

Anticipatory Guide

Age 4-5 Years

GROWTH AND DEVELOPMENT:

Your child's growth and change will not be as fast as before. They like physical activity and should be encouraged to use and develop their skills. Some of those skills are skipping, jumping, hopping, throwing, catching, and skating. You should know by now if your child is right or left handed. Permanent molars may begin to come through the gum. Teething can be painful to some children and others will not even notice that they are teething.

PLAYING AND LEARNING:

Children in this age range usually want to do things for themselves. Most children at this age do not want to share. Children need to be taught to share. They have a difficult time waiting for any period of time. By age five, most children tend to listen when talked to and try to please. They enjoy playing with others, and will pretend and make up stories in play. Around age five, the need to belong to a group becomes important and children have more purpose and reason in their play. Rules are very important and all children in the group are to follow the group's rules.

SELF-ESTEEM:

Here are steps that will give your child a strong sense of his own worth. Build on your child's strengths, catch him when he is doing something right and make him/her know they are doing well. Say "thank you" when your child is helpful and listens to you. Everyone needs to feel OK and important. Give positive support for each step in the learning process. Support your child in learning new skills. Confidence is gained by doing, taking action, and getting involved. The more life experiences your child has, the more confident he will become. Children need to feel loved and capable. When talking about your child, recall her/his past successes. Continue to build your child's self esteem. It is the best gift you can give to your child and yourself.

TALKING:

By five years of age, children are using eight word sentences and include all parts of speech. The amount of words your child uses will increase rapidly. Your child may sometimes use words you don't want them to use – words they have picked up from older children or adults. Hesitations of speech or stuttering are normal at this age. Parents can help a child by being patient, not scolding or making fun of a child. Look directly at him when he is talking. Do not hurry him or provide missing words when he cannot think of them. Too much attention to the stuttering or speech can take away his confidence, and he/she will be unsure of his speech skill. The problem could become worse.

SLEEPING:

Nightmares are common among four year old children. Parents should gently awaken their child from a bad dream.

SAFETY:

Five year olds are accident prone. They are curious and love to run, climb, ride, and test new skills. Parents need to make their homes safe by locking doors, placing screen guards on windows, and locking up harmful objects (knives, firearms, poisons). Turn down the hot water heater setting to a maximum of 120 degrees F.

Toys should be checked carefully for sharp edges and be careful with toys that propel objects. Safety education for children should include swimming lessons, traffic, safety (crossing the street, choosing safe play areas), bicycle, choking prevention (not running or laughing with food in the mouth), and fire safety (use of matches and lighters and fire escape route). When a child outgrows his child safety seat, he should be required to wear a seat belt at all times when riding in a car. Parents need to set an example by always buckling their seat belts. Booster ear seats are recommended until the child weighs 70 pounds (in combination with a seat belt).

EATING:

Parents often think that preschoolers are not eating enough. Healthy foods are more important than the amount of food your child eats at this age. Be aware of the sugar and salt content of foods, especially breakfast cereal and snacks. A four year old may sometimes be fussy about what he eats. Children at this age will sometimes rebel. By age five, they are more open to new tastes, especially if an adult is serving a new dish. Family meals may not run smooth with a four year old at a table. By the time a child reaches five years of age, he can control his behavior enough to sit through a meal.

COMMON CONCERNS:

Nursery school/Head Start can be an excellent setting for expanding a child's experiences with other children, especially if he is an only child. Nursery can help with language, physical and social development. Nursery school can help get the child ready for school.

FEARS:

The best way to help children overcome their fears is by helping them find ways to deal with fears gradually and in non-threatening situations. This may be as simple as keeping a night light on in the child's bedroom or allowing him to watch other children play with a feared animal.

SEXUAL CURIOSITY:

At this age, the word "why" is the number one question. Asking questions about babies and sex may be as casual as, "Why is the sky blue?" Before answering a child's question, find out what he really wants to know. Ask him what he thinks is the answer. Answer with honesty and as simply as possible.

Curiosity about the human body may lead "doctor play" among children. They are curious about the different parts of the body. This is normal. One approach to dealing with this is not to scold them for their curiosity and not to encourage them. Encourage the child to ask you questions.

Masturbation occurs at this age. It is appropriate for parent to discourage open masturbation and to be concerned about excessive masturbation. On the other hand, it is important that masturbation be accepted as a normal part of the child's sexual life, and that guilt or anxieties associated with it should be avoided.

DENTAL:

Remember, to keep your child's smile beautiful, schedule your child's yearly dental exam and help your child to brush and floss at least twice a day.

IMMUNIZATIONS/TESTS:

Your child is due for vaccines (shots), which are required for school attendance. Please be sure your child is up-to-date.

Anticipatory Guide

Age 6-8 Years

GROWTH AND DEVELOPMENT:

Your child's growth is slow and steady. This is often called the "age of the loose tooth" or the "ugly duckling" stage of childhood. Your child's baby teeth are lost and the new permanent teeth seem too large for the face.

Children's muscles become stronger and will allow him/her to play harder. Activities such as running, skipping rope, swimming, roller skating, ice skating, and bike riding will help build strength, and your child will have fun. Children may be afraid to try new activities, but when they do, they will repeat the activity until they do it well. At this age, the child's bones are not completely hardened. Parents should be sure to provide well fitting shoes. Chairs and desks should allow for the feet to reach the floor and hips to fit back in the seat.

PLAYING AND LEARNING:

A sense of "hard working" develops in children at this age. Children love to succeed and enjoy when people around them notice their work. Tell them how well they have done after the task is completed. Say "thank you" and let them know how important they are to you. Give the child positive support when learning new skills. Confidence is gained by doing, taking action, and getting involved. Praise your child for their successes. Children need to feel loved and capable. Building your child's self esteem is the best gift you can give your child and yourself.

TALKING:

Children at this age can clearly tell you what they want to say. They will also begin to describe objects in a picture and explain the use of common objects such as a fork or a chair. When a child begins to read, he/she will learn new words fast.

SLEEPING:

Although children at this age seem to have endless energy, they will tire easily. The amount of sleep required at this age varies from one child to another, but the average is from 11 to 12 hours a night. They will go to bed without a fight if bedtime rules are set and followed.

SAFETY:

A child's improving motor skills, sense of adventure, need for physical activity and their friend's approval may lead to some dangerous situations. Some children seem to have more accidents than others. Common accidents at this age are: falls, sport injuries, drowning, burns, and motor vehicle accidents. Parent should encourage their children to play in safe areas. You should teach your child the safety rules for bicycling, roller skating, skate boarding, and other sports. Teach your child when it's safe to walk and how to cross a street. Teach them the proper uses of sports equipment. There are community centers where children can go play and be watched. Swimming lessons and water safety should be taught to every child. Children should become familiar with fire

safety, and choking relief procedures. You can teach your child about CPR. Children should always buckle up. The best way children learn is by example—so buckle up your safety belt. Guns have become more of an issue for children. A child should not be in possession of a gun. Keep all guns locked up so children are not able to get at the guns.

EATING:

The most important rule in diet is to eat healthy food. The best way to keep your child from junk food: don't buy it for your home. This is the age for "growth spurts" and they need healthy foods. At this age children are less active. This may cause a young child to become overweight. If a child is overweight, he/she may be overweight in adulthood. A balanced diet with raw fruits and vegetables, milk, bread, and cereal are important for a good health throughout life. Again, children learn by example and having healthy foods available is the key.

COMMON CONCERNS:

Starting school is a big change in a child's life. He/she must adjust to new friends, authority figures, and being away from the family for a large part of the day. Most children want to go to school and usually will adjust to the new situation with little difficulty. Parents should get involved with their child's school, homework, and friends. Show them you are interested and care.

COMMUNICATION:

It is important that parents and children talk to each other. Ask your child about his/her special interest and what has happened during the day. This is a way to become a "friend" with your child.

ORAL HYGIENE:

It is important that you teach your child to take care of his/her teeth: brush, floss, and eat the right kinds of food. Children should be taught that foods with sugars can cause tooth decay. Snacks such as fresh fruits and vegetables, should be provided instead of cookies and candy. Keep your child's teeth healthy and smile beautiful. Schedule a yearly preventive dental checkup. Your dentist will advise parents on proper brushing techniques.

SEX EDUCATION:

Middle childhood is an ideal age for formal sex education. Many authorities believe that the topic is best presented as a lifelong learning experience. Giving your child information about upcoming body changes may help them be prepared for what changes are coming. Children's questions about sex should be answered like any question about other topics, with honesty and at their level of their understanding. If they are not given the information they need, they might receive the wrong information from others.

Soon your child will grow up and will not be spending much time with you. Enjoy your child now and have fun together.

Prevent Bicycle Accidents

A Message for Parents

A bicycle is not a toy. It's a vehicle!

Males are five times more likely to be killed as bicyclists than females. More than half of all bicyclist deaths occur to school age youth (ages 5-17).

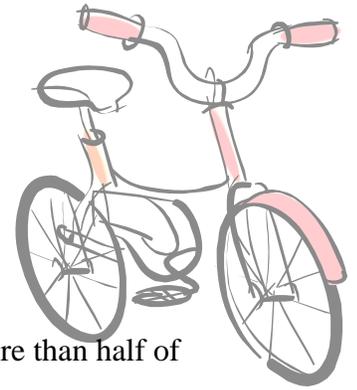
Most bicyclist deaths result from bicycle-motor vehicle collisions. But injuries can happen anywhere—in parks, bike paths, and driveways and often do not involve motor vehicles.

Head injuries are the most serious injury type and are the most common cause of deaths among bicyclists. The most severe injuries are those to the brain that cause permanent damage.

Studies have proven that bicycle helmet use can significantly reduce head injuries.

How can you stop these tragedies?

- Buy your child an approved bike helmet. Purchase one that has a sticker inside certifying the helmet meets standards of the Snell Memorial Foundation and/or the American National Standards Institute (ANSI Z90.4).
- Let your child help pick out the helmet because it must be worn every time he/she rides. If you're a rider, buy one for yourself, too, and set a good example by wearing it. Also encourage your child's friends to wear helmets.
- Make certain your child's bike is the correct size, safely maintained, and has reflectors. Children under age nine should not ride their bikes in the street. They are not able to identify and adjust to the many dangerous traffic situations.
- Teach your child to always stop and look left-right-left before entering the road. This is a good pedestrian safety practice, too, for crossing the street.
- If a bicyclist rides in the road, the cyclist must obey traffic laws that apply to motor vehicle operators. Instruct your child on the bicycle rules of the road. Driver licensing agencies and highway departments are good sources for booklets that explain bicycle safety rules. Enroll your child in a bike safety education program if one is available in the community.
- Never allow your child to ride at night or with audio headphones. Stress the need to ride alert since most drivers do not see riders. Bicyclists should ride single file on the right side and signal their intentions to other road users.



Child-Saving Tips

- Buy an approved helmet for your child to wear when riding a bicycle or roller-skating. Make sure that the helmet fits properly. A football helmet will not protect a bike rider or roller skater.
- Make sure that your child not only wears a helmet when biking or skating, but also that the helmet has been buckled properly. You might need to teach your children how to “buckle up” their helmets.
- Make sure that your child wears a helmet, elbow pads, and knee pads when roller skating.
- Either:
Take your children out on the road and teach them basic bicycle safety rules
Or
See if your school or community has a bicycle safety course. Enroll your children and make sure that they attend.
- Do not let children under 5 years of age ride a skateboard.
- Do not let your child ride a bike or roller-skate on gravelly or uneven surfaces.
- Do not let your child ride skateboards or in-line skates in the street or at night.
- Keep your children out of traffic when they bike or roller-skate.
- Make your in-line skaters wear helmets, elbow pads, knee pads, and gloves. Teach them to stop safely: Place one foot in front of the other, raise the toes of the front foot and push down on the heel break.

Helmet Tips

- Only buy an approved helmet. The helmet should have a sticker inside saying SNELL APPROVED (the Snell Memorial Foundation) or MEETS THE ANSI Z90.4 STANDARD (the American National Standards Institute).
- Make sure your children’s helmets fit properly. Helmets should sit level on the head, covering the top of the forehead and not rocking back and forth or from side to side. Teach your children to tighten the straps snugly. Use the sizing pads that come with the helmet to customize the fit.
- Replace your child’s helmet after a crash. The helmet might look okay, but it could still be damaged from the work it did protecting your child.
- Approved bike and state helmets cost between \$25 and \$40 and come in size ranges (infant, child, youth, and adult) so that a helmet should last your child several years unless it is crashed. Helmets are excellent investments, particularly when you consider the alternative.



How to Get Your Child to Wear a Helmet

- Start your child’s helmet habit with the first tricycle and first pair of roller skates.
- Let your child help choose the helmet. Children will find the helmet more attractive if they have been involved in its selection. Help your child learn to buckle their helmet straps.
- If the helmet is a new feature in your child’s life, reward your child with each use.
- Talk to other parents about the importance of buying helmets. You will be helping to keep other kids safe. Also, if more neighborhood children wear helmets, your child won’t be worried about looking “different.”
- Wear a helmet yourself. By and large, kids think adult activities are “cool.”
- Finally, don’t let your child skate or ride a bike without a helmet. Period.

Bicycle Safety Rules

1. Ride with traffic.
2. Check for cars every time you ride out of a driveway or make a turn.
3. Stop each time you come to a stop sign. Look for cars before you move on.
4. Obey traffic rules.
5. Use hand signals.
6. Make it easy for drivers to see you.

Hardly anyone still believes that a person doesn't drown until "going down for the third time." But plenty of true and important water-safety advice is misunderstood or not taken into account. Many people don't realize that children are in special danger. Infants and toddlers can drown in as little as an inch or two of water, and backyard pools are a tremendous hazard.



What can I do to guard my children against drowning?

The American Academy of Pediatrics recommends the following important precautions according to age:

CHILDREN AGED 4 OR LESS

- Never leave them alone in or near anything that holds water, such as a bathtub, wading pool, spa, toilet bucket, diaper pail, irrigation ditch, or trench.
- Don't become overconfident. Taking swimming lessons does *not* make children "drown-proof."
- Completely fence in your backyard swimming pool, on all four sides. Do *not* use the house wall for one of the sides if a door from the house opens directly to the pool area. Most children who drown in a home swimming pool had been inside with an adult who realized they were missing and started searching for them within 4 or 5 minutes.

Use fencing that has openings of no more than 4 inches and has no footholds or handholds. See that the fence is at least 5 feet high and comes within 4 inches of the ground. Choose a gate that closes and latches automatically and that can be locked.

Keep rescue equipment, such as a life preserver and a long-handled hook, at poolside. A cordless telephone is also a good idea—not just for emergencies but also so you won't be tempted to leave the children alone, for even a moment, to run and answer a call.

- Learn how to do CPR on infants and adults.

CHILDREN AGED 5 TO 12

- Enroll them in swimming lessons at a facility that also teaches safety rules.
- Teach them to not dive or jump into familiar waters where depth and dangers are unknown, and to not risk going into ice that may be thin or undercut by moving water.
- See that they never swim alone or without adult supervision.
- Make sure they wear a correctly fitted personal flotation device when they're in watercraft or playing with water toys or on docks.

ADOLESCENTS AGED 13 TO 19

- Counsel them on the dangers of substance use while swimming, diving, or boating. Mention the "three *d's*" that are often involved in drowning episodes among young men; drinking, drugs, dares.
- Have them learn to do CPR on infants and adults.

What other water safety tips should I remember?

- Never leave an infant or toddler alone in water for an instant. If you need to answer the doorbell or turn off a burner while bathing a child, take him or her along.
- Do not expect an older sibling to watch young children in the water.
- Take showers rather than tub baths if you have a neurological disability that could cause loss of consciousness, especially seizure disorder.
- Empty wading pools when your children are through playing in them. Remove any rainwater that has collected, such as in pails, wheelbarrows, or tarps.
- Do not swim alone. Even strong swimmers can get caught in a current or have a cramp or other problem.
- Do not allow children to push or dunk each other while swimming.
- Do not depend on air-filled mattresses or “wings” to keep yourself or your child afloat.
- Obey beach and harbor safety warnings and keep-off-the-ice signs. They’ve been put up for a reason.
- Do not let young people operate personal watercraft until they are trained and clearly able to do so safely in crowded waters.
- Set a good example by *wearing* a personal safety flotation device yourself—rather than just having one along in the boat and insisting that children wear theirs. The US Coast Guard requires that boats less than 16 feet long, canoes, and kayaks carry one personal flotation device for each person on board.
- Complete emergency preparedness and survival training if you spend a lot of time in boats, especially in dangerous waters.
- Keep lighting systems and other wiring around docks and swimming pools up-to-date and in good repair to prevent electrical shocks.



STUDENT SAFETY ALERT

Guns are a leading cause of injury and death to children. To protect our children, we childproof our homes and make sure that dangerous chemicals, prescription drugs and sharp objects are locked away from our children. And we tell our children that they should not talk to strangers or spend time with kids who are breaking the law or taking drugs. The same steps must be taken to keep children safe from handgun violence.

Facts

- Every day in America, 12 children are killed in gun homicides, suicides, and accidents.
- Children imitate what they see; the average American child sees 8,000 murders and 100,000 acts of violence on T.V. and the movies before they graduate from elementary school.
- One out of 25 high school students carried a gun in 1990.
- Every six hours, a youth between 10 and 19 years old commits suicide with a gun.
- Many young gunshot victims are disabled for life.

Protecting Your Child

- Explain to your child that guns don't solve problems.
- Tell your child that guns can kill or cause life-long disabilities and pain.
- Talk to your child about the differences between television violence and real-life violence.
- If you have a gun in your home, keep it unloaded and locked away from your child's reach.
- Always store bullets locked in a separate place.

Straight Talk About Risks (STAR) Program

In cooperation with your local school district, the Center to Prevent Handgun Violence Program is providing a handgun violence prevention curriculum called Straight Talk About Risks (STAR): A Pre-K-12 Curriculum for Preventing Gun Violence. STAR encourages student leadership and focuses on building self-esteem, decision-making, and settling conflicts without violence. Parent and community involvement are key to the success of the program. For further information about implementation of the STAR program in your child's school, please contact the principal.

Center to Prevent Handgun Violence
1225 Eye Street, N.W., Room 1100
Washington, DC 20005
(202) 289-7319

PARENTS

As the primary educators of children, parents have a major part in preventing gun violence. Parents may start to reduce children's risks by taking these four steps:

1. ***The single most important step is to keep guns away from children.***

The safest thing for your family is not to keep a gun in the home. But, if you keep a gun at home, unload it and lock it away. Separate the ammunition.

A gun in the home significantly increases risks for suicide, domestic homicide and accidents.

2. ***Make sure that your children know the dangers of guns and not to touch or handle guns.***

Too often we assume that children will know what to do if they see a gun at someone's home or elsewhere in the community. Yet, many children and teens do not realize that handling a gun just once could lead to tragedy.

When a child comes across an unsupervised gun, or another child with a gun, they should not touch the gun and should immediately get help from a parent or trusted adult.

3. ***Talk to your children about guns and violence. Explain to them that we all have strong emotions like anger and fear, but that these feelings can be expressed without striking at others or using weapons.***

Demonstrate healthy ways to express anger and disagreement. Support your children when they have used positive means of resolving conflict, like:

- Talking about feelings, rather than acting them out;
- Making choices to avoid fights;
- Getting help from trusted adults.

4. ***Talk to your children about the differences between media violence and violence in real life.***

Watch television and movies with your children and help them to understand that what they see is not real. Explain that in reality guns can kill or cause long-term disabilities.

Center to Prevent Handgun Violence

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Ways to Raise a Non-Smoking Child

Every day in the United States, 3,000 children and teens take up smoking. That's more than one million new smokers each year. If your child can make it to 18 without starting to smoke, it is likely that he or she will enjoy a tobacco-free life. Here are some smoking prevention tips for parents, from the American Academy of Pediatrics; Donald Cutler, founder of Freedom from Chemical Dependency Educational Services, and Neil Izenberg, MD, of the duPont Hospital for Children, author of *How to Raise Non-Smoking Kids*.



- **Begin your prevention efforts in early children.**
Talk about smoking and its nasty effects as opportunities arise.
- **Focus on the child's immediate concerns.**
Children have a hard time imagining the health problems of long-term smoking.
- **Reinforce the unattractiveness and negative social consequences** of tobacco use. Many non-smokers are repelled by smoking.
- Emphasize the ugly effects of appearance and “sex appeal”—**stained teeth, bad breath and stinky hair and clothes.**
- Talk about the immediate impact on how they will feel physically—shortness of breath, rapid heart rate and coughing—and how **smoking can hurt athletic performance.**
- **Stress the harmful effects caused by exposure to second-hand smoke.**
They wouldn't knowingly harm others...would they?
- Appeal to kids' sense of indignation:
 - Addiction to smoking means **they give up control to nicotine**, and
 - The **tobacco industry manipulates them** by implying that smoking is cool and glamorous and that healthy, beautiful people smoke.
- **Don't allow tobacco products in your home.** And if you smoke, consider quitting. Children whose parents smoke are twice as likely to start smoking as children of non-smokers.
- **Use analogies** to help kids understand the magnitude of the toll smoking takes: On a daily basis, smoking kills the equivalent of people aboard two 500-passenger jumbo jets. **If two jumbo jets went down every day, wouldn't we be shocked, appalled, and demand that something be done?**
- **Make sure your child's school prohibits smoking** in the school and on the grounds.
- **Talk to your kids about peer pressure. It's not always overt—kids may light up simply to conform.** Help your child practice refusing the pressure to smoke:
 - “I'll get kicked off the soccer team if I smoke.”
 - “It's a waste of money.”
 - “I prefer to breathe, thank you.”
 - “The smell of smoke makes me sick.”
- **Support efforts in your state to raise the excise tax on cigarettes.**



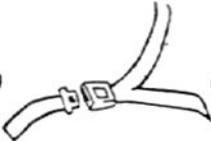
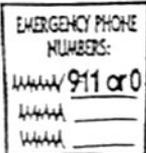
FAMILY SAFETY CHECK

HEY KIDS!



Help the National SAFE KIDS Campaign® Check ✓ America. Take this home, fill it out with grown-ups, and help keep your family safe.

YES NO

- | | | | |
|-----------|---|--------------------------|--------------------------|
| 1 | Our family buckles up  on every car ride. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 |  Our family wears bike helmets when bicycling. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Kids under 10 never cross streets alone. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Kids are always supervised in or near water. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Our home has working smoke detectors and we check the batteries monthly.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Our water heaters are set no higher than 120° F to prevent scald burns. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | If guns are in our home, they are kept unloaded and locked away. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 |  Kids are protected against falls from windows, stairs, furniture, and playground equipment. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Household cleaners, medicines, and vitamins are stored out of young kids' reach. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Our home has emergency numbers near telephones and first aid supplies.  | <input type="checkbox"/> | <input type="checkbox"/> |



This list is not comprehensive. It is meant to assist families in taking steps to prevent childhood injuries. Please see the reverse side for more safety tips. For additional information, write the National SAFE KIDS Campaign, 111 Michigan Ave., NW, Washington, DC 20010-2970. © National SAFE KIDS Campaign, CNMC.



FAMILY SAFETY CHECK



GROWN-UPS: Did you know that the #1 health risk for America's kids ages 14 and under isn't violence, drugs or disease? It's injuries. Each year, approximately 7,200 kids ages 14 and under are killed from unintentional injuries and 50,000 are permanently disabled. Fortunately, you can help protect your family from these needless tragedies with simple steps like the ones listed below.

TRAFFIC INJURIES (Items 1-3)



- Use a safety seat until your child outgrows it (through age 4 and 40 pounds). When your child is 40 to 60 pounds, use a booster seat. Follow manufacturer's instructions carefully.
- Wear bike helmets properly. A helmet should sit on top of your head in a level position and should not rock back and forth or from side to side. Always fasten the safety strap.
- Teach children to stop at the curb or edge of the road, and to look left, right, and left again for traffic before and while crossing the street.

DROWNINGS (Item 4)

- Install four-sided, five-foot high fencing with a self-closing and self-latching gate around your pool or spa. Use personal flotation devices in open bodies of water. Be aware that drownings can also happen in bathtubs, buckets, and toilet bowls.

FIRE AND BURNS (Items 5-6)

- Install smoke detectors in sleeping areas and on every level of your home. Replace batteries yearly. Plan and practice two fire escape routes.
- Keep hot foods and drinks away from kids. The water heater should be set no higher than 120° F. Test the water temperature before placing kids in the bathtub. Consider installing anti-scald plumbing.



FIREARM INJURIES (Item 7)

- Keep your guns unloaded and locked up. Lock and store bullets in a separate location.



FALLS (Item 8)

- Install stairway safety gates and window guards on windows that are not fire emergency exits. Ensure playgrounds have safe equipment and cushioned surfaces.

POISONINGS (Item 9)

- Buy child-resistant packaging, but remember this does not mean child-proof. Keep potentially poisonous substances and plants out of sight and reach of children.

EMERGENCY RESPONSE (Item 10)

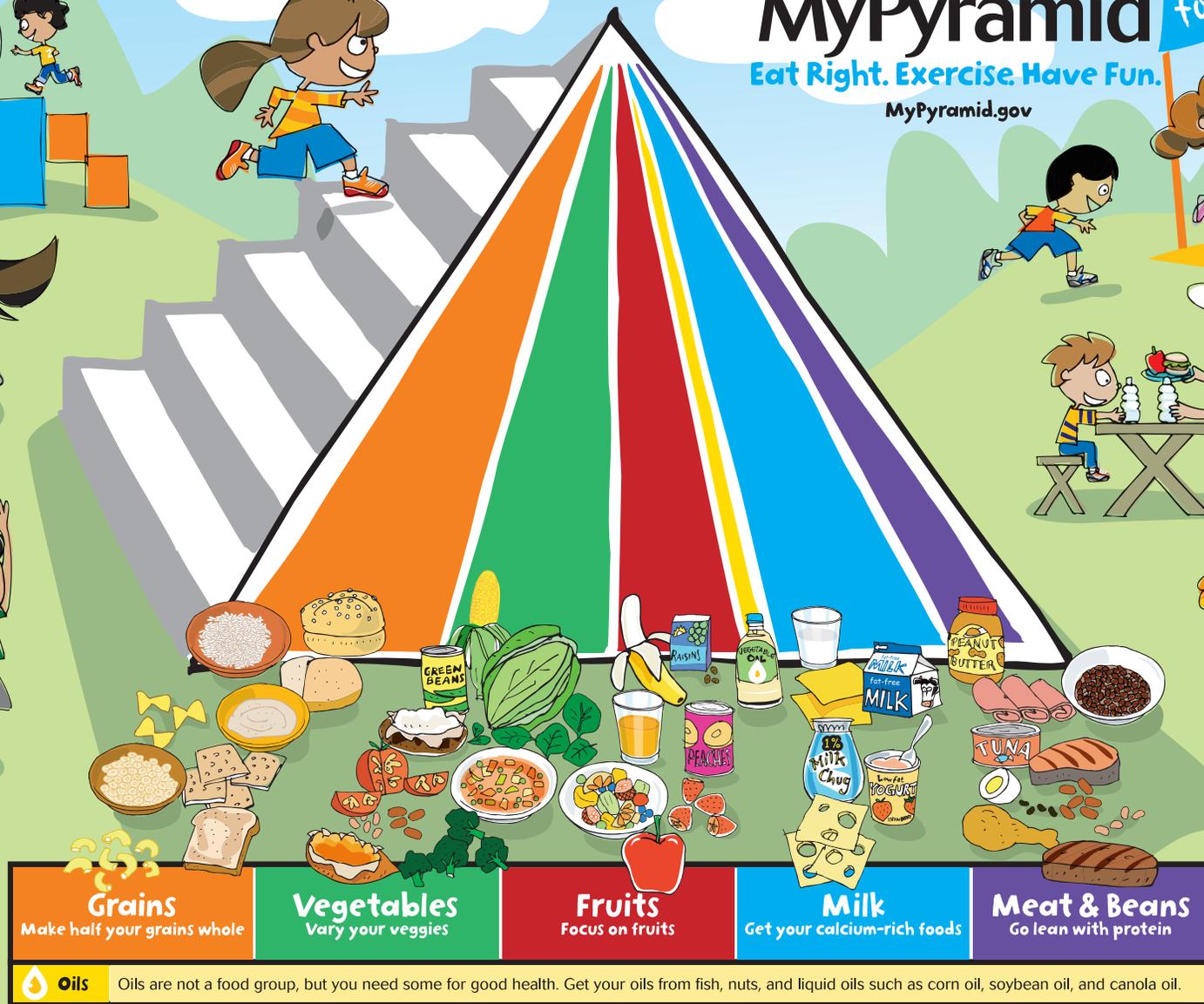
- Post police, fire, poison control center, and medical services telephone numbers near phones. Store syrup of ipecac with first aid supplies.



MyPyramid for Preschoolers

Eat Right. Exercise. Have Fun.

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★ Find your balance between food and fun

★ Fats and sugars — know your limits

