

## Keeping Your Child Safe at Home

Did you know that, on average, 12,175 children die each year in the U.S. from an unintentional injury? According to the Centers for Disease Control and Prevention (CDC), the majority of injury deaths for children less than a year old were due to suffocation, while drowning was the leading cause of injury deaths for children ages one to four. The leading cause of nonfatal injuries for children under age 15 is falls. These are just a few of the sobering and heart wrenching statistics associated with unintentional injuries that happen to children every day.

November is Child Safety and Protection Month, and is intended to help raise awareness of the many dangers that put children at risk. They are everywhere - inside your house, outside in the yard and on the playground, in your baby's crib, and in the water. There are a number of steps you can take to keep your child safe at home. We've shared many of these tips in our newsletters, including safe sleep tips and child passenger safety (September 2023), preventing poisoning (August 2023), and sun and water safety (July 2023). Ask your Family Support Specialist if you'd like to get another copy of those issues.

In this newsletter, we are focusing on the leading cause of nonfatal injuries to children: falls. There are a number of steps you can take to protect your child from falls, and we've shown a few ideas in the image below. For more information on ways you can keep your baby safe, talk to your Family Support Specialist or visit the Safe Kids Worldwide website ([safekids.org](https://www.safekids.org)) which has a wide range of safety tips available.

## Tips for Preventing Fall Injuries



Keep your windows locked. This is a safe practice in general but even more important when babies and children are in the home. You can also install guards and stops for extra security. Just be sure to have an emergency release device on windows above the first floor so your family can get out in case of fire.

Use safety gates at the bottom and the top of your stairs. If you can, attach the gate to the wall to make it even more secure.



Keep baby strapped in whenever you use a stroller, high chair, or swing. If you use a carrier for your baby, always place it on the floor and not on the table or other furniture where it could be in danger of falling.

## November 8 is National Parents as Teachers Day

As a parent, you are your child's first and most important teacher, and Wednesday, November 8 is a day to celebrate you! According to the American Academy of Pediatrics, when you play with your child, you're helping them develop social-emotional, cognitive, language, and self-regulation skills while creating the strong and stable relationship your child needs to thrive.



Your Healthy Families team is here to help you on your parenting journey. Recently, we were awarded funding from the Patricia and Nicolaas Kortlandt Memorial Grant through Northern Piedmont Community Foundation that will allow us to provide tools and resources that promote a learning environment and discovery activities. We're calling this new program *Play to Learn and Grow*. Your Family Support Specialist (FSS) will discuss the benefits of the program with you and provide items chosen with your child's development needs in mind. Your FSS will also share strategies to increase difficulty as your child masters different levels.

## 'Tis the Season

No, we're not referring to the holiday season. We're talking about cold and flu season, and like it or not, it's here. The flu and common cold are both respiratory illnesses, but they are caused by different viruses. Symptoms of both can be similar, but the flu is usually worse with symptoms such as fever, body aches, extreme tiredness, and a dry cough. The symptoms are milder with a cold and may include a runny or stuffy nose. Children often experience nausea, vomiting, and diarrhea with the flu and tend to be less active, slow moving, and want to sleep a lot.

Children are at an increased risk for getting the flu and, as always, the best way to prevent the flu is by getting the yearly flu vaccination. The Centers for Disease Control and Prevention (CDC) recommends everyone six months and older get a flu vaccine. Children under six months of age are not able to be vaccinated, and the best way to protect them is to make sure those around them are vaccinated. Children younger than nine years old and getting a flu shot for the first time will need two doses of the vaccine in the first year.

Respiratory Syncytial Virus Infection (RSV) is another illness your child may experience. Symptoms include runny nose, decrease in appetite, coughing, sneezing, fever, and wheezing. Symptoms usually occur in stages and not all at once. If you suspect your child may have RSV, contact their doctor for care instructions.

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

*The CDC has provided this guide to help you determine if you have a cold or flu. For more information, visit their website at [www.cdc.gov/flu/symptoms](http://www.cdc.gov/flu/symptoms).*

### Important dates this month:

November 5	Daylight Savings Ends
November 7	Election Day
November 8	National Parents as Teachers Day
November 11	Veterans Day
November 23	Thanksgiving Day