

## Cold Weather Warnings

November 2008

# Parenting *Rules!*

## Heat Your Home Safely....

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If you will be heating your home with a kerosene heater, woodstove or fireplace this winter; 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. Test regularly and replace batteries at least twice a year.
- Install **Carbon Monoxide** detectors.
- Have your **chimney cleaned** before using the woodstove or fireplace.
- **Never** use your oven to heat the house.

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## It Sure is Cold Outside....

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**Children loose body heat much faster than adults!**



**When sending your children outdoors in the winter; keep the following in mind:**

- ⇒ **Give them something to eat** before they head outdoors to play. Their body will turn the food into heat which will help keep them warmer longer.
- ⇒ **Bundle them up!** Think layers. Dress them with long johns, a sweater, thick socks and an outer waterproof layer.
- ⇒ **Don't forget hats and mittens!** 50-60% of their body heat can be lost through their head and hands.
- ⇒ **Limit the amount of time** you let your children play outdoors in the cold weather. Check on them after one hour to be sure their inner layers are not wet and they are not shivering.
- ⇒ When the wind chill goes below 0 degrees, keep your kids inside.

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## Thin Ice...

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Unfortunately, thin ice danger isn't always this obvious!



When it comes to frozen bodies of water, **you can never be too careful!**

To keep your children safe, teach them:

1. **Never** use ice for a short cut.
2. **Never** skate alone or without asking your permission first.
3. **Never** skate on ice that has not been tested by the Fire or Recreation Department.
4. **Never** go out on the ice to help another child or animal. **Get help!**
5. **The only safe ice is at an ice skating rink.**

**For more information on ice safety and a listing of skating rinks, contact:**

**State Park Ice Information Line**  
Division of Parks & Recreation  
2321 Hartford Avenue Johnston, RI 02919  
401-222-2632     [www.riparks.com/IceSafety.htm](http://www.riparks.com/IceSafety.htm)

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## Resources for Parents....

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**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

### **Rhode Island State Fire Marshall**

118 Parade Street - Providence, RI 02909.

462-4200      [www.fire-marshal.ri.gov](http://www.fire-marshal.ri.gov)

### **Parent Link Rhode Island**

[www.parentlinkri.org](http://www.parentlinkri.org)

### **United Way 2-1-1 in Rhode Island**

Dial 211 on your phone or go to [www.211ri.org](http://www.211ri.org)

## **ABOUT PARENTING RULES! E-NEWS...**

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Prevent Child Abuse  
Rhode Island



Rhode Island  
Family & Children's Trust Fund

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Prevent Child Abuse Rhode Island  
500 Prospect Street Pawtucket, RI 02860  
ph: 401.728.7920 fax: 410.724.5850  
[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

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