

Winter Wonderland....
January 2008

Parenting *Rules!*

Heating Your Home Safely....

Injury Prevention!

If you heat your home with a kerosene heater, woodstove or fireplace; you need to be aware of the dangers.

The following advice can help to keep your family safe during the cold winter months:



- Be sure your space heater has an **emergency shut** off in case the heater tips over
- **Never** fill the heater while it is on or still hot
- Use only the type of **fuel intended** for the unit
- **Keep children away** from heat sources and teach them that it is dangerous
- Check your **smoke detectors** to be sure they are working
- Have your **chimney cleaned** before using the woodstove or fireplace
- **Never** use your oven to heat the house

Heating assistance is available for families who qualify.

If you need heating assistance contact:

East Bay CAP 437-5102

South County CAP 789-3016

West Bay CAP 732-4520

Tri Town CAP 351-2750

Blackstone Valley CAP 723-4520

Providence CAP 273-0882

Cranston CAP 467-9610

The Emergency Fuel Hotline 222-3003

The Good Neighbor Energy Fund 831-1119

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Cold and Flu Season....



Children have an average of 6 to 10 colds per year!

With children spending more time indoors during the winter months the spread of germs in schools and day care centers greatly increases.

Here are things the whole family can do to help stop the spread of the cold and flu viruses:

- **Wash hands for at least 20 seconds, teach kids by singing the "Happy Birthday" song twice while washing**
- **Avoid touching eyes, nose or mouth without washing your hands first**
- **Sneeze and cough into a tissue or the inside of your folded elbow**
- **Regularly wash toys that are shared by children**
- **Be sure the whole family gets plenty sleep and exercise and eats a healthy diet.**

The Federal Drug Administration recently recommended the recall of all over-the-counter cough and cold medications made for children under the age of 6. Although children's cough and cold medicine is safe when used correctly, children under the age of two are more at risk for complications due to overdose.

Keep these things in mind when giving your child any over the counter medications:

- ❖ **Read** and follow the directions for your child's weight exactly as indicated on the label
- ❖ **Measure exactly** what the instructions say
- ❖ **Never** give adult strength medicine to a child
- ❖ **Always** keep medicine out of reach of children
- ❖ **Watch** your child closely for possible side effects



For further information on over-the-counter drug safety contact:
Consumer Healthcare Products Association
900 19th Street, NW, Suite 700 Washington, DC 20006
Tel: 202.429.9260 www.otcsafety.org

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Immunizations....

Immunizations, also known as vaccinations or "baby shots", help to keep your children healthy and safe from serious and deadly diseases.

Children will get their first immunizations at birth and should have received at least 20 shots by their 2nd birthday. It is very important that children get their shots at certain times, so be sure to keep all of their doctor's appointments. If you miss an appointment, call the doctor's office to reschedule right away.

Ask your child's doctor for an immunization record book to keep track of all your child's shots. Remember to bring this book with you to all doctors' appointments.

All children should be immunized against:

- *Hepatitis B
- *Diphtheria
- *Tetanus
- *Pertussis (Whooping cough)
- *Haemophilus influenzae type B (Hib)
- *Poliomyelitis (Polio)
- *Measles
- *Mumps
- *Rubella (German measles)
- *Varicella (Chickenpox)
- *Pneumococcal disease



For more information on keeping your children's immunizations up-to-date contact:

The RI Department of Health - Family Health Information at 1-800-942-7434

** If for medical or religious reasons you choose not to immunize your children, you will need to fill out an exemption form for them to attend school. For more information contact the RI Department of Health.*

ABOUT PARENTING RULES! E-NEWS...



Prevent Child Abuse
Rhode Island



Rhode Island
Family & Children's Trust Fund

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Please share this information with the families in your programs. Thank you!