

A Safe and Healthy Family...
November 2010

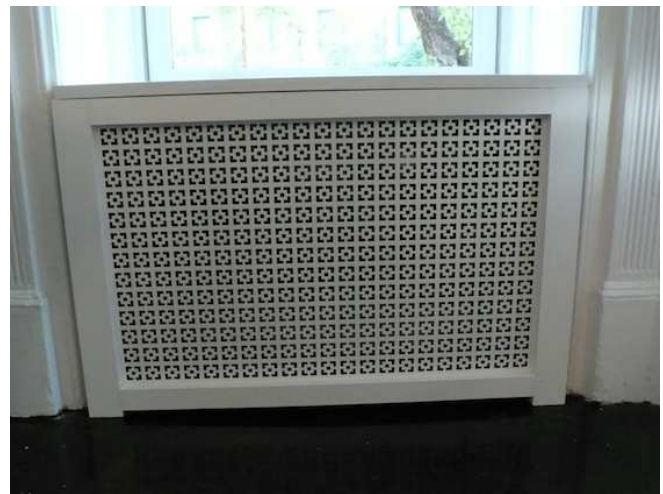
Parenting *Rules!*

Keeping Your Family Warm, Safely....

By November most families have begun to use their home heating system. Whether you heat your home with a woodstove or fireplace, kerosene heater, oil or electric system; you need to be aware of the dangers.

When using your heating system, keep the following safety measures in mind:

- 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
- Use heat **register covers** to prevent your child from getting burned
- Check your **smoke detectors** to be sure they are working
- Have your heating system **checked for carbon monoxide** levels
- Have your **chimney cleaned** before using the woodstove or fireplace
- **Never** use your oven to heat the house



A Safe and Healthy Family...
November 2010

Parenting *Rules!*

Second Hand Smoke...



When children are exposed to tobacco smoke, they are breathing thousands of toxic substances. This exposure causes them serious problems such as:

- Frequent ear infections
- Bronchitis and pneumonia
- Severe coughs and colds
- Tooth decay
- Headaches
- Sore throats

**Parents should never smoke around their children
or allow anyone else to smoke around their children!**

Quit for your kids:

Butler Hospital, Providence	401-455-6391
RI Department of Health	800-Try-to-Stop
Commit to Quit (for women)	401-793-8210
Quit Strong (for men)	401-793-8398

**A Safe and Healthy Family...
November 2010**

Parenting *Rules!*

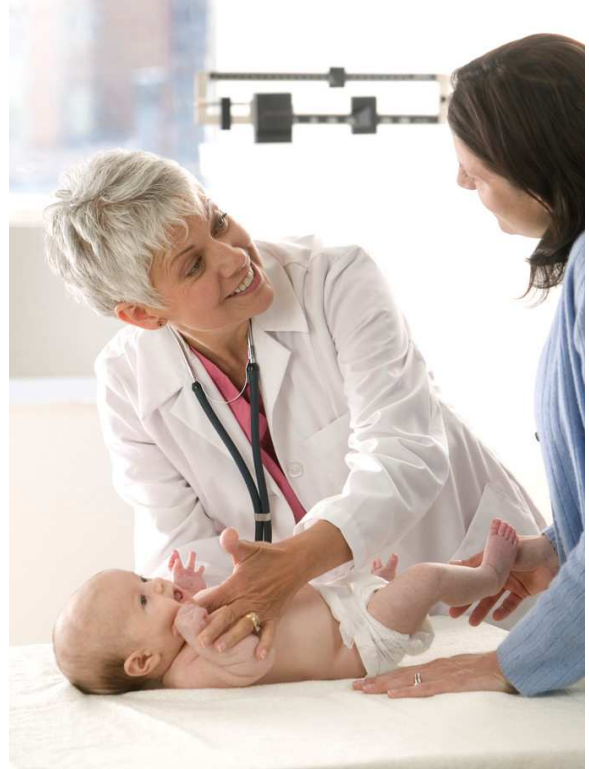
Immunizations....

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



**A Safe and Healthy Family...
November 2010**

Parenting *Rules!*

Resources for Parents

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

State Fire Marshal
Carbon Monoxide Information
401-294-861 www.fire-marshal.ri.gov

St. Joseph's Hospital - Free Immunization Clinic
21 Peace Street, Providence, Rhode Island
401- 456-4359

ABOUT PARENTING RULES! E-NEWS...



*Parenting Rules! e-news is produced
by Prevent Child Abuse Rhode Island
and is partially supported by an
annual grant from the Rhode Island
Family & Children's Trust Fund*



Prevent Child Abuse Rhode Island
500 Prospect Street Pawtucket, RI 02860
ph: 401.728.7920 fax: 410.724.5850
www.preventchildabuse-ri.org

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