



KEEPING CHILDREN SAFE AT HOME
A Checklist for Parents

Homes are wonderful places to care for children, but they are full of hazards including electrical appliances, stairs, bathtubs, and dozens of poisonous medicines and household cleaners.

Unintentional injuries cause the death of many children and also leave more children crippled than diseases. Most injuries can be prevented if more care is taken.

There is no golden rule to prevent injuries, but you can decrease the risks significantly by following the ideas on the checklists. Go over the lists from time to time to maintain safety.

Falls and falling objects

- ▲ Wipe any spills from your floors immediately.
- ▲ Position all furniture so they cannot be toppled easily.
- ▲ Secure carpets and rugs so children cannot trip.
- ▲ Keep all electrical cords to lamps and appliances up and out of the way.
- ▲ Keep unused rooms locked if children are in your home.
- ▲ Make sure doors to rooms and closets can be unlocked from both sides.

(Continued on Page 2)



Inside this issue:

Keeping Children Safe at Home - A Checklist for Parents	1
Chatting with Kathy	1
Wash the Germs Away	2
How can I teach my preschooler when money is spent, it is gone?	3
Preventing Food Poisoning at Home	3
Women, Infants, and Children (W.I.C.) for Volusia & Flagler Counties	4

CHATTING WITH KATHY

Tips for a Better Life!

1. Begin every day with the following statement, "My purpose is to _____ today."
2. Take a 10-30 minute walk every day.
3. Live the three E's... Energy, Enthusiasm, and Empathy.
4. Try to make at least three people smile each day.
5. Clear clutter from your environment and let new energy flow into your life.
6. Make peace with your past so it won't spoil the present.
7. Call your family and friends often.
8. Smile more and laugh often.
9. Life isn't fair, but it is still good.
10. The best is yet to come.

Quotable Quote

*To love is to risk not being loved in return.
To hope is to risk disappointment.
But risks must be taken because
the greatest risk in life is to risk nothing.
The person who risks nothing—
does nothing, sees nothing,
has nothing and is nothing.
They cannot learn, feel, change,
grow, love and live.*

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Wash the Germs Away

By Jill Taufer RD, LD/N-Extension Agent I, Family & Consumer Sciences

Young children catch about eight colds a year. Returning to school often means the return of the common cold. Most colds are spread by touch, so hand-washing can help stop a cold from being passed on.

How should you wash your hands?

- Use soap and warm running water.
- Rub your hands together for at least 20 seconds. It takes about 20 seconds to sing Happy Birthday twice, or to sing the ABC song.
- Wash all parts of your hands, including your palms and between your fingers.
- Rinse well to remove all of the soap.
- Dry hands with a clean towel or paper towel.



When should you wash your hands?

- Before preparing or cooking food
- Before and after eating
- After going to the bathroom
- After blowing or wiping your nose
- After you sneeze or cough
- After touching animals
- After playing outdoors

In order to “catch” a cold, germs have to find their way to your nose, so keep your hands away from your face until you’ve had a chance to wash. Amazingly, about 80% of colds are transmitted by touch. Your best protection is frequent hand-washing.



(Keeping Children Safe at Home - continued from Page 1)

- ▲ Place heavy items (like an iron or skillet) out of a child’s reach and sight.
- ▲ Teach children safe and unsafe areas for climbing. Shelves are not for climbing.

Poison



- ▲ Keep trash covered and out of the reach of children.
- ▲ Keep all tobacco products away from children. Tobacco is poisonous when eaten.
- ▲ Store cosmetics and other drug products in cabinets with safety latches or locks.
- ▲ Do not store alcohol, medicines, cleaning supplies, or other poisons in areas used by children. Dispose all unused portions.
- ▲ Store hazardous products in their original containers.
- ▲ Keep purses out of the reach of children.
- ▲ Teach children not to taste berries, roots, plants, or tablets without your permission.

Choking and Suffocation



- ▲ Make sure toys have no small parts that could be broken off and swallowed.
- ▲ Use balloons with adult supervision. Pop and dispose of them immediately after use.

- ▲ Store all plastic bags including small bread sacks out of reach of children.
- ▲ Do not allow children to use or play with objects that have long cords.
- ▲ Tie hanging cords on draperies or blinds up high and out of reach.

Burns, electrical shock, or fire



- ▲ Cover unused electrical outlets with safety caps.
- ▲ Block electrical outlets when possible with some type of barrier or furniture.
- ▲ Keep electrical cords for appliances (irons, toaster, radios, etc.) out of reach.
- ▲ Store lighters and matches out of reach.
- ▲ Install smoke detectors and test them every month.
- ▲ Keep an approved fire extinguisher in a secure area.

Cuts and punctures



- ▲ Keep all sharp objects such as knives, scissors, razors, glass bottles, and knitting needles out of reach.
- ▲ Do not allow children to play with sharp tools or near lawn mowers and power saws.

How can I teach my preschooler when money is spent, it is gone?

Young children often have trouble understanding you can spend money only once. For example, after buying and eating candy, they might expect to be able to buy and eat more right away. Or, they may change their minds about a purchase and expect to be able to get a second choice without needing more money. It helps to show young children that spending money means giving it up. A dollar store or the dollar aisle at a thrift store is a good place to teach this.

A One-Dollar Test



(Material needed: One Dollar)

Step 1: Explain what you will be doing together (read through entire activity before you begin). Plan a special shopping trip and explain that you will give your child one dollar to spend at the store.

Step 2: Explain the shopping rules. Set the rules for this activity before you leave the house. Make sure your child knows the rules by repeating a few of the most important ones. Examples:

- *You will give your child the money to make one purchase.
- *Your child will not be able to make a second purchase.
- *You can set rules about certain items (such as candy) which your child may not buy.
- *You might (or might not) give your child money to buy a treat in the future.
- *This is a special treat for your child. Explain there will not be a special treat every trip to the store.

Step 3: Help your child buy the item. If your child has followed all your shopping rules, you may help with the one-dollar purchase. Try not to rush your child. You can help by asking questions. Examples for choosing an item:

- *Which item will be the most fun?
- *Which item will last the longest?
- *Which item can you enjoy with a friend?

Ideas to talk about:

1. Buying something means making a choice because you cannot buy everything you want.
2. Buying something means giving up money for another item because money you spend is gone for good.
3. Shoppers in a store must choose carefully to avoid being disappointed with what they buy.

◆ ◆ ◆ NOTES ◆ ◆ ◆

Don't take away the one-dollar treat as a consequence of misbehaving. If your child misbehaves while shopping, use a different punishment than the activity, such as the loss of TV time or dessert. You may increase the amount of money an older child can spend on the special treat. Allow the child to choose to purchase items for family or friends, with their own money.



Preventing Food Poisoning At Home

By Kathleen M. Bryant, Extension Agent - Family & Consumer Sciences
University of Florida/Volusia County Extension

If you ever experienced food poisoning, you know it's not much fun. While it's impossible to be completely free of potentially dangerous bacteria, there are precautions you can take at home to prevent food poisonings.

Food poisoning, also referred to as a food-borne illness, is a gastrointestinal disorder caused by eating contaminated food. The symptoms usually affect your stomach and intestines. Symptoms include diarrhea, upset stomach, vomiting, and abdominal cramps. Other symptoms can be more severe, such as weakness, numbness, confusion, or tingling of the face, hands, and feet. The very young and the very old are most vulnerable to food poisoning. Their symptoms may last longer, be more severe, or even life threatening. If symptoms are of the severe nature or last longer than a couple of days, you should seek medical attention.

Food becomes contaminated because it has been incorrectly handled, improperly cooked or inadequately stored. The following steps can help you reduce your chances of getting food poisoning:

1. Wash your hands, utensils and food surfaces often.
2. Keep raw foods separate from ready-to-eat foods.
3. Cook foods to a safe temperature.
4. Refrigerate or freeze perishable foods promptly.
5. Defrost food safely.
6. Throw it out when in doubt.

The bottom line: Keep hot food hot, and cold food cold. And keep everything, especially your hands, clean! If you follow these basic rules, you'll be less likely to become ill from food poisoning.

**VOLUSIA COUNTY
UNIVERSITY OF FLORIDA
COOPERATIVE EXTENSION SERVICE**

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DeLand, Florida 32724

386-257-6012 - Daytona Beach
386-822-5778 - DeLand
386-423-3368 - New Smyrna Beach



Volusia County/University of Florida Extension gives leadership to family-focused informal education through the Family and Consumer Sciences program. Dedicated to strengthening families through education, we believe the family is the most effective unit for building strong communities. The family has the right to meet basic needs and to make choices about its future, and is inter-dependent within communities and their environment. Extension strives to achieve this through a variety of formats, including:

- *Workshops & presentations*
- *Newsletters and fact sheets*
- *Telephone consultations*
- *Learn-by mail correspondence courses*



**Welcome to W.I.C. (Women, Infants, and Children)
for Volusia & Flagler Counties**

The **W.I.C. Program** is the federal Special Supplemental Nutrition Program for Women, Infants, and Children administered by the Department of Health in the State of Florida. **You may qualify for WIC if you are a pregnant, postpartum or breastfeeding mother. Infants and children under the age of five also may qualify.** WIC offers family nutrition and health education, and issues food checks for WIC approved foods that are redeemable at local groceries at no charge.

WIC has two eligibility criteria:

1. **Income eligibility:** You will automatically qualify income-wise if you participate in TANF, Medicaid or Food Stamps. If you are employed, the gross income (before taxes and deductions) level of your household must fall below 185% of the poverty level. Please refer to the table for those levels of income based on household size*.
2. **Nutritional or medical risk:** All participants in WIC have had a health assessment to determine if they are at nutritional or medical risk.

Family Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	\$370	\$740	\$802	\$1,604	\$19,240
2	\$499	\$997	\$1,080	\$2,159	\$25,900
3	\$627	\$1,253	\$1,357	\$2,714	\$32,560
4	\$755	\$1,509	\$1,635	\$3,269	\$39,220
5	\$883	\$1,765	\$1,912	\$3,824	\$45,880
6	\$1,011	\$2,021	\$2,190	\$4,379	\$52,540
7	\$1,139	\$2,277	\$2,467	\$4,934	\$59,200
8	\$1,267	\$2,534	\$2,745	\$5,489	\$65,860
Additional Person	+\$129	+\$257	+\$278	+\$555	+\$6,660

Standards for eligibility and participation in the WIC Program are the same for everyone regardless of race, color, national origin, age, handicap, or sex.

(Gross before deductions) Guidelines effective as of April 8, 2008
*For a pregnant woman, each unborn infant counts as 1 extra person in the household size.

If you are interested in applying to the WIC Program, please contact the following offices throughout Volusia and Flagler counties. Your call is important to us.
You may also call Toll Free 1-866-WIC-FOOD

Daytona Beach (Main Office)..... (386) 274-0675 or (386)274-0676
Daytona Beach (Keech St. Clinic)..... (386) 947-3690
DeLand..... (386) 822-6223 or (386) 943-7724 for Spanish

Deltona..... (386) 860-7150
New Smyrna Beach..... (386) 424-2074
Flagler County (Bunnell)..... (386) 437-7294

There is no application fee or cost for participating in the program and there is much to be gained for you and your family. We hope to hear from you.