


It's Never Too Early!



Preventing fires and burns requires that the whole family participate in making a home safe. Parents need to take an active role in teaching their youngsters to avoid dangers that can cause burns; they need to teach them how to react in a dangerous situation like a home fire; and everyone in the family should play a role in practicing home safety. It's never too soon to talk to young ones about fire and burn safety and their role in keeping themselves and your home safe!

Home Escape

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- ⇒ If your children are very young, you need to be sure someone in the house will be responsible for them in your home escape plan.
 - ⇒ As they get a bit older, teach them that firefighters are their friends, and not to be afraid of them....they are there to help!
 - ⇒ Practice your home escape plan often so that young children become used to what would happen in the event of an actual fire.
 - ⇒ Allow older children to take part in putting together your home escape plan. Make sure they know what their role is in the event of a home fire, and where your outdoor meeting place is.

Please visit www.learnaboutfireandburns.com for more fire safety educational resources for children.

Matches and Lighters

If your child was playing outside on a warm spring day, and found a lighter or pack of matches on the ground, would he or she know what to do?

It's never too early to teach children how to stay safe around these types of dangers.



- If your children are very young:
- ⇒ Teach them to NEVER touch matches or lighters. If they find matches or a lighter, they should tell an adult.
 - ⇒ Practice your home escape plan often!
 - ⇒ If you have matches and lighters in your home, make sure they are locked away, out of the reach of your children.
- If your children are a bit older:
- ⇒ They can be taught to pick up matches or lighters and give them to a responsible adult.
 - ⇒ Never buy or allow your children to play with novelty lighters.

Babysitters

When you leave your children in the capable hands of a babysitter, be sure that they are just as safe as when they are at home with you! Visit www.burnprevention.org/resources, and download our "Babysitters and Caregivers Guide to Burn Prevention and First Aid". This brochure gives babysitters useful tips and information to help them care for your children responsibly and to keep them as safe as possible!

Smoke Alarms

The sound of a smoke alarm can be very startling to children and adults alike.

Talk to your child about the sound a smoke alarm makes, and what it means when you hear that sound.



Allow your children to help you test your smoke alarms every month, so that they get used to the sound the alarm makes when it is activated.

Be sure to change the batteries in your smoke alarms once a year, unless you have ten year lithium powered alarms.

If your home uses fuels such as gas, oil, or kerosene for heat or cooking, install carbon monoxide detectors in your home as well.

Do you know at what temperature you should have your hot water heater set? How often should you test your smoke alarms?

Last month, your Center received a copy of our newest program, **Home Safe Home**. Included in the Home Safe Home Kit is a dvd and lots of other materials that answer these burn prevention and fire safety questions and many, many more! Please ask your center director about the kit. Home Safe Home is also on the web... www.homesafehome.org. Please take a few minutes to check it out!



Second Hand Smoke

Scientific evidence has proven time and time again that exposure to second hand smoke increases the risk of lung cancer and heart disease in non-smoking adults, and increases the risk of sudden infant death syndrome, bronchitis, pneumonia, and other serious respiratory conditions in children.



The best way to protect yourself from secondhand smoke is to avoid exposure. Here are some tips to keep your family safe:

- ⇒ Make your home and vehicles smoke-free.
- ⇒ Ask people not to smoke around your children.
- ⇒ Make sure your child's day care or school is smoke-free.
- ⇒ Choose restaurants and businesses that are smoke-free.
- ⇒ If you live with a smoker who is not interested in quitting, ask them to smoke outside, away from entrances and windows.

If you are a smoker who is ready to quit, and you need help, please call 1-866-974-QUIT.

Is your child fascinated with fire? Have you discovered your child playing with fire, unexplained burned matches, or lighters hidden in your child's room? We can help! Please call 610-969-3930 for more information.