



# Home & Safe



Home & Safe is a newsletter designed to provide information, support, and resources for anyone caring for children. Our goal is injury and illness prevention, in and outside the home, throughout the year. Information found here was collected from various approved safety agencies including the Center for Disease control, the American Academy of Pediatrics, American Trauma Society, and The National Safety Council.

## Doggie Do's and Don'ts

According to the Center for Disease Control, every 40 seconds someone in the U.S. seeks medical attention for a dog bite related injury. Children, especially boys age 5 to 9, have the highest incidence rate. This is most likely due to the fact that many children do not know how to behave around a dog. Here are some things you can teach your children to prepare them for having a pleasant and friendly experience around dogs.



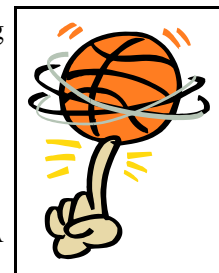
- Even good dogs that are friendly can bite.
- Never pet a dog unless the owner is present.
- Dogs like to be treated nicely, just like kids do.
- Before petting, always ask permission of the owner.
- Stay still so you do not scare the dog.
- Let the dog get to know you first by letting it smell and lick the back of your hand.
- Where does the dog like to be pet? Each dog is different.
- Never run or scream from a dog.
- Do not disturb a dog that is sleeping, eating or taking care of puppies.
- Do not look a dog in the eye.
- Adults- Never leave an infant or child alone with a dog.

A puppy can be a lot of fun, and may become a close companion to your child, but only after a safe and healthy relationship has been established.

## Playing it safe

Sports injuries are the number one reason for Emergency Room visits among children. Many can be prevented if you follow these safety tips.

Before training, have your child get a physical to identify potential injuries. Be sure your child has all the required equipment and that it fits properly. Your coach or sporting goods store should be able to help with this. Insist your child warm up with stretches and minimal aerobic activity before starting. This will increase the blood flow to the muscles and enhance the range of motion of the joints. A warm up routine should take approximately 15 to 30 minutes. Should your child become injured, tell them that “playing through the pain” is never a safe idea and can prolong the healing time of the injury.



## **Buckle Up America**

In 2000 more than 2,000 children were killed in motor vehicle accidents, and almost 3 million were injured. Child safety seats greatly reduce the risk of death for infants and toddlers.

Air bags will decrease the risk of injury for adults, however; because they inflate at a rate of 200 mph, they can kill a child. For this reason, the safest place for any child under the age of 12 is buckled up in the back seat.

To determine what size seat is best for your child use this formula:

If your child weighs:

Under 20 pounds: they should be in a rear-facing seat (Never place seat in front of an air bag)

Under 40 pounds: they should be in a child safety seat (Some states require this seat up until the child is 4 years old, 40 pounds, and 4 feet tall.)

Use a booster seat for a child who has outgrown the child safety seat but does not yet fit properly in the seatbelt.

To be sure your child correctly fits in the seat of the car, make sure the shoulder strap comes across the collarbone (not the neck) and the lap belt is over the hips. Never put the shoulder belt under the arms or behind the back.

It can sometimes seem like a lot of trouble to get your child into a car seat, and can be very frustrating to keep them there. Try to remember that these few extra minutes not only can save their lives, but help to keep them walking, running and jumping on those warm summer days.

## **Calendar of upcoming events:**

### **March:**

Wed March 20th 4 pm project LEAP Helmet giveaway, 200 Snyder Ave.

### **April:**

Sat. April 6th 10a to 1 p.m. Kids First Roxborough, Car Seat Check. Call for appointment 215-483-3444.

### **May:**

Saturday, May 4th 11 a.m.—Department of Public Health Bike Derby, Murphy Playground, 4th & Shunk St. (Helmet giveaway and Bike Derby)

For more information please call (215) 590-4010



## **Hidden Dangers**

Are your household cleaning products in a cabinet under the sink? Do you store chemicals such as paint thinner or turpentine in old soda bottles or cans? Does Grandma have loose pills at the bottom of her purse?

Poisonings result in nearly 9 million visits to the emergency room every year and 90% of those occur in the home. To protect your child from accidental ingestion follow this advice from the Center for Disease Control.

1. Remove all nonessential medications and household products from your home.
2. Keep highly toxic products out of the reach of small children by placing them high on a shelf and in a cabinet with a child safety lock.
3. Purchase medicines and household products in child-resistant packaging
4. Crawl around your house, including inside your closets, to inspect from your child's point of view.
5. Never refer to medicine or vitamins as "candy".
6. Make sure visitors keep their medications away from children. For example: if Grandma keeps pills in her purse, make sure she puts it out of reach.
7. Remember some cosmetics including hair dyes and relaxers are also dangerous.
8. Keep the phone numbers to Poison Control and you doctor next to the phone.
9. Have a bottle of syrup of ipecac in your home – this can be used to induce vomiting. Only use this when the poison control center tells you.

If you find your child playing with a bottle of medicine or household product and suspect that they may have ingested some of the product call the Poison Control Center immediately.



**Injury Free Coalition  
for Kids**