



HOME SAFETY

Every **4 seconds**, a child is seen in the emergency room for injuries that could have been prevented and these injuries can sometimes have significant financial, emotional, and social effects.

- Parents and other care-givers play a large part in setting up an environment filled with appropriate, safe activities and space, that support their child's development.
- Children can also be expected to follow-age and developmentally appropriate guidelines to keep themselves safe.

Some of the most common childhood health problems and injuries result from the the hazards below:

SECOND-HAND SMOKE

There is no safe level of exposure to smoke. Children exposed have an increased risk of respiratory infection, asthma, and ear infections.

POISONING

Exposures can occur through ingestion, inhalation, injection (animal bites/stings) or contact with skin or eyes.

- Poison Control: 1(800) 222-1222 and ER

Potential sources: medications, cleaning, health & beauty, lawn & garden products, garage supplies, plants, gas, and carbon monoxide.

LEAD EXPOSURE

Exposure causes learning disabilities, impaired nervous system development, delayed muscle and bone growth, speech and language problems, and hearing damage.

Symptoms you might see if they have high levels:

- decreased appetite
- vomiting
- abdominal pain
- constipation
- drowsiness

Potential sources: paint, water, soil, jobs or hobbies, and alternative remedies.

FOUR-LEGGED FRIENDS

Proper pet-maintenance and training are important to prevent illness or accidents.

FURNITURE & TOY SAFETY

Caution should be used with toys/items that contain small or loose parts and hand-me-down or older toys. Keep them clean and in good condition.

Read and heed labels, instructions, recommendations, and warnings. Watch for "non-toxic" materials.

Remove old furniture from home. Place stops on drawers. Place tv's that can't be mounted on low stable furniture. Place heavy items and items kids need access to on lower shelves.

FIRE SAFETY

A fire escape plan and working smoke detectors are crucial because fires are fast, hot, dark, and deadly.

GUN SAFETY

If there is a gun in the home it should be stored unloaded, locked, and ammunition stored separately.

Exposure to violence through media video games should be minimized.

PARENT / MALE INVOLVEMENT ACTIVITY: HELPING YOUR CHILD RECOGNIZE DANGERS

1. SET AND GO OVER BASIC SAFETY RULES

Talk about and teach:

- what to do in emergencies
- age-appropriate skills like when and how to dial 911
- be consistent in enforcing safety rules
- be an example of safety yourself
- listening to their inner voice when they are not with you

2. REVIEW TRANSPORTATION PLANS

When your child needs to get somewhere without you:

- they need to let you know who they are with at all times
- assure that you will always let them know if someone else is picking them up
- make up a special code word that only those sent by you would know, change this every week
- make sure they know their full name, address, and your phone number



5. TEACH YOUR CHILD TO BE THEIR OWN ADVOCATE

When others' actions make your child uncomfortable, encourage them to:

- speak up for themselves
- work out a solution
- call for a trusted adult

3. TEACH THEM TO BE SAFE, NOT SCARED

Talk with them and ask about:

- what kinds of things does your child worry about?
 - focus on what they can do to avoid those dangers
- identify risks they are likely to encounter
 - what can they do to avoid these?
- role play with questions
 - what would you do if...?
- it is natural to be curious but some things are life-or-death dangerous and you are there to help answer their questions.

4. LOOK FOR REAL - LIFE EXAMPLES

Help your child better understand their world by:

- talking about issues that come up in books, on tv, or around other kids; explain what happened and point out helpers like police and fire crew
- read books about safety
- offer to help others
- remind your child you and other trusted adults are there to keep them safe

