includes removable small eyes and noses on stuffed toys and dolls, and small, removable squeakers on squeeze toys.

**3. Loud Noises**

Toy caps and some noisemaking guns and other toys can produce sounds at noise levels that can damage hearing. The law requires the following label on boxes of caps producing noise above a certain level: "WARNING -- Do not fire closer than one foot to the ear. Do not use indoors." Caps producing noise that can injure a child's hearing are banned.

**4. Cords And Strings**

Toys with long strings or cords may be dangerous for infants and very young children. The cords may become wrapped around an infant's neck, causing strangulation. Never hang toys with long strings, cords, loops, or ribbons in cribs or playpens where children can become entangled.

Remove crib gyms for the crib when the child can pull up on hands and knees; some children have strangled when they fell across crib gyms stretched across the crib.

**5. Sharp Points**

Toys which have been broken may have dangerous points or prongs. Stuffed toys may have wires inside the toy that could cut or stab if exposed. A CPSC regulation prohibits sharp points in new toys and other articles intended for use by children under eight years of age.

**6. Propelled Objects**

Projectiles -- guided missiles and similar flying toys -- can be turned into weapons and can injure eyes in particular. Children should never be permitted to play with adult lawn darts or other hobby or sporting equipment that has sharp points.

Arrows or darts used by children should have soft cork tips, rubber suction cups or other protective tips intended to prevent injury. Check to be sure the tips are secure. Avoid those dart guns or other toys that might be capable of firing articles not intended for use in the toy, such as pencils or nails.

## 7. **All Toys Are Not For All Children**

Keep toys designed for older children out of the hands of little ones. Follow labels that give age recommendations -- some toys are recommended for older children because they may be hazardous in the hands of a younger child. Teach older children to help keep their toys away from younger brothers and sisters.

Even balloons, when uninflated or broken, can choke or suffocate if young children try to swallow them. More children have suffocated on uninflated balloons and pieces of broken balloons than on any other type of toy.

## 8. **Electric Toys**

Electric toys that are improperly constructed, wired or misused can shock or burn. Electric toys must meet mandatory requirements for maximum surface temperatures, electrical construction and prominent warning labels. Electric toys with heating elements are recommended only for children over eight years old. Children should be taught to use electric toys properly, cautiously and under adult supervision.

## 9. **Infant Toys**

Infant toys, such as rattles, squeeze toys, and teething rings, should be large enough so that they cannot enter and become lodged in an infant's throat.

## **Our responsibility**

Under the Federal Hazardous Substances Act and the Consumer Product Safety Act, the Commission has set safety regulations for certain toys and other children's articles. Manufacturers must design and manufacture their products to meet these regulations so that hazardous products are not sold.

## **Your responsibility**

Protecting children from unsafe toys is the responsibility of everyone. Careful toy selection and proper supervision of children at play is still -- and always will be -- the best way to protect children from toy-related injuries. To report a product hazard or a product-related injury, write to the U.S. Consumer Product Safety Commission, Washington, D.C., 20207, or call the toll-free hotline: 1-800-638-2772. A teletypewriter for the deaf is available at 1-800-638-8270.

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**U.S. CONSUMER PRODUCT SAFETY COMMISSION  
CHILD SAFETY PROTECTION ACT FACT SHEET**

## Child Safety Tips

### The facts...

Unfortunately we now live in a society where our children are not safe. Here are the facts:

- One in three girls and one in six boys are sexually abused by their 18<sup>th</sup> birthday.
- 435,000 children in the United States are sexually abused each year.
- California currently has 60,000 registered sex offenders. Over 35, 000 of those are child molesters.

### The solution...

It has been proven that **children with knowledge about personal safety are less vulnerable targets for victimization.**

That is why the University of California Police Department's Crime Prevention Unit is proud to provide you these safety tips that are straight forward instructions that should not alarm or frighten your child.

### The safety tips...

- **Teach your child that he/she should never play or go places alone.**
- **Teach your children how to yell to get attention.** Child abductors in prison today say that when their potential victims yelled for help, they left them alone.
- **Do not buy items that display your child's name.** It could give an abductor the advantage of seeming to know your child.
- **Create a "lost and found" plan.** The plan should include where you will meet if separated and which kinds of strangers your child can go to for help.
- **Teach your children to not be tricked or forced into going places with people who offer them candy, pets or toys.** Make sure they always check where they can go with you first.
- **Let your children know that when they are home alone they should never open the door to a stranger not even someone claiming to be a police officer or from the fire department.** Those kinds of professionals know to forcibly enter in case of an emergency. If they answer the telephone, don't let them tell the caller that they are home alone.
- **Make sure your child knows their telephone number (including area code), home address and how to contact 911.**
- **Have your child become acquainted with the location of the local police department in your neighborhood.**
- **Don't leave your child unattended in your vehicle for any amount of time.**

- **Teach your child that under no circumstances should they ever get into a stranger's vehicle.**
- **Always make sure that a parent, guardian, relative or responsible adult is with your child at all times.**
- **Video tape and take photos of your child two or three times per year, including profile shots.** Get your child fingerprinted and keep a written record of identifying marks, scars, etc.
- **Teach your child how to make a collect phone call, and to begin with "Operator...I'm in trouble; I need your help."**



# Home Safety

- Test smoke alarms monthly.  1

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- Know two ways out of the house.  2

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- Decide on a place for your family to meet after you're outside of the house.  3

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- Keep guns unloaded and locked up.  4

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- Always supervise children near water.  5

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- Set water thermostat to 120 degrees F or less.  6

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- Install carbon monoxide detectors.  7

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- Keep the National Poison Control Center hotline number by each phone: 1-800-222-1222.  8

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- Keep all cleaning products, medicines and vitamins out of children's reach.  9

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- Keep all knives and sharp utensils out of children's reach.  10



For more info, visit us at [www.safekids.org](http://www.safekids.org)



# Sleep Safety Tips

Everything you need to know to keep your kids safe while sleeping.

There is nothing more beautiful than a sleeping baby, especially for parents who are often overtired themselves. By following a few simple tips, you can create a safer sleeping environment for your baby.

## Make Sure Your Crib Is Up-to-Date

- Check that your crib meets safety standards of the Consumer Product Safety Commission (CPSC) and the Juvenile Products Manufacturers Association (JPMA), and make sure it has all the right pieces.
- If you can fit a can of soda between the slats of a crib, that means a child's head, hand or foot could get stuck.
- If the sides go down, don't use the crib.
- We know that stuffed animals, bumpers and all those cute accessories make a baby's crib seem warm and cozy. Unfortunately, they can often do more harm than good. A firm mattress covered with a tight-fitting crib sheet is all you need to make your baby sleep like a baby.
- Corner posts of the crib should not stick up more than one-sixteenth of an inch. It doesn't seem like much, but anything more can be risky.
- Check to make sure there are no design cutouts in the headboard or footboard.
- If your crib doesn't meet CPSC standards, don't use it.
- If you are getting a used crib, check to see if it has been recalled at [www.recalls.gov](http://www.recalls.gov).



## Help Your Baby Sleep Safely

- Lay your baby on his or her back to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- If you're worried about keeping your baby warm on those cold winter nights, try using a sleepsack (wearable blanket). They're pretty cozy.
- Babies should not sleep on beds, sofas, recliners, chairs, soft surfaces, bouncy chairs or baby swings. If this happens, make sure to return your baby to a safe sleep environment.
- We know that stuffed animals, bumpers and all those cute accessories make a baby's crib seem warm and cozy. Unfortunately, they can often do more harm than good. Soft bedding can block a baby's airway during sleep. A firm mattress covered with a tight-fitting crib sheet is all you need to make your baby sleep like a baby.
- New parents have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.

*Unintentional suffocation is the leading cause of injury-related death among children under 1 year of age. Nearly three-quarters of suffocation deaths among infants are from accidental suffocation or strangulation in bed.*



**SAFE  
K:IDS  
WORLDWIDE™**

## Position Your Child's Crib or Bed in the Right Place

- Avoid placing a crib, bed, high chair or playpen near windows, draperies, blinds, or wall-mounted decorative accessories with cords.
  - Do not hang anything on or above a baby's crib on a string or cord.
  - Room-sharing is a safer option than having your baby sleep in bed with you. Place your baby's crib, play yard or bassinet in your room for more convenient feeding and close contact.
  - Remember to always return your baby to his or her own crib when you're ready to go back to sleep. This is tough sometimes because parents are often more tired than the babies, but it is much safer.
- If your child has a bunk bed, check the guard rails on the top bunk. Make sure that there isn't enough space between the guardrail and bed frame or the head and footboards that a leg or arm could get trapped.



Photo Courtesy of Halo® Innovations



# Fire Safety

- ..... Test smoke alarms monthly.  1
- ..... Know two ways out of the house.  2
- ..... Decide on a place for your family to meet after you're outside of the house.  3
- ..... If there's a fire, leave the house right away. As you leave, stay low and crawl.  4
- ..... Always feel doors before opening them. If hot, do not open and find another way out.  5
- ..... Call the fire department from a phone outside the home.  6
- ..... Keep matches, lighters and candles out of children's reach.  7
- ..... Never smoke in bed.  8
- ..... Store gasoline, paint thinner and ammonia outside the home.  9
- ..... Replace frayed electrical wires and cords that can set fire to carpeting and rugs.  10

**Get  ALARMED and get out ALIVE.**

For more info, visit us at [www.safekids.org](http://www.safekids.org)



# Poison Safety

- 1 Know which household products are poisonous.

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- 2 Keep poisonous products out of kids' reach.

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- 3 Keep the National Poison Control Center hotline number by each phone: 1-800-222-1222.

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- 4 Don't mix different cleaning products together.

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- 5 Keep products in the original containers. Read labels to learn if a product is poisonous and for first aid information.

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- 6 Never refer to medicine or vitamins as candy.

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- 7 Choose medicines and products that have child-resistant caps.

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- 8 Keep make-up, hair spray, cologne and other personal products away from children.

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- 9 Install carbon monoxide detectors in the home.

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- 10 Throw away old medicines and cleaning products.

**It's OUT of THEIR HANDS.**



For more info, visit us at [www.safekids.org](http://www.safekids.org)



# Water Safety

- Never leave children alone near water.  1
- Tell children never to run, push, or jump on others around water.  2
- Learn CPR.  3
- Children should always wear U.S. Coast Guard-approved life jackets.  4
- "Water wings" are not life jackets.  5
- Keep toilet lids down.  6
- Keep doors to bathrooms and laundry rooms closed.  7
- Children in baby bath seats and rings must be watched every second.  8
- Teach children to swim after age 4.  9
- Make sure children swim only within designated safe areas of rivers, lakes and oceans.  10

**Because *EVERY SECOND* counts.**



For more info, visit us at [www.safekids.org](http://www.safekids.org)



# Pedestrian Safety

Teach your children:

- Do not cross the street alone if you're younger than 10 years old.  1

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- Stop at the curb before crossing the street.  2

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- Walk, don't run, across the street.  3

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- Cross at corners, using traffic signals and crosswalks.  4

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- Look left, right, and left again before crossing.  5

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- Walk facing traffic.  6

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- Make sure drivers see you before crossing in front of them.  7

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- Do not play in driveways, streets, parking lots or unfenced yards by the street.  8

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- Wear white clothing or reflectors when walking at night.  9

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- Cross at least 10 feet in front of a school bus.  10

The most **IMPORTANT STEPS** she'll ever learn.



For more info, visit us at [www.safekids.org](http://www.safekids.org)



# Make it a SAFE KIDS Summer!

Don't take a vacation from safety.

## Hey Parents:

Did you know that summer is the most dangerous time of the year for kids? Children will be rushed to emergency rooms nearly 3 million times this summer during "trauma season," May - August. Don't let your child be one of them! Follow these tips with your family to protect your children from the top five summertime risks. Pledge to make this a SAFE KIDS Summer!



## Ride Safe!

- I make sure all my kids have their own child safety seat or safety belt that's appropriate for their age and size, and that they sit in a back seat.  YES  NO
- I study both my vehicle owner and car seat manuals carefully.  YES  NO



## Swim Safe!

- I always supervise young children near water, including pools, spas, toilets, bathtubs and buckets.  YES  NO
- We wear personal flotation devices when out on boats, near open bodies of water or participating in water sports.  YES  NO



## Wheel Safe!

- My kids wear properly fitting helmets and other protective gear every time they ride their bikes, scooters, in-line skates or skateboards.  YES  NO
- My children know the rules of the road and obey all traffic laws.  YES  NO



## Walk Safe!

- I never let children under age 10 cross the street alone.  YES  NO
- My kids wear retroreflective materials and carry a flashlight when it's dark, at dawn and at dusk.  YES  NO



## Play Safe!

- I supervise my children at playgrounds and make sure there is a safe surface such as mulch, gravel, rubber or fine sand.  YES  NO
- My kids always wear the right, properly fitted protective gear when they practice and play team sports.  YES  NO



This list is not comprehensive. It is meant to assist families in taking steps to prevent childhood injuries. For more detailed information, please visit [www.safekids.org](http://www.safekids.org).

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# Make it a **SAFE KIDS Summer!**

Don't take a vacation from safety.

**Hey Kids!** Summer's here, which means lots of fun. But did you know that summertime can be a very dangerous time for kids? Follow these tips to protect yourself, and promise to make this a SAFE KIDS Summer!

## 1 **Ride Safe!**

- I buckle up on every ride.
- I sit in a back seat whenever I can.

## 2 **Swim Safe!**

- I never swim without an adult present.
- I wear a life jacket whenever I'm out on a boat and at the beach or lake.

## 3 **Wheel Safe!**

- I wear my helmet every time I ride my bike, scooter or skate.
- I know the rules of the road and obey all traffic laws.

## 4 **Walk Safe!**



- I look left, right and left again before crossing the street and continue to look both ways while I walk.
- I wear retroreflective materials and carry a flashlight when it's dark.

## 5 **Play Safe!**

- I don't use playground equipment unless an adult is with me.
- I always wear the right, properly fitted protective gear when I practice and play team sports.



This list is not comprehensive. It is meant to assist families in taking steps to prevent childhood injuries. For more detailed information, please visit [www.safekids.org](http://www.safekids.org).  
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# Check This Out Before You Go Out This Halloween!



Hey kids! Check out these Halloween safety tips with your parents and have a fun and safe Halloween!

## Costumes:



**My costume is short and snug.**  
Baggy sleeves or billowy capes and skirts can trip you up and catch fire if they brush against jack-o-lanterns or candle flames.



**My shoes fit.**  
Big, floppy shoes (clown shoes, adult shoes)—that are hard to walk in may make you fall.



**My costume props are flexible.**  
Costume props can hurt you badly if you fall. Make sure swords, knives, etc. are made of flexible plastic or rubber.



**The eyeholes in my mask are wide enough.**  
Make sure your mask fits properly and the eye holes allow you to see fully. Don't wear a mask that is too loose; it can slip and block your vision. Even better, paint your face instead of wearing a mask.

National  
**SAFE  
KIDS**  
Campaign

A program of  
 Children's Hospital

Program Supporter:

**Nestlé**  
Chocolate & Confections  
division

## Streets:



**Drivers can see my costume in the dark.**  
Be original with a glow-in-the-dark costume. Jazz up your costume by attaching some retroreflective tape and stickers.



**I'm trick-or-treating in a group.**  
Don't go it alone while trick-or-treating. Kids, if you're under age 13, make sure you go with an adult. Older kids should always go with buddies.



**I cross streets at crosswalks and intersections.**  
Stop at street corners. Look left, right and left again before crossing and don't cross between parked cars! Remember, never step into the street without looking to see if a vehicle is coming.

## Treats:



**I make sure my parents check my treats before I eat them.**  
Pick only wrapped candy when you trick-or-treat. Ask your parents to check all treats to make sure they are safe.

Program Supporter:

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# Children's Car Seat Safety Guide

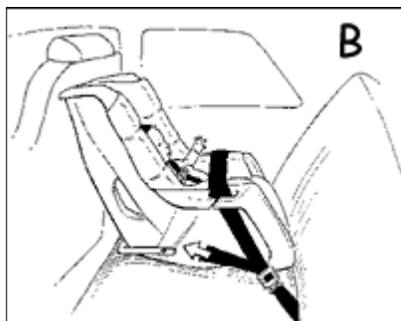
## Tip #1: Quick Safety Seat Checkup

For more information,

[http://pediatrics.about.com/library/car\\_seats/bisafety\\_seat\\_heckup.htm](http://pediatrics.about.com/library/car_seats/bisafety_seat_heckup.htm)



*Infants under 1 year and less than 20 lbs. face rear only.*



*Infants less than 1 year, over 20 lbs. ride in a seat approved for heavier infants rear facing.*

### **Does your child ride in the back seat?**

The back seat is generally the safest place in a crash. If your vehicle has a passenger air bag, it is essential for children 12 and under to ride in back.

### **Does your child ride facing the right way?**

Infants should ride in rear facing restraints, preferably in the back seat, until about age 1 and at least 20-22 lbs (A). Infants who weigh 20 lbs. before 1 year of age should ride in a restraint approved for higher rear facing weights (B). Always read your child restraint owner manual for instructions on properly using the restraint. Children over age one and at least 20 pounds may ride facing forward (C).

### **Does the safety belt hold the seat tightly in place?**

Put the belt through the right slot. If your safety seat can be used facing either way, use the correct belt slots for each direction. The safety belt must stay tight when securing the safety seat. Check the vehicle owner's manual for tips on using the safety belts.

### **Is the harness buckled snugly around your child?**

Keep the straps over your child's shoulder. The harness should be adjusted so you can slip only one finger underneath the straps at your child's chest. Place the chest clip at armpit level.

### **Does your child over 40 pounds have the best protection possible?**

Keep your child in a safety seat with a full harness as long as possible, at least until 40 pounds (C). Then use a belt-positioning booster seat which helps the adult lap



*Child over 1 and at least 20 lbs. faces the front.*

and shoulder belt fit better. A belt-positioning booster seat is preferred for children between 40-80 pounds (D). It is used with the adult lap and shoulder belt. Check on special products for heavy children too active to sit still in a booster.

**How should a safety belt fit an older child?**

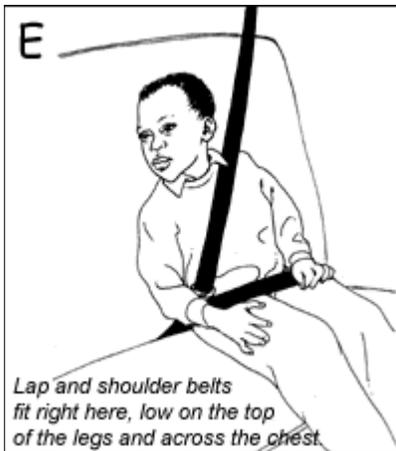
The child must be tall enough to sit without slouching, with knees bent at the edge of the seat, with feet on the floor. The lap belt must fit low and tight across the upper thighs. The shoulder belt should rest over the shoulder and across the chest (E). Never put the shoulder belt under the arm or behind the child's back. The adult lap and shoulder belt system alone will not fit most children until they are at least 4'9" tall and weigh about 80 pounds.



*Belt-positioning booster is used with both lap and shoulder belts.*

**For more information call your local safety group or the DOT Auto Safety Hotline: 1-888-DASH-2-DOT.**

*Even the "safest" seat may not protect your child if it isn't used correctly.*



*Lap and shoulder belts fit right here, low on the top of the legs and across the chest.*  
*Auto booster seats are for children who have outgrown safety seats, at about 40 pounds.*



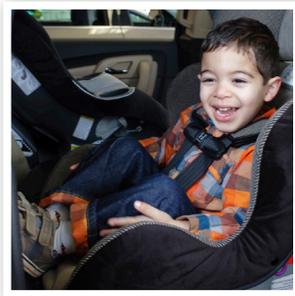
# Car Seat Safety Tips

Everything you need to know to keep your kids safe in cars.

Engineers are working hard to ensure that cars and car seats are designed to keep kids as safe as possible. But it's up to every parent to take full advantage of these innovations by making sure car seats and booster seats are used and installed correctly. Here's what you need to know to ensure that your most precious cargo is safe in cars.

## Choose the Right Direction: Rear- or Forward-Facing

- For the best protection, keep your baby in a rear-facing car seat for as long as possible – usually until about 2 years old. You can find the exact height and weight limit on the side or back of your car seat. Kids who ride in rear-facing seats have the best protection for the head, neck and spine. It is especially important for rear-facing children to ride in a back seat away from the airbag.
- When your children outgrow a rear-facing seat usually around age 2, move them to a forward-facing car seat. Keep the seat in the back and make sure to attach the top tether after you tighten and lock the seat belt or lower anchors (LATCH). Use the top tether until your car seat labels tell you not to. Check both your child restraint and vehicle manuals to see if there is a weight limit for the top tether. If they both agree to a higher weight, it is fine to follow their directions.
- Kids can remain in some forward-facing car seats until they're 65 pounds or more depending on the car seat limits. Check labels to find the exact measurements for your seat. Discontinue use of lower attachment when your child reaches the limits set by your car seat and car manufacturers. Continue to use the top tether. You must read both manuals to know about those limits. Not



to worry: Once your child meets the lower anchor weight limits, you will switch to a seat belt. Seat belts are made to protect very heavy adults as well as children in car seats and booster seats.

## Check Car Seat Labels

- Look at the label on your car seat to make sure it's appropriate for your child's age, weight and height.
- Your car seat has an expiration date. Find and double check the label to make sure it's still safe. Discard a seat that is expired in a dark trash bag so that it cannot be pulled from the trash and reused.

## Know Your Car Seat's History

- Buy a used car seat only if you know its full crash history. That means you must buy it from someone you know, not from a thrift store or over the internet. Once a car seat has been in a crash, it needs to be replaced.



*Road injuries are the leading cause of preventable deaths and injuries to children in the United States. Correctly used child safety seats can reduce the risk of death by as much as 71 percent.*

## Make Sure Your Car Seat is Installed Correctly

- **Inch Test.** Once your car seat is installed, give it a good tug at the base where the seat belt goes through it. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.
- **Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check your car seat manual). With the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.
- For both rear- and forward-facing child safety seats, use either the car's seat belt or the lower anchors and for forward-facing seats, use the top tether to lock the car seat in place. Don't use both the lower anchors and seat belt at the same time. They are equally safe- so pick the one that gives you the best fit.
- If you are having even the slightest trouble, questions or concerns, certified child passenger safety technicians are able to help or even double check your work. Visit a certified technician to make sure your car seat is properly installed. [Find a technician](#) or [car seat checkup event](#) near you.

## Check Your Car Seat

- Seventy-three percent of car seats are not used or installed correctly, so before you hit the road, check your car seat. [Here's a quick car seat checklist to help you out.](#) It takes only 15 minutes.
- Learn how to install your car seat for free. Safe Kids hosts car seat inspection events across the country where certified technicians can help make sure your car seat is properly installed. They also serve in fixed locations called inspection stations during specific days and times in some communities. You may find an inspection station with certified technicians at a GM dealership, a hospital or even a fire house. They will teach you so that you can always be sure your car seat is used correctly. [Find a Safe Kids car seat checkup event](#) where we use only certified technicians near you.

## Register Your Car Seat

- Register your new or currently used car seat, ensuring that you are promptly notified about future recalls. You can register online with your car seat manufacturer, using the information found

on the sticker on your car seat at [safercar.gov](http://safercar.gov). You can also register by filling out the registration card that came with your car seat. It's pre-populated with your car seat's information. Mail the card; no postage required.

## Is it Time for a Booster Seat?

- Take the next step to a booster seat when you answer "yes" to any of these questions:
  - Does your child exceed the car seat's height or weight limits?
  - Are your child's shoulders above the car seat's top harness slots?
  - Are the tops of your child's ears above the top of the car seat?
- If the car seat with a harness still fits, and your child is within the weight and height limits, continue to use it until it is outgrown. It provides more protection than a booster seat or seat belt for a small child.



## Be Wary of Toys

- Toys can injure your child in a crash, so be extra careful to choose ones that are soft and will not hurt your child. Secure loose objects and toys to protect everyone in the car.

## Buckle Up

- We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up, too.
- Buckling up the right way on every ride is the single most important thing a family can do to stay safe in the car.

## Prevent Heatstroke

- Never leave your child alone in a car, not even for a minute. While it may be tempting to dash out for a quick errand while your babies are sleeping in their car seats, the temperature inside your car can rise 20 degrees and cause [heatstroke](#) in the time it takes for you to run in and out of the store.
- Leaving a child alone in a car is against the law in many states.

**SAFE  
K:DS  
WORLDWIDE™**

# Car Seat Checkup

## Top 5 Things to Do



- Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.



- Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.



- Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.



- Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.



- Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

Please read the vehicle and car seat instruction manuals to help you with this checklist. If you are having even the slightest trouble, questions or concerns, don't worry about a thing. Certified child passenger safety technicians are waiting to help or even double check your work.

Visit [safekids.org](http://safekids.org) to find a car seat inspection event in your community.

**SAFE  
KIDS  
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Proud Program Supporter



# Helping Children Cope with Disaster

Federal Emergency Management Agency

American Red Cross



Children may respond to disaster by demonstrating increased anxiety or emotional and behavioral problems. Some younger children may return to earlier behavior patterns, such as bed wetting and separation anxiety. Older children may react to physical and emotional disruptions with aggression or withdrawal. Even children who have only indirect contact with the disaster may have unresolved feelings.

In most cases, such responses are temporary. As time passes, symptoms usually ease. However, high winds, sirens or other reminders of the emotions associated with the disaster may cause anxiety to return.

Children imitate the way adults cope with emergencies. They can detect adults' uncertainty and grief. Adults can make disasters less traumatic for children by maintaining a sense of control over the situation. The most assistance you can provide a child is to be calm, honest, and caring.

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## A Child's Reaction to Disaster by Age

Below are some common physical and emotional reactions in children after a disaster or traumatic event:

**BIRTH TO 2 YEARS** - When children are pre-verbal and experience a trauma, they do not have the words to describe the event or their feelings. However, they can retain memories of particular sights, sounds, or smells. Infants may react to trauma by being irritable, crying more than usual, or wanting to be held and cuddled. As children get older, their play may involve acting out elements of the traumatic event that occurred several years in the past and was seemingly forgotten.

**PRESCHOOL - 2 TO 6 YEARS** - Preschool children often feel helpless and powerless in the face of an overwhelming event. Because of their age and small size, they lack the ability to protect themselves or others. As a result, they feel intense fear and insecurity. Preschoolers cannot grasp the concept of permanent loss. They see consequences as being reversible. In the weeks following a traumatic event, preschoolers' play activities may involve aspects of the event. They may reenact the incident or the disaster over and over again.

**SCHOOL AGE - 8 TO 10 YEARS** - The school-age child has the ability to understand the permanence of loss. Some children become intensely preoccupied with the details of a traumatic event and want to talk about it continually. This preoccupation can interfere with the child's concentration at school and academic performance may decline. School-aged children may display a wide range of reactions - guilt, feelings of failure, anger that the event was not prevented, or fantasies of playing rescuer.

**PRE-ADOLESCENCE TO ADOLESCENCE - 11 TO 18 YEARS** - As children grow older, their responses begin to resemble adults' reaction to trauma. They combine some more childlike reactions with others that seem more consistent with adult reactions. Survival of trauma can be equated with a sense of immortality. A teenager may become involved in dangerous, risk-taking behavior, such as reckless driving or alcohol or drug use. In contrast, a teenager can become fearful of leaving home. Much of adolescence is focused on moving out into the world. After a trauma, the world can seem dangerous and unsafe. A teenager may feel overwhelmed by intense emotions, and yet feel unable to discuss them with relatives.

(Information courtesy of the American Red Cross and the University of Illinois)

## Preparedness Helps

Preparing for disaster helps everyone in the family accept the fact that disaster can happen, and provides an opportunity to identify and collect the resources needed to meet basic needs after disaster.

Preparedness includes:

- Talking about damage that may be caused by disasters that can strike in your area of the country.
- Decide on a number to call and a place where the family will reunite if separated by a disaster.
- Pulling together supplies of basic items: food, water, battery, radio, flashlight, etc.
- Selecting valued personal items for each member of the family to take if you are required to leave your home. For a child, such items may include a favorite toy, blanket or other item that the child uses as a source of comfort when upset.
- Safeguarding personal possessions with emotional importance such as photographs, family heirlooms, baby books, or other items that can't be replaced. Be sure to include one or two items that your child is especially proud of.

## Meeting the Child's Emotional Needs

Children usually take their lead in a situation by reading the emotions of adults. Adults should share their true feelings about the incident, but maintain a sense of calm for the child's sense of well-being.

Listen to what the child is saying. If a young child is asking questions about the event, answer them simply without the elaboration needed for an older child or adult. If a child has difficulty expressing feelings, allow the child to draw a picture or tell a story of what happened.

Try to understand what is causing anxieties and fears. Be aware that following a disaster, children are most afraid that-

- The event will happen again
- They will be separated from the family
- They will be left alone

## REASSURE CHILDREN WITH COMPASSION AND UNDERSTANDING. Suggestions to help:

- Hug and touch your children.
- Calmly and firmly provide factual information about the recent disaster.
- Encourage your children to talk about their feelings. Be honest about your own.
- Spend extra time with your children at bedtime.
- Re-establish a schedule for work, play, meals and rest.
- Involve your children by giving them specific chores to help them feel they are helping to restore family and community life.
- Encourage your children to help develop a family disaster plan.
- Make sure your children know what to do when they hear smoke detectors, fire alarms, and local community warning systems such as horns or sirens.
- Praise and recognize responsible behavior.
- Understand that your children will need to mourn their own losses.

**You've tried to create a reassuring environment. If your children do not respond when you follow the suggestions listed above, seek help from an appropriate professional such as the child's primary care physician, a mental health provider specializing in children's needs or a member of the clergy.**



## Teaching Your Children How to Call for Help

Teach children how and when to call for help. They should call 9-1-1 if you live in a 9-1-1-service area. If not, check the telephone directory for local emergency numbers.

Post the numbers near the telephone, clearly visible to children. Even very young children can learn how and when to call for emergency assistance.

If your child can read numbers but not words, the chart on this page has pictures that may help the child to find the right number to call.

As you explain each picture, have your child color the symbol on the chart. Doing so may help your child remember who to ask for in an emergency.

## Emergency Phone Numbers

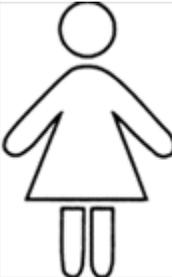
**My Family Name:** \_\_\_\_\_

**My Phone Number:** \_\_\_\_\_

**My Address:** \_\_\_\_\_

**My Town:** \_\_\_\_\_

**My County:** \_\_\_\_\_

		
<p><b>Ambulance</b></p>	<p><b>Fire</b></p>	<p><b>Police / Sheriff</b></p>
		<p><b>Other</b></p>
<p><b>Mother</b></p>	<p><b>Father</b></p>	

<http://www.fema.gov>