

# Parents As Teachers

## NEWSLETTER

April 2013



## “Sowing Seeds” on Safety

Parents can prevent injury or death from common household dangers like falls, burns, choking, and drowning by taking necessary steps to childproof their home.



During the March Parents as Teachers Group Connection, Parent Educators provided parents with information about home safety and emergency preparedness. This session highlighted how parents can avoid injuries or death from common household dangers such as falls, burns, choking and drowning by taking steps to childproof their homes. The importance of having a plan in case of natural disasters, fires, or serious injuries that requires a trip to the emergency room was also a key topic. (This event was concluded with giving Easter Eggs to the children. To help enhance cognitive skills, all children received a large egg with a puzzle inside).

### Home Safety

Research suggests that new parents are less likely to identify safety hazards. They may also feel their own child is less vulnerable to risks in their homes than other children. Every day, 87 people in the U.S. die as a result of unintentional poisoning and more than 2,200 are treated in emergency rooms. The majority of these poisonings occur in people's homes. More children ages 1 to 4 die from unintentional injuries than from all childhood diseases combined. (2011, PAT National Center, Inc.)

### Unintentional injuries include:

- Car accidents
- Drowning
- Falls
- Burns

The Centers for Disease Control and Prevention (CDC) recommends to keep your children safe by:

- Placing the poison help number (1-800-222-1222) near every home telephone and to save it on your cell phone,
- Keeping chemical products/ medicines in their original bottles or containers,
- Storing all medications and household products up high and out of sight where children cannot reach them,
- Securing the child safety cap completely every time you use a medicine,
- Do not refer to medicine as “candy”,
- Throwing away any unused, unneeded or expired prescription drugs.

### Emergency Preparedness

#### Questions to Ask Yourself

- Do you have a plan in case of fire?
- Do you practice fire drills at home with your family?
- Where would your family go in case of a natural disaster like a tornado?
- If you or one of your children were injured and needed to go to the emergency room, who would care for your other children?

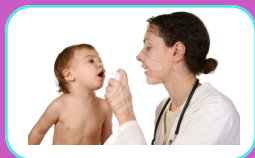
WHAT IS YOUR PLAN ???



Parent Educators, Indianola, MS l to -r: Kiffany Caldwell, Clara Phillips, Ethena Hyde and Marva Johnson

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# Asthma in Children



## FACTS

**The American Lung Association** is "Fighting for Air". Asthma is a reversible obstructive lung disease, caused by increased reaction of the airways. Asthma can be life-threatening if not properly managed.

### 1. Prevalence

Asthma is one of the most common disorders in childhood, currently affecting an estimated 7.1 million children under 18 years; of which 4.1 million suffered from an asthma attack in 2011 (Reference: *Centers for Disease Control and Prevention: National Center for Health Statistics, National Health Interview Survey Raw Data, 2011. Analysis by the American Lung Association Research and Health Education Division using SPSS and SU-DAAN software*)

### 2. Second-hand Smoke

Secondhand smoke can cause serious harm to children. An estimated 400,000 to one million children have their condition worsened by exposure to secondhand smoke (California Environmental Protection Agency: Respiratory Health Effect of Passive Smoking, June 2005)

### 3. Factors which trigger Asthma

- Respiratory infections and colds
- Cigarette Smoke
- Excitement
- Stress
- Exercise

Allergic reactions to allergens such as pollen, mold, animal dander, dust, food and cockroaches

**For more info on asthma call the American Lung Association at 1-800-586-4872 or visit website at [www.lung.org](http://www.lung.org)**

## Emergency Preparedness (Cont.)

It is important to plan BEFORE a disaster strikes. Knowing what to do before and after a disaster can help protect you and your family. Although nothing can be done to prevent natural or accidental disasters, there are some steps you can take to ensure your health and safety. Keep an Emergency Kit including the following:

### EMERGENCY KIT

- **Month supply of food that is part of normal diet**
- **Drinking water**
- **Medication**
- **First aid supplies**
- **Clothing and bedding**

## SUNFLOWER COUNTY MS EMERGENCY MANAGEMENT AGENCY

**CodeRED** Weather Warning will alert citizens in the direct path of severe weather.

Notifications will be sent out moments after a severe thunderstorm, tornado or flash flood warning has been issued by the National Weather Service. Only citizens in the immediate impact area will be alerted.

### REGISTER TO GET THE CALL

Users must register and opt to receive alerts. You can register your home and cellular phone at:

[www.sunflowercountvedd.com](http://www.sunflowercountvedd.com)

*Reference: CodeRed is a trademark of Emergency Communications Network, LLC.*

### DATES of INTEREST

April 23  
Sunflower County Group  
Connection

April 24  
Leflore County Group  
Connection

National Child Abuse Prevention  
Month