

## Cold Weather Warnings

November 2011

# 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.

Here is how you can 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 lose body heat much faster than adults!**

When sending your children outdoors in the cold weather; 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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## Danger 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.**

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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 732-4660  
Tri Town CAP 351-2750  
Blackstone Valley CAP 723-0227  
Providence CAP 273-0882  
Cranston CAP 467-7013

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

118 Parade Street - Providence, RI 02909.  
462-4200      [www.fire-marshal.ri.gov](http://www.fire-marshal.ri.gov)

#### **Division of Parks & Recreation**

2321 Hartford Avenue Johnston, RI 02919  
401-222-2632      [www.riparks.com/IceSafety.htm](http://www.riparks.com/IceSafety.htm)

#### **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

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