

# COMMUNITY NEWSLETTER!

## FREE Infant CPR Classes Available Now!

Get trained in infant CPR by  
Leon County EMS. Go to  
**Page 3** for more information.



## DECEMBER IS SAFE TOY & GIFTS AWARENESS MONTH

'Tis the season for holiday cheer, but also holiday safety! Because the month of December is the most popular month for gift-giving, it is important to keep safety in mind as you shop for the little ones in your life.

According to the Consumer Product Safety Commission (CPSC), children and adolescents in the United States suffered over 1 million toy-related injuries that needed medical care between 2015 and 2018. However, most of these injuries happen to younger children, with the highest rate of toy-related injuries occurring between the ages of 1 and 4. For these children, the most common injury diagnoses were cuts, contusions/abrasions, fractures, strain/sprains, internal injuries, and foreign body removals. However, the biggest risk for young children is choking on small toys or small parts of larger toys.

Nevertheless, toys help children learn, develop, and explore their surroundings. While most toys are safe, some toys can lead to injuries. These injuries can be caused by a mistake in the product design or if the toy is used in a way that does not follow the manufacturer's instructions.

When used safely, toys and games can be tons of fun for kids and adults. Whether the child in your life likes playing with building blocks or working on puzzles, it is important to know the facts about toy safety.

We understand how amazing the feeling is to watch your loved one open a gift and see their eyes light up with excitement. So before making any purchases this year, keep safety in mind, so the holidays don't turn from the happiest time of the year to the scariest! Please go to **Page 4** to view our toy safety checklist!

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Awareness Month

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Every Parent Should Know

Play it Safe:  
CAHSC's Ultimate Checklist  
for Safe Toy & Gift-giving

# The 8 Holiday Hazards Every Parent Should Know!

extra precautions to keep your little one safe. Here is a list of 8 common holiday hazards to avoid, so you can protect your family and enjoy a safe holiday season.

Many people look forward to the holidays because they are filled with family, friends, food, and celebrations. But unfortunately, they are also filled with safety hazards. If you have a small child in your home, the holidays may require some

## 1. New Toys:

Make sure the pretty packages under the tree are safe for your child. Please go to **Page 4** to CAHSC's Ultimate Checklist for Safe Toy & Gift-giving!

## 2. Holiday Choking Hazards:

A lot of new and interesting items come to the home during the holiday season and small children explore their world by putting things in their mouths. A good rule of thumb is that if an item is small enough for your child to put in their mouth, then it's a potential choking hazard. You can check by passing an item through a toilet paper roll; if it fits through the tube, then it is a choking hazard. Keep potential hazards out of the reach of small children. In case of emergencies, learn Infant CPR! (**FREE Classes available now, please go to Page 3 for more information**).

## 3. Swallowing Hazards:

Not all holiday decorations are choking hazards, but some can still cause painful cuts and irritation if played with or swallowed. Needles from the tree, angel hair, and ornament hangers, are just some items that should be kept away from small children.

## 4. Visiting Homes that Aren't Childproof:

When visiting friends and family, remember that they might not be used to having small children in their homes. Keep a close eye on your child and watch for potential hazards like medications, breakable items, uncovered electrical outlets and other things left in your child's reach. Also remember that your home may be less child-friendly during the holidays if visitors leave purses, alcoholic beverages, or other hazards within your child's reach.

## 5. Holiday Cooking:

People often spend extra time in the kitchen during the holidays, preparing family favorites and party treats. Make your kitchen safer by designating a three-foot area around the stove as a kid-free zone while you're cooking.





Turn pot handles away from the front of the stove, use the back burners as much as possible and keep the oven door closed to reduce the risk of burns and scalding.

#### 6. Button Batteries:

Musical holiday cards, remote controls, toys, flameless candles, cameras and other gadgets may contain button batteries. These small batteries can lodge in the esophagus if swallowed. Severe burns can result if saliva triggers an electric current causing a chemical reaction. If your child swallows a button battery, call 911 and go to the emergency room immediately.

#### 7. Poisonous Plants:

Holly, mistletoe, Jerusalem cherry plants and other common holiday favorites brighten the home with holiday spirit. However, these plants are potentially poisonous to children and pets, so keep them out of reach or out of your home. If you notice symptoms of plant poisoning, including nausea, rash, vomiting and diarrhea, then call your doctor or the National Poison Center right away.

#### 8. Christmas Trees:

Despite their festive appearance, Christmas trees can be hazardous to young children. If you have a fresh tree, make sure you keep your tree well-watered and if you have an artificial tree, make sure it is fire-resistant. If you can, place all trees away from traffic and heat sources. Use a sturdy stand to reduce the danger of it falling over or getting knocked over by children or pets. Turn off the tree lights before going to bed or leaving the house and don't use real candles on the tree to minimize fire risks.

To learn infant CPR with Leon County EMS, please contact Danielle Brown at (850) 488-0288, ext. 109, or [Danielle@CapitalAreaHealthyStart.org](mailto:Danielle@CapitalAreaHealthyStart.org).



Sponsored by:



Florida  
Healthy Start  
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# Learn Child & Infant CPR



**FREE CPR Classes  
Available Now!**



**When & Where:**

**January 7th, 2023**

10:00am -12:00pm

872 W Orange Ave, Tallahassee, FL 32310

\*\*\*Registration is Required\*\*\*





## PLAY IT SAFE: CAHSC'S ULTIMATE CHECKLIST FOR SAFE TOY & GIFT-GIVING

- ☐ **Choose Age-appropriate Toys.** These toys are made for your child's development stage and are suitable for your baby's skills & abilities.
- ☐ **Think Big.** Choose toys that are bigger than your baby's mouth to avoid choking risks.
- ☐ **Avoid Toys with Small Parts.** These small parts often cause swallowing hazards.
- ☐ **Avoid Projectile Toys.** These have been known to cause damage to the eyes.
- ☐ **Avoid toys with Magnets and Button Batteries.** They are known to cause choking hazards.
- ☐ **Helmets Always On.** Older children get injured the most from mobile toys like scooters and bikes.
- ☐ **No Strings.** Stay away from toys with strings or cords because of the strangulation risk.
- ☐ **Watch out for Toxins.** Watch out for toys that contain toxic chemicals because children often put toys in their mouths.
- ☐ **Purchase Sturdy Toys.** Ones that are less likely to break or have sharp edges and check regularly for damaged toys.
- ☐ **Store toys Correctly.** When toys are not in use they should be stored on shelves or in bins and baskets to avoid tripping or falling accidents.

Make sure this holiday season is joyous & safe — Be proactive by learning about the common holiday hazards & how to avoid them.

## CAHSC 2022-2023 Board of Directors

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## The Traveling Crib

### Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Tallahassee Memorial Healthcare  
Labor & Delivery



THIS MONTH: Tallahassee Memorial Healthcare  
Family Care

# What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education,



women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



If your baby falls asleep in a car seat, stroller, swing, infant carrier, or sling, you should move them to a firm sleep surface as soon as possible. The American Pediatrics Association (APA) recommends infants be put to sleep on a flat, non-inclined surface without soft bedding to avoid suffocation hazards. But, always keep the "ABC's of Safe Sleep" in mind- Babies should be put to sleep alone, on their backs, and in a crib!

