

Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

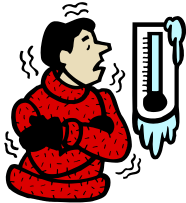
WINTER SAFETY TIPS

- ❖ Dress infants and children warmly and in thin layers to keep them dry and warm for outdoor activities.
- ❖ Clothing should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- ❖ Change mittens and clothing that becomes wet because body heat is lost faster through wet clothes than dry clothes.
- ❖ To keep warm and safe in the car seat, the safety straps should be right against the child. Don't put a baby or small child in his or her car seat already bundled up. That extra buffer made of heavy clothes could make the car seat less safe. Instead, buckle your child in the car seat, and then place a blanket or jacket on top of your belted child. Avoid placing blankets over his face to reduce the risk of Sudden Infant Death Syndrome (SIDS).



DRESS IN LAYERS

HYPOTHERMIA



- ❖ Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing.
- ❖ As hypothermia sets in, the child may shiver and become lethargic and clumsy. His or her speech may become slurred and body temperature will decline.
- ❖ If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him or her in blankets or warm clothes.

- ❖ Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen to fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his or her skin burns or has become numb.
- ❖ Set reasonable time limits on outdoor play. Have children come inside periodically to warm up
- ❖ If frostbite occurs, bring the child indoors and place the frostbitten parts in warm (**not hot**) water. Warm washcloths may be applied to nose, ears and lips. Do not rub frozen areas.
- ❖ After a few minutes, dry and cover him or her with clothing or blankets. Give him or her something warm to drink.
- ❖ If numbness continues for more than a few minutes, call your doctor.



FROSTBITE

STAYING HEALTHY

- ❖ If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist. If bleeding is severe or happens often, contact your pediatrician.
- ❖ Cold weather does not cause colds or flu. The viruses that cause colds or flu tend to be more common in the winter, when children are in indoors and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into her elbow may reduce the risk of colds and flu.
- ❖ Children over the age of 6 months should get the influenza vaccine to reduce their risk of catching the flu.
- ❖ Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.

WINTER SPORTS AND ACTIVITIES FOR CHILDREN



ICE SKATING

- ◇ Allow children to skate only on approved surfaces. Check for signs posted by local police or recreation departments.
- ◇ Advise your child to: skate in the same direction as the crowd; avoid darting across the ice; never skate alone; do not chew gum or eat candy while skating.

- ◇ Keep children with sleds away from motor vehicles and roads.
- ◇ Keep young children separated from older children.
- ◇ Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- ◇ Sled slopes should be free of obstructions like fire hydrants or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.
- ◇ Avoid sledding in overcrowded areas.



SLEDDING



SNOW SKIING AND SNOWBOARDING

- ◇ Children should be taught to ski or snowboard by a qualified instructor in a program designed for children. Never ski or snowboard alone.
- ◇ Young children should always be supervised by an adult.
- ◇ The American Academy of Pediatrics (AAP) recommends that children under age 7 not snowboard.
- ◇ Consider wearing a helmet. Equipment should fit the child. Skiers should wear safety bindings that are adjusted at least every year.
- ◇ Slopes should fit the ability and experience of the skier or snowboarder.

- ◇ The AAP recommends that children under age 16 do not operate snowmobiles and that children under age 6 never ride on snowmobiles.
- ◇ Do not use a snowmobile to pull a sled or skiers.
- ◇ Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles. Travel at safe speeds.



SNOWMOBILING

SUN PROTECTION



The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen!

The information presented in this sheet was obtained from the American Academy of Pediatrics at www.aap.org/advocacy/releases/decwintertips.htm

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