

healthy habits *for safe kids*



Important Child Safety Tips for Parents



Kids learn safe habits from their parents. The most important thing is to be prepared for emergencies... before they happen.

Did you know that the biggest threat to your child's health and safety is an injury? Fortunately, most childhood injuries can be prevented. We created this brochure to provide parents with information and tips to help keep children safe, whether they are at home... on the go... or at play. It's never too early to start teaching your children safe habits. It could be the most important lesson they ever learn.



Injuries are the leading cause of death in children and young people under the age of 21.*

*Source: <http://www.aap.org/healthtopics/safety.cfm>

Safety begins at home.

Kids spend most of their time at home. That's why it's so important to make sure it's a **safe place to live**.

Remember that children learn fast and change quickly as they grow and develop. The risks faced by infants and toddlers are often very different than those for school-age children and teens. But no matter how old your children are, knowledge is power. Here are some tips for preventing common home emergencies. Your pediatrician or family doctor can tell you more.



Your local Red Cross offers classes on emergency first aid.*

*To find your local chapter, visit the web at <http://www.redcross.org/where/where.html>.

When an emergency happens... or a disaster strikes, the best protection is knowing what to do.

Do you live in tornado or earthquake country? Would your kids know what to do in a flood or a fire? No matter where you live, your family should be prepared to deal with danger. Try making a game of quizzing your children about what to do in various emergency situations.

DISASTER PLANNING

Create a family escape plan, then practice, practice, practice!

- ▶ Teach kids to recognize smoke alarms and emergency warning signals (horns and sirens).
- ▶ Teach them how to dial for help and keep local emergency numbers by each phone.
- ▶ Show your kids all the ways to exit every room... and two ways out of the house.
- ▶ Show them where to go in the house if there's a tornado, earthquake, hurricane or storm.
- ▶ In case you are separated, agree on a meeting place outside your home.
- ▶ Teach your kids that firefighters and other emergency workers are our friends.

FIRE SAFETY

To protect your family from house fires

- ▶ Put at least one smoke alarm on every level of your home and in every bedroom.*
- ▶ Test the batteries every month. Change them every six months.

Trapped by fire or smoke?

- ▶ Close all doors and stuff towels under them.
- ▶ Go to the window and signal for help.
- ▶ Call 911.

Able to exit?

- ▶ Teach your child to crawl low to stay under smoke when trying to escape.
- ▶ Don't stop. Don't go back. Leave pet and people rescues to the firefighters.

* Your local building and safety codes may require you to have additional alarms.





Injuries are more likely to occur when parents are busy and not paying close attention to their kids.

POISON HAZARDS

To help protect your family from poison gas, be sure and put carbon monoxide detectors in the hallway near every sleeping area of your home. You should also identify and lock up any household items that might be poisonous, such as:

- ▶ Medicines
- ▶ Cleaning products
- ▶ Antifreeze
- ▶ Windshield washer fluid
- ▶ Pesticides
- ▶ Furniture polish
- ▶ Gasoline, kerosene, lamp oil



If a child is unconscious, not breathing, having convulsions or having seizures, call 911 or your local emergency number right away. If your child does not have these symptoms after ingesting a poisonous substance, call the poison center at 1-800-222-1222.

CHOKING & SUFFOCATION HAZARDS

For babies

- ▶ Keep small objects out of your baby's reach.
- ▶ Never feed your baby hard pieces of food.
- ▶ Your baby should always sleep on his or her back.
- ▶ Never put your baby on a waterbed or any soft surface that might block breathing.
- ▶ Parents and babies should sleep in separate beds. Avoid the temptation to share!

For all ages

- ▶ Plastic wrappers and bags can suffocate. Keep them away from children.
- ▶ Learn how to save the life of a choking infant or child.
- ▶ Contact your local Red Cross for training information.



FALLS

For newborns to age 6 months

Even very young babies can wiggle into danger.

- ▶ Do not leave your baby alone on changing tables, beds, sofas, or chairs.
- ▶ Put your baby in a safe place such as a crib or playpen when you cannot hold him.
- ▶ Do not leave your baby unattended while bathing her.

Starting at age 6 months

Babies at this age can crawl into trouble.

- ▶ Use gates on stairways and close doors to keep baby away from unsafe rooms.
- ▶ Install window guards on all windows above the first floor.
- ▶ Never use a baby walker. Your baby may tip it over or fall down stairs, causing head injury.

HOME ALONE

When the phone rings

If your child has to answer the phone, teach the following rules:

- ▶ He should always take a message—get the caller's name and phone number.
- ▶ She should never tell the caller her name, phone number or address.

- ▶ He should never tell them he is home alone.
- ▶ If the same person calls more than once, she should call you (the parents) or another trusted adult.

When the doorbell rings

Your younger children:

- ▶ Should not be allowed to answer the door when home alone.

Teach your older children:

- ▶ They should not tell the person at the door that they are home alone.
- ▶ They should talk to visitors through the locked door to find out what they want.
- ▶ They should not let anyone in, unless they know them, and you say it's OK.
- ▶ If they don't know them, they should say their parents are busy and can't be disturbed.
- ▶ If the person at the door will not go away, your child should call the police.



DROWNING HAZARDS

Children should never be near the water without adult supervision. Here's how to keep your child water-safe.

In and around the house

- ▶ Never leave a young child alone in a bathtub, even for a moment.
- ▶ Empty all buckets, pails, and bathtubs completely after each use.
- ▶ Keep young children out of the bathroom unless they are closely watched.
- ▶ Use a rigid, lockable cover on your hot tub, spa, or whirlpool.

In and around the pool

- ▶ Never leave your children alone in or near the pool, even for a moment.
- ▶ Install a fence at least 4 feet high around all sides of the pool.
- ▶ Use gates that self-close and self-latch... and can't be opened by youngsters.
- ▶ Keep rescue equipment (such as a hook or life preserver) and a telephone by the pool.



Drowning is the second leading cause of injury-related death for children and teens.*

* Source: <http://www.aap.org/healthtopics/safety.cfm>



BURN & SHOCK HAZARDS

For 3 to 5 month old babies.

At this age, babies will wave and grab at things.

- ▶ Put your baby down before picking up any hot liquids or foods.

For young children and toddlers

- ▶ Keep your kids away from fireplaces, BBQ grills, stoves, matches and lighters.
- ▶ To protect from tap water scalds, reduce your hot water heater temperature to 120°F.
- ▶ Cover all unused electrical outlets with plastic plugs.
- ▶ Replace any frayed or worn electrical cords.
- ▶ Use the back burners when cooking, and turn pot handles away from the reach of children.

FIREARM SAFETY

If you keep a gun

- ▶ Always keep your gun unloaded and locked up!
- ▶ Lock and store bullets in a separate location.
- ▶ Make sure children don't have access to the keys.

Even if you don't own a gun

- ▶ Tell your children to steer clear of guns when they are in the homes of their friends.
- ▶ Speak with the parents of your children's friends to find out if they keep a gun at home.
- ▶ If they do, urge them to empty it out and lock it up.

For toddlers and young children

- ▶ Explain that guns are dangerous and that children should never touch guns.
- ▶ Tell them that gun violence on TV and in the movies is not real.
- ▶ Explain that in real life children are hurt with guns.

For preteens and teenagers

- ▶ Talk to your children about ways to solve arguments and fights without guns or violence.



Safety first...for kids on the go.

Congratulations for teaching your kids so many important home safety tips! Now it's time to **take the lesson to the streets.**

By showing kids proper car and traffic safety, you will be helping them to develop good habits that will serve them for a lifetime. Please review the following information carefully. It will help protect your loved ones from injury, and put them on the road to a safe and secure future.



Motor vehicle crashes remain the leading cause of injury-related deaths among children ages 14 and under.

RIDING IN A CAR

Most injuries from car crashes can be prevented by using car seats and safety belts. Read the instructions carefully to be sure your car seat is properly installed. And remember the following:

- ▶ Every person in the car needs his own safety belt, or age-appropriate child safety seat, or booster seat!
- ▶ Buckling two people (even children) into one belt could injure both. Don't do it.
- ▶ Never hold a child on your lap. You could crush her in a crash.
- ▶ Never let a child ride in the cargo area of a station wagon, van, or pickup.
- ▶ All children age 12 and under should ride properly restrained in the back seat.
- ▶ Never put an infant in the front seat of a car with a passenger air bag.
- ▶ Never leave a child alone in the car, even for a moment.
- ▶ Carry a cell phone in case of emergencies.

Rear-facing seats

- ▶ Use this seat for infants until they reach at least 1 year of age, and weigh at least 20 pounds.

Forward-facing seats

- ▶ Use this seat when your child reaches 1 year of age, and is 20-40 pounds.

Booster seats

- ▶ Use this seat for children over 40 pounds, who are too big for car seats, but not yet ready for adult safety belts.
- ▶ Most children start using booster seats (with a lap-shoulder belt) at about age 4.

Seat belts

- ▶ When your child is at least 8 years old (or when he reaches 4'9"), he is ready for seat belts.



RIDING THE BUS

Twenty-three million students in our country take the bus to school every day. Before children start school for the first time, it is vital for parents to teach them safe bus habits.

Getting on the bus

Teach your children to:

- ▶ Get to the bus stop early.
- ▶ Line up at least 3 giant steps away from the curb when the bus arrives.
- ▶ Wait until the bus stops and it is safe to get on.
- ▶ Be sure the bus driver can see them, and that they can see the bus driver.
- ▶ Never walk behind the bus.
- ▶ Use a seatbelt if available.

Getting off the bus

- ▶ Children should look left-right-left before they step off the bus... to be sure no cars are coming.

If they have to cross the street in front of the bus

Teach your children to:

- ▶ Walk on the sidewalk (or along the road) until they are 5 giant steps ahead of the bus.
- ▶ Be sure the bus driver can see them and they can see the bus driver.
- ▶ Look left-right-left, and wait until it is safe before they cross.

CROSSING THE STREET

Children under 10 years of age may not have developed the ability to judge speed and distance accurately. They should only be allowed to cross the street with an adult. Here are some age-appropriate walking safety tips.

Teach children under age 10

- ▶ Never to play near the street.
- ▶ To always stop at the curb.
- ▶ Never to cross the street without a grownup.

Teach children over age 10

- ▶ To cross only at corners or marked crosswalks.
- ▶ If there is a button, they should press it and wait for the walk sign.
- ▶ They should stop at the curb or edge of the road and look left, then right, and then left again.
- ▶ When it is safe to cross, they should walk, not run...and they should keep looking left-right-left.



The greatest risk is not from riding the bus. Most injuries happen when approaching or leaving the bus.

When it comes to personal safety outside the home, children need to learn skills and confidence, not fear and avoidance.

PERSONAL SAFETY TIPS

Learning about personal safety is an important part of a child's education. However, too much focus on "stranger danger" can be frightening to kids. The best approach is to teach them safe habits that will build their confidence. And don't forget to praise their progress!

School-age children

Teach them to:

- ▶ Memorize their name, address, and phone number (including area code).
- ▶ Stay with a group whenever possible.
- ▶ Say "No" if a stranger offers them a ride or anything else.

Older children and teens

Teach them to:

- ▶ Learn numbers for contacting you (their parents) at home or at work.
- ▶ Always tell an adult where they are going.
- ▶ Say "No" if they ever feel threatened or uncomfortable.

Are your kids ever home alone? See page 5 for additional personal safety tips.

For parents

- ▶ Don't put your child's name on the outside of backpack or clothes.
- ▶ Continue talking about personal safety habits through middle school and high school.
- ▶ Keep a recent, high quality photo of each child on hand.
- ▶ Remind your children that police officers and firefighters are not strangers, and can help them if they are ever lost or in need.
- ▶ Have your child's fingerprints taken.



Healthy habits...for kids at play.

Kids learn **about the world from playing**. It helps build healthy bodies and teaches them important social skills like sharing and problem solving.

As parents, we can help our children grow and develop by encouraging them to explore and play. But we also have a responsibility to teach them healthy habits. Here are some vital tips to ensure that your kids play it safe!



PLAYGROUND SAFETY

The playground is a wonderful place for kids. They not only have fun, they also get a healthy dose of fresh air and exercise. But there are potential hazards. You can help prevent injuries from spoiling your child's playground fun.

Inspect the playground

- ▶ Make sure the playground has a soft surface like sand, rubber or wood chips.
- ▶ Swing seats should be made of something soft, not wood or metal.
- ▶ Screws, bolts and nuts should be tight and covered (no sharp edges).
- ▶ Equipment should be on a level surface and anchored to the ground.
- ▶ Hot metal slides can burn. Feel them before allowing children to use them.
- ▶ Is there enough space between equipment and walls? There should be at least 6 feet.
- ▶ Could the equipment trap or squeeze a child's head or body?
- ▶ Watch out for trash or broken glass on the playground.

Establish the rules

- ▶ No shoving, pushing or fighting.
- ▶ No twisting swings or swinging empty ones.
- ▶ No walking in front of moving swings.
- ▶ It's safer for younger children to play separately from older kids.

Watch the kids

- ▶ Never leave young children alone on the playground.



Make sure your child's clothing doesn't contain any loose strings that could become caught in play equipment. This can cause falls or even strangulation.

Parents have the power to keep swimming pools and beaches safe and happy places for kids!

WATER SAFETY

Safe Swimming Tips

- ▶ Teach your child not to dive into water, except when permitted by a responsible adult.
- ▶ Anyone watching young children around a pool should know CPR.
- ▶ Stay within an arm's length of your child.
- ▶ Remove all toys from the pool after use so children aren't tempted to reach for them.
- ▶ After kids are done swimming, lock the fence around the pool so they can't get back in.

Safe Boating Tips

- ▶ Children should wear life jackets at all times on boats or near bodies of water.
- ▶ Teach your child how to put on his or her own life jacket.
- ▶ Make sure the life jacket is the right size for your child and is worn at all times.
- ▶ It should always be worn as instructed, with all straps fastened.
- ▶ Adults should wear life jackets for their own protection, and to set a good example.

For more information about swimming pool safety, see page 6.



Blow-up water wings, toys, rafts, and air mattresses should never be used as life jackets. They are not designed for saving lives.

SUN SAFETY

For young children

- ▶ Keep babies under 6 months out of the sun!
- ▶ Dress them in light-colored, lightweight clothing that covers arms and legs.
- ▶ Have them wear brimmed hats.
- ▶ Apply sunscreen, with an SPF of at least 15, at least 30 minutes before going out.
- ▶ Use sunscreen... even on cloudy days.

For older children

- ▶ Stay in the shade whenever possible.
- ▶ Cover up with light-colored, lightweight clothing.
- ▶ Wear a brimmed hat and sunglasses.
- ▶ Apply sunscreen with an SPF of at least 15 every two hours.
- ▶ Drink plenty of water to avoid dehydration!

BICYCLE SAFETY

Learning to ride a bike is a big milestone for your child. It's also a big responsibility. Here are 10 important tips for making every ride a safe ride!

1. Children should always wear a bike helmet. It should fit them with the straps fastened.
2. Make sure their bike is adjusted properly to fit them.
3. Check brakes before riding. Teach children to allow extra stopping distance in wet weather.
4. They should see... and be seen. Children should wear bright colors when riding.
5. Avoid biking at night. If they have to ride after dark, they should wear reflective clothing.
6. Stay alert. Teach your children to watch out for potholes or other obstacles.
7. Go with the flow. They should always ride on the right side of the road.
8. Check for traffic. Before entering any street or intersection, they should look left-right-left.
9. Learn the rules of the road. Teach your children to learn and obey traffic laws.
10. Check their wheels before riding. Quick release wheels should be firmly closed.



PREVENTING SPORTS INJURIES

Playing sports is an exciting part of a healthy, happy childhood. Ask your pediatrician or doctor which sports are appropriate for your child.

To protect her from sports injury, remember these 6 steps.

1. Always wear the proper protective gear. Make sure your child is using the right gear for her sport.
2. Warm up. Teach him to start with a light jog, then to do some stretching.
3. Know the rules of the game. When your child knows the rules, fewer injuries happen.
4. Watch out for others. Teach children to be courteous, and to communicate with fellow players.
5. Don't play when injured. If she suspects injury, it's better to be safe than sorry!
6. Drink plenty of water. Teach your child to avoid dehydration.



Emergency Planning

Most parents feel they are prepared for emergencies because they know when to call 911.

But your child may need care before emergency medical service personnel arrive. Here are 10 tips to help you be better prepared.

1. **Know the right number to call.** Some areas do not have 911. Make sure you know what's available where you live and work.
2. **Keep a well-stocked first aid kit on hand.** To learn what makes a good first aid kit, contact your doctor, pharmacy, American Red Cross or the American College of Emergency Physicians (www.acep.org).
3. **Make a list of emergency phone numbers.** Write down the numbers you need in a family emergency plan. Keep them in a handy place.
4. **Teach your children how to call for help.** Make sure your kids know where emergency numbers are. They may be asked questions about what has happened and who is involved.
5. **Make sure your house number is visible from the street, even at night.** Make it easy for police, fire officials or emergency medical personnel to find your house.
6. **Immunize your children. Keep their records.** Immunizations protect children. And an up-to-date immunization record can help doctors diagnose a problem in an emergency. Talk to your pediatrician or family doctor about immunization schedules and records for your children.



7. **Write down medical conditions, medications and dosages.** Develop an emergency plan to easily locate all important information, including numbers and medical history.
8. **Make a list of allergies and reactions.** Having this written down in your emergency plan will help ensure that health care professionals don't use medicines that hurt your child.
9. **If you have health insurance, check your emergency coverage.** Keep cards and phone numbers handy.
10. **Take first aid classes.** A basic class will teach CPR, the Heimlich maneuver and other important information. It's a good idea to ask everyone who takes care of your children to take these classes, including babysitters, relatives and day care providers. Contact your local Red Cross (www.redcross.org) for a schedule of classes.

Contact Cards

Tear off and carry these wallet-size perforated cards. Put one in your wallet, tape one next to the phone or on the refrigerator, or put one in your child's backpack.

My name is: _____
My address is: _____
My phone number is: _____
Doctor: _____
Urgent Care Center: _____
24-Hour Pharmacy: _____
Mom & Dad: _____
Neighbor: _____
Emergency Contact: _____
Poison Control: 1-800-222-1222 _____

In an emergency, call 911.

My name is: _____
My address is: _____
My phone number is: _____
Doctor: _____
Urgent Care Center: _____
24-Hour Pharmacy: _____
Mom & Dad: _____
Neighbor: _____
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Mom & Dad: _____
Neighbor: _____
Emergency Contact: _____
Poison Control: 1-800-222-1222 _____

In an emergency, call 911.





From motor vehicle crashes to falls, unintentional injuries are the leading cause of death for children. Emergency physicians too often see the tragic consequences of childhood injuries, many of which could have been prevented. For this reason, the American College of Emergency Physicians (ACEP) has partnered with WellPoint Foundation to bring you this brochure, *Healthy Habits for Safe Kids*.

After Hurricane Katrina and with the constant threat of terrorism, disaster preparedness is likely to be an important concern for you. This brochure provides guidance on preparing your family for a disaster that you can act on today.

If an emergency occurs, your local emergency physicians stand ready to provide state-of-the-art care to your children. As part of our mission in advancing emergency care, ACEP works to empower families with accurate, useful information and resources to lead healthier lives. For more information on medical emergencies and health and safety tips, please visit www.acep.org.

Frederick C. Blum, MD, FACEP, FAAP
President
American College of Emergency Physicians

Babysitter's Checklist

Tear off this checklist and place it in a prominent place in your home. Be sure and point it out to your babysitter before leaving the house. It provides them with information they will need in the event of an emergency.

KEY SAFETY TIPS FOR BABYSITTERS

- ▶ Be prepared for an emergency.
- ▶ Always phone for help if there are any problems or questions.
- ▶ Never open the door to strangers.
- ▶ Never leave the children alone in the house or outside even for a minute.
- ▶ Never give the children any medicine or food unless instructed to do so.

IMPORTANT CONTACT INFO

Home Address: _____

Parents: _____

Neighbors: _____

IMPORTANT PHONE NUMBERS

Doctor: _____

Urgent Care: _____

Poison Control: 1-800-222-1222

Police: _____

Fire: _____

Emergency Contact: _____

Safe Kids Resources

American College of Emergency Physicians
www.acep.org

American Academy of Pediatrics
www.aap.org

Buckle Up America
www.buckleupamerica.org

Consumer Product Safety Commission
www.cpsc.gov

National Center for Injury Prevention
and Control
www.cdc.gov/ncipc/

National Health Foundation
(poison control centers)
www.nhfca.org

National Safe Kids Campaign
www.safekids.org

National Safety Council
www.nsc.org

NHTSA (bicycle & pedestrian safety)
www.nhtsa.dot.gov

Safe Sitter
www.safesitter.org

Safety Belt Safe U.S.A.
www.carseat.org



Injuries are the number one cause of death for children and adolescents. Most of these injuries are accidental and can be prevented through basic safety awareness and knowledge. WellPoint Foundation is working to keep families and children healthy and injury-free.

Our company believes that education is the key to keeping children out of unsafe situations. As part of WellPoint's commitment to empowering families with information and resources to lead healthier lives, we are proud to join forces with the American College of Emergency Physicians to bring you "Healthy Habits for Safe Kids."

Adopting behaviors to prevent injuries at home, away from home and at play can prevent emergencies and keep our youth healthy, happy and out of the emergency room.

A handwritten signature in black ink that reads "Larry C. Glasscock".

Larry C. Glasscock
Chairman, President & CEO
WellPoint, Inc.