

18 WINTER SAFETY TIPS FOR PARENTS AND CHILDREN

Winter is a great time of the year for holiday celebrations, building snowmen, and staying warm by the fire. But winter can also bring freezing temperatures, icy roadways, and indoor fire hazards. Before you send children to play out in the snow, make sure everyone is bundled and warm!

Keep children and loved ones safe this winter by following these 18 safety tips:

1. Dress Children in Layers: Make sure to cover a child's head, neck, hands, and feet. Babies and young children cannot regulate their body temperature, so dress young children in an extra layer of clothing.



2. Never dress young children in scarves or clothing with drawstrings, as these items can cause accidental strangulation.



3. Learn the warning signs of hypothermia, which is abnormally low body temperature: Confusion, shivering, difficulty speaking, sleepiness, and stiff muscles.



4. Designate safe areas for children to play in the snow and make sure they stay close to home. Never let kids play or go sledding in the street, even if there are no cars on the road.



5. Make sure older children play outside in groups. Young children under 12 should never play outside without an adult present.



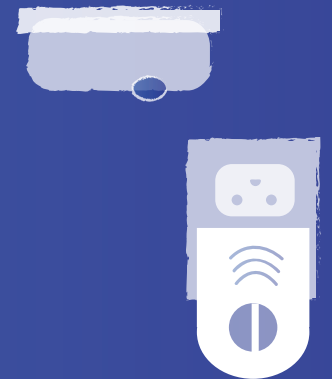
6. Teach children about the dangers of cold weather, and make sure they know the warning signs for hypothermia and frostbite.



7. Make sure all fireplaces have protective screens with no sharp edges. Teach children never to touch hot surfaces.



8. Test your smoke alarms and carbon monoxide detectors before the start of every season, especially if you plan to use external heat sources, such as kerosene heaters.



9. Make sure children stay hydrated with plenty of water and warm liquids. Make sure hot soup and beverages have time to cool down before serving to children.



10.

Never strap young children into a car seat wearing a winter coat, as it lessens the effectiveness of the car seat. Instead, wrap a warm blanket around children after safely strapping them in.



11.

Make sure children wear shoes with grippers on the bottom to avoid falls and injuries on ice and snow, especially if they're playing winter sports.



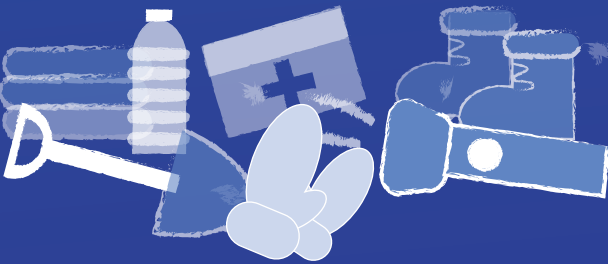
12.

Teach children the importance of handwashing to prevent the spread of germs and the flu virus.



13.

Keep an emergency kit in your vehicle in case you become stranded in the snow. Kits should include warm blankets, flashlights, snacks, water, gloves, boots, a solar-powered cell phone battery, a first-aid kit, a small shovel, gravel/sand, and extra floor mats.



14.

Plan your emergency driving route. Know which roads will be off-limits during a storm, and choose safer roadways. Have a backup route to pick up your child at their child care program.



15.

Make sure your child care program has shelter-in-place protocols for inclement weather, as well as an updated parent handbook. Also, make sure to update your communication card so your child care program can get in touch with you during a weather emergency.



16.

If the power goes out, make sure to have plenty of toys, games, books, batteries, snacks, and blankets to keep children entertained and warm.



17.

Make sure your child care program outlines procedures for delayed openings, closings, and early dismissals.



18.

Make sure young children stay inside and away from heavy and dangerous snow shovels, snowplows, and snowblowers.

