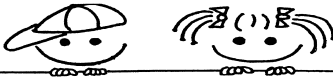




Parenting Corner: *Safety*



IUSD Early Childhood Learning Center
Early Start • Head Start • Montessori International • School Readiness • Special Education Preschool
(949) 936-5870



Child Safety and the Internet

When parents take responsibility for their children's Internet use they can greatly minimize any potential risks of being online. Never give out personal information online. Get to know the Internet and any services your child uses. Check out blocking, filtering and ratings applications. Never allow a child to arrange a face-to-face meeting with someone they meet on the Internet without parental permission and supervision. Never respond to messages that are suggestive, obscene, or threatening. Also remember that people online may not be who they seem, and everything you read online may not be true. Protect your children!

Fast Facts

According to a new study by the Kaiser Family Foundation and the Children's Digital Media Centers, children with a TV in their bedroom or live in "heavy" TV households are less likely to read everyday, spend less time reading when they do, and are less likely to be able to read at all.

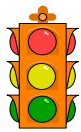
When you give a toy, you endorse the play it encourages.

Most parents would like their children to learn respect for others, kindness, empathy, and the ability to think creatively. *When giving this holiday season, choose toys that promote...*

- ◆ Dramatic play (blocks, toy vehicles, dress-up clothes, dolls and puppets)
- ◆ Manipulative play (puzzles, peg boards, and miniature models)
- ◆ Creative Arts (paints, paper, crayons, scissors, glue, stamps and clay)
- ◆ Physical play (bikes, balls, bats, jump ropes, giant chalk and play tunnels)
- ◆ Game playing (checkers, chess, card games and jacks)

Try to avoid toys that...

- ◆ Make violent themes the focus of play (swords and guns)
- ◆ Are linked to movies, TV shows and video games for older audiences
- ◆ Link non-nutritious food to play ("McDonald's" play food)
- ◆ Encourage gender stereotypes and premature sexuality ("Lil Bratz" dolls)
- ◆ Make shopping the focus of the play
- ◆ Use flashy props to turn children's books into toys (sound effects books)



Helpful Hints

Remember to keep a list of emergency phone numbers near the phone: 911, emergency contacts, hospital, Poison Control, pediatrician and police, along with your address.

Keeping Children Safe: at Home and on the Playground

Children become more independent everyday, however it is important to remember that although they can run, jump and climb, their judgement and self-control are still developing. As children grow expect the unexpected. It is essential that parents be aware of their young child's surroundings and never underestimate what they might try to do. Children have limited understanding of the hazards around them, and this may cause them to get into some dangerous situations. Remember these guidelines when at home or at public playgrounds:

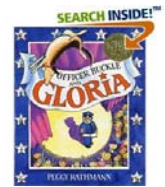
- ✓ Bolt tall, narrow furniture to the wall, so it won't tip over onto your child.
- ✓ Keep all doors leading to balconies or the outside closed and locked with a latch your child cannot reach.
- ✓ Move all furniture, including your child's bed, away from windows. Lock all windows. Screens won't prevent your child from falling out. Also, secure all cords from window coverings away from your child's reach.
- ✓ Make sure there are rubber mats, or at least 12 inches of sand or wood chips under play equipment.
- ✓ Allow your child to climb and explore, but make sure that it's safe.
- ✓ Play equipment should be free of sharp edges, "S" hooks and 5-inch to 10-inch rings – where your child's head or fingers could get caught.
- ✓ **Never** attach, or allow children to attach pet leashes, cords or ropes to playground equipment. Children can strangle themselves on them.
- ✓ Inspect play equipment **frequently** to make sure it is safe.
- ✓ **Always** supervise your child when he is playing with or around animals, including family pets.
- ✓ **Never** let your child go near a dog that you do not know. Even friendly dogs can snap or bite without warning.

Children & Families Commission of Orange County

Story Time



Talk to your child about safety during story time with this adorable book about a caring policeman and his energetic dog, Gloria. **Officer Buckle and Gloria**, written and illustrated by Peggy Rathmann (Ages 4 to 8)



Officer Buckle is a roly-poly man, dedicated to teaching School children important safety tips, such as never put anything in your ear and never stand on a swivel chair. However, Officer Buckle's school assemblies are very dull, and the children of Napville sleep through the whole thing. That is, until Gloria the police dog is invited along! Gloria acts out each safety tip behind Officer Buckle's back, winning the children's hearts. Meanwhile, Officer Buckle assumes the cheers and laughter are all for him. This 1996 Caldecott Medal winner will have children laughing-out-loud at the adorable Gloria and kind-hearted Officer Buckle, while learning the value of teamwork and a bunch of great safety tips.

ISBN # 0-590-92569-5



Car Seat and Street Safety



Infants	Toddlers & Young Children	Older Children
<ul style="list-style-type: none"> ▪ Birth to at least 20 pounds and 1 year of age ▪ Car seats should always be in the backseat. ▪ When your baby-sits in the seat they should be facing the rear of the car. ▪ The car seat should not be straight up, but tilted at a reclining 45-degree angle. 	<ul style="list-style-type: none"> ▪ Children <u>over</u> 1 year old and <u>over</u> 20 pounds can use a forward-facing car seat. ▪ Remember, car seats should always be in the backseat. ▪ Children use this car seat until they are 4 years old or up to 40 pounds. 	<ul style="list-style-type: none"> ▪ When children are too big for a regular car seat, they need to use a booster seat. ▪ Children must use a booster seat until 6 years old or over 60 pounds. ▪ Boosters keep the lap belt low on the hips and shoulder strap in place. ▪ Most children need a booster seat until age 8.

- **Check behind your car every time you back out of the driveway, children are not easily seen.**
- **Don't let your child play in or near a street.**
- **Find an enclosed yard, a nearby park, or a playground where your child can play.**
- **When crossing streets, hold your child's hand and always observe traffic safety laws**
- **Make sure your child wears a helmet every time she rides a tricycle or other wheeled toy.**
- **If your child is riding near a sidewalk, always follow alongside between him and the street.**

American Academy of Pediatrics Injury Prevention Program



Helpful Resources

Here are some useful safety resources for your family:

OC Keep Kids Safe at
www.ockeepkidssafe.org

American Academy of Pediatrics at
www.aapca4.org

Centers for Disease Control and Prevention at
www.cdc.gov or
1-800-CDC-INFO

Seat Check at
www.seatcheck.org or
1-866-SEAT-CHECK

Cal Poison Action Line at
www.calpoison.org or
1-800-222-1222

For more information on the IUSD School Readiness Program visit:
www.iusd.k12.ca.us/curriculum/ece/EarlyChildEd.htm

Time Together: Surviving Holiday Stress

Children can become overwhelmed by the hustle and bustle of the holiday season and each child expresses their stress in different ways: crying, tantrums, clinging, excessive energy, thumb sucking and many other ways. Parents and caregivers can not eliminate all holiday stress but we can model how to deal with our feelings in healthy ways.

- ◆ Establish and continue predictable routines.
- ◆ Prepare ahead for a hectic day.
- ◆ Allow time for children to play and have fun.
- ◆ Share humor in difficult situations.
- ◆ Show your child pictures of unfamiliar guests.



- ◆ When visiting others, discuss any rules that might be different from home.
- ◆ Involve children in making gifts and planning parties.
- ◆ Cut back on activities if your family is always rushing.
- ◆ Appreciate cooperative behavior. Give lots of hugs!