



SAFETY



Lesson

Every parent wants to keep their child safe and out of harm's way. Teaching your child the proper safety precautions is very important not only for them, but for your peace of mind as well. Safety skills can be taught in many areas: playground play, at home fire drills, in the car, water safety, safety in the home, and the danger with strangers among many others. There are some safety measures that are suitable for different families in different circumstances, but listed below are some safety tips that may come in handy today or in the future.

Preventing Falls:

- Be aware of heights
- Keep stairs clear
- Install safety gates.
- Keep windows locked and screens in place.

Here are some tips that should be remembered after you leave your home:

- Fasten safety belts.
- Examine playgrounds.
- Teach children the difference between strangers and family friends.
- Be aware of escalators.
- Block pool and hot tub access.
- Teach children to swim.
- Remove toys from pools so your child will not be tempted to try to get them.
- Keep your eyes peeled.

Lesson Continued

- Teach children to never swim alone.
- Wear life jackets.
- In any body of water go in feet first, check water depth, and look for underwater hazards.
- Stay in designated areas.

Preventing Burns:

- Avoid hot spills. Don't drink or carry hot beverages or soup while holding a child.
- When you're using the stove, turn the handles of your pots and pans inward.
- Don't hold a baby while cooking.
- Establish 'no' zones.
- Block access to stove and fireplace, and make space heaters and hot water heaters inaccessible.
- Unplug irons or anything that has the ability to heat up.
- Test food temperature and NEVER warm a baby's bottle in the microwave.
- Cover outlets.
- Place plastic plugs in electrical outlets.
- Lock up matches and lighters.
- Be careful with candles.
- Use space heaters with care.

***Remember, kids will be kids and some injuries are inevitable. These tips are here to reduce them. It would be wise to not only implement some of these things in your home, but also discuss them with your child so they have a better understanding as to why they are not or are doing some of these things.**

Lunch Time

Today is a great day to have your child's favorite lunch. If it is something that has to be prepared at home try to reinforce fire safety and kitchen safety.



Music Time

Sung to: "Skip to my Lou"

I found matches, what do I do?
I found matches, what do I do?
I found matches, what do I do?
I'll throw them away or give them to you.

I see a fire, what do I do?
I see a fire, what do I do?
I see a fire, what do I do?
I'll get help-that's what I'll do!

If my clothes catch on fire,
If my clothes catch on fire,
If my clothes catch on fire,
I will know just what to do.

Stop, drop, lay down and roll,
Stop, drop, lay down and roll,
Stop, drop, lay down and roll,
That is what we all should do!

Reading Time

- Street Safety Hints, by Giovanni Caviezel
- Berenstain Bears Learn About Strangers, by Jan Berenstain
- I Can Be Safe: A First Look at Safety, by Pat Thomas

