



Safety Tips

- **Begin by teaching your toddler to help you cross the street - "look to the left, look to the right, listen, look to the left again and look to the right as you cross".**
- **Don't forget appropriate car seats and seat belts!**
- **Teach your child to always wear a bike helmet - begin with tricycle riding and include parents who ride also!**
- **Headphones / earpieces from MP3 players can cause permanent hearing loss, even at "low levels" but especially if someone standing next to the person with the headphones can hear the broadcast!**
- **If your child has a head injury, keep them "quiet" for 2 weeks. Our brain is like a bowl of fresh jello and can "crack" easily.**
- **Skinned knees and elbows can be scrubbed right away with soap and water and it won't hurt like it will if you wait for the nerve endings to recover!**
- **Young children have thinner skin than adults and are more easily injured by cold. Keep their cheeks and fingers covered in cold weather.**
- **Children need 10-12 hours to sleep in order to perform at their best during the daytime. They are much more sensitive to disruption of their REM (deep) sleep by "screen time". Read during the hour before bedtime instead of watching TV or computer or games.**
- **Establishing routines for eating, sleeping, and playing decrease family stresses, improve your child's performance, and decrease the likelihood of accidents happening.**