

NCWVCAA Nutrition, Safety, and Transportation December Newsletter

Courtney Cummins

Topics Discussed

- Don't Play with Toy Safety
- Bus Rider Reminders
- Understanding Mealtime



December is National Safe Toys and Gifts Month

In recent years, the U.S. Consumer Product Safety Commission (CPSC) has created a robust toy safety system, by requiring testing by independent, third party testing laboratories around the world; enforcing stringent lead and phthalates limits for toys; imposing some of the most stringent toy standards in the world; and stopping violative and dangerous toys at the ports and in the marketplace before they reach children's hands. These combined efforts continue to foster the confidence of American families as they prepare to shop for toys this holiday season.

Safety tips to keep in mind this holiday season:

Balloons

Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

Small balls and other toys with small parts

For children younger than age three, avoid toys with small parts, which can cause choking.

Scooters and other riding toys

Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should always be worn properly, and they should be sized to fit.

Magnets

High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are open:

- Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

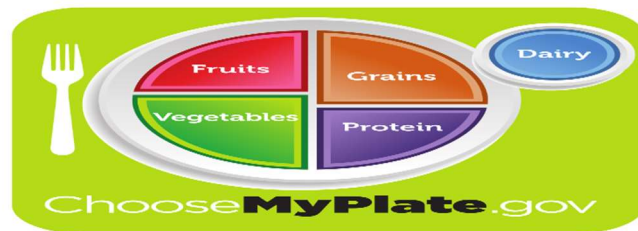
Toy Safety Guides

The CPSC provides free safety alerts, guides, posters, brochures, handbooks and other materials which you can use to help spread consumer product safety information in your community. Visit www.cpsc.gov



Understanding a Child's View on Mealtime

- Children naturally want to try new foods when regularly offered. Present new foods along with well-liked foods to encourage children to try new foods. Children make need to see a new food offered 10-15 times before they try it.
- Children want to feel in control of what they are eating. Allow children to choose from the variety of nutritious foods.
- Children respond well to support and encouragement from adults. Children's meals should be served in a pleasant and comfortable setting. Adults should be supportive but not demanding about what children eat.
- Children may eat different amounts of food from day to day. Allow children to decide how much to eat. Some days they will eat more than others. They know when they feel hungry and when they feel full. Additionally, children will usually not eat food they do not want.
- Children are responsible for deciding which foods and how much they will eat at mealtime. A division of responsibility helps make mealtimes pleasant. Adults are responsible for providing nutritious foods. Children are responsible for deciding which foods and how much to eat. "Parent provide, children decide". Avoid commenting about how much a child has eaten or using phrases that hinder the development of healthy eating habits. "Someone's yuck, is somebody else's yum!"



For more information on Nutrition or Safety contact:

Courtney Cummins

304-363-2170 ext.122 or
ccummins@ncwvcaa.org

Each month, this newsletter highlights a safety area with transportation. This month we are focusing on reminding families of the **Loading and Unloading Procedures**.

The full version of the procedures can also be found in your parent handbook for those who ride a Head Start Bus.

Loading Procedures:

- a. Stand with your child at the bus stop in a safe area.
- b. Wait until the bus stops 10 feet from the designated stop.
- c. Wait for the driver to give the "thumbs up" before approaching the bus.
- d. Wait for the aide to buckle your child in their seat.
- e. If you need to cross the road, walk 10 feet away from the bus and 10 feet in front of the bus. Wait for the driver to give the "thumbs up" before crossing the road.

Unloading Procedures:

- a. Wait at designated bus stop in a safe area.
- b. Wait until bus stops 10 feet from designated stop.
- c. Wait for driver to give the "thumbs up" before approaching the bus.
- d. Stop at the door and wait for the aide to bring your child to the approved adult.
- e. If you need to cross the road, walk 10 feet away from the bus and 10 feet in front of the bus. Wait for the driver to give the "thumbs up" before crossing the road.