

Gator team BABY PACKET



Infants 18+ months of age:

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Eating Behaviors for Your 1-2 ½ year old

Your toddler should now be enjoying the world of table foods during mealtimes with you. Here are some normal behavioral patterns for you to expect if your child has not displayed them already.

- Showing an interest in independent feeding.
- Using hands as eating utensils.
- Preferring warm foods over hot or cold ones.
- Having the ability to chew and grind up foods.
- Learning to stab foods with a fork.
- Holding and being able to drink from a cup with a lid.
- Showing food fads and preferences.
- Preferring strange and unusual food combinations.
- Playing with food more than eating it.
- Wanting and enjoying some kind of mealtime rituals.
- Being able to spend a whole 5-10 minutes at the table.
- Wanting to leave the table and return later to finish.
- Showing an interest in throwing foods (if allowed).
- Needing frequent reminders to abide by mealtime rules.
- Imitating parents or siblings.
- Being unable to see things from others' points of view (very egocentric).



Some of these habits will be outgrown and some, like learning table manners, will stick around. A little patience and a friendly, relaxed eating environment will help to make mealtime a pleasurable time.



Feeding Your 18 month-2 year Old

- At this stage, many toddlers refuse any food that is new. They prefer things that they know and are hesitant to try anything new.
- Continue to offer nutritious foods by putting them on your toddler's plate, but don't force him/her to taste. Just the exposure to new foods will increase your child's desire to try them.
- Your toddler may put foods into his/her mouth and then take them out again. This is not rejection, but is your toddler's way of tasting something new to get used to the new textures and flavors. Once they don't seem new anymore your toddler will chew and swallow new foods.
- Sweets, fried foods, and starchy foods such as potatoes are often easier for your toddler to learn to eat, but continue offering other foods, such as vegetables.
- Be sure to eat nutritiously yourself. Your toddler will want to try the foods you are consuming.
- Never offer rewards, especially food, for eating specific foods. This will only make the food that you are trying to get your child to eat less desirable and the reward food more desirable.



Tips on Food and Safety

1. To avoid choking, you do not want to feed your toddler the following foods:

Big pieces of hot dog

Raw carrots

Jelly beans

Seeds

Nuts

Small hard candies

Popcorn

Tough meat

Raisins

Whole grapes

Your child has a very small throat and has not yet mastered the art of swallowing. These foods are more likely to get stuck in your toddler's throat so it is best to wait until older to give these foods.

Also do not offer foods with skins or rinds and foods that stick to the roof of the mouth: hot dogs, grapes, bread with peanut butter.

2. To help prevent choking, you can quarter grapes, slice hot dogs into strips (not circles), and cook carrots to make them tender. Raw vegetables are hard and can get stuck going down if not chewed enough.
3. Keep the child from running, jumping, screaming, and laughing while eating to avoid choking. Provide a calm environment to ensure that nothing accidentally goes down your toddler's throat the wrong way.
4. Hand washing is important for you and your child to do before and after eating, after using the toilet, and after handling pets or other animals to prevent the spread of bacteria.



General Food Safety

The risk of food poisoning is greatest in:

- un-pasteurized milk and cheeses
- raw and undercooked poultry, meat, fish, and eggs
- foods purchased past their expiration date
- leftovers left out of the refrigerator for more than 2 hours

To protect yourself and your child:

- thoroughly cook all meat, poultry, seafood, and eggs.
- after you've handled or cut raw meat, poultry, or seafood, wash your hands, the cutting board, counter, knives, and any other utensils you've used with hot soapy water before you use them again to prepare other food.
- reheat all leftovers until they are steaming hot.
- thoroughly wash raw fruits and vegetables with water.
- follow label instructions on products that must be refrigerated or that have a "use by" date.
- when eating out, order meats 'well-done', fried eggs cooked on both sides, and do not eat runny scrambled eggs, Caesar salad, and raw seafood.



Average Daily Requirements

| Age | 1-2 years | 3-8 years | 9-13 years |
|----------|--------------|--------------|--------------|
| | boys / girls | boys / girls | boys / girls |
| Calories | 1046/992 | 1742/1642 | 2279/2071 |

A 1-3 year old child weighing 29 pounds requires at least 740 calories per day.

A 4-6 year old child weighing 44 pounds requires at least 950 calories per day.

A 7-10 year old child weighing 62 pounds requires at least 1130 calories per day.

By following the Food Guide Pyramid for recommended servings of the different food groups you will ensure adequate energy consumption. Plan meals ahead of time with a menu planner to be sure the proper variety of foods is being consumed.

Using the foods recommended in the Food Guide Pyramid will also give your child all the protein, fat, vitamins, and minerals needed for proper growth.

These numbers are estimates. Different children have different levels of activity and require different amounts of foods. Be sure your child gets plenty of exercise by playing, walking, swimming, hiking, and doing other things that are fun.



Information adapted from: WIC pamphlet.

Nutrition in Infancy and Childhood by Peggy Pipes and Cristine Trahms 1993.

Krause's Food, Nutrition, & Diet Therapy. 11th Ed. L. Kathleen Mahan, Sylvia Escott-Stump. Saunders an Imprint of Elsevier. USA 2004.

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Serving Sizes

Milk (1 cup) = 1 cup yogurt
 = 1 ½ oz natural cheese
 = 2 oz processed cheese
 = 2 cups cottage cheese
 = 1 ½ cups ice cream



Meat 1 serving = 1 oz of meat
 = 1 egg
 = 1-2 Tbsp peanut butter
 = ¼ cup tuna
 = ¼- ½ cup cooked beans

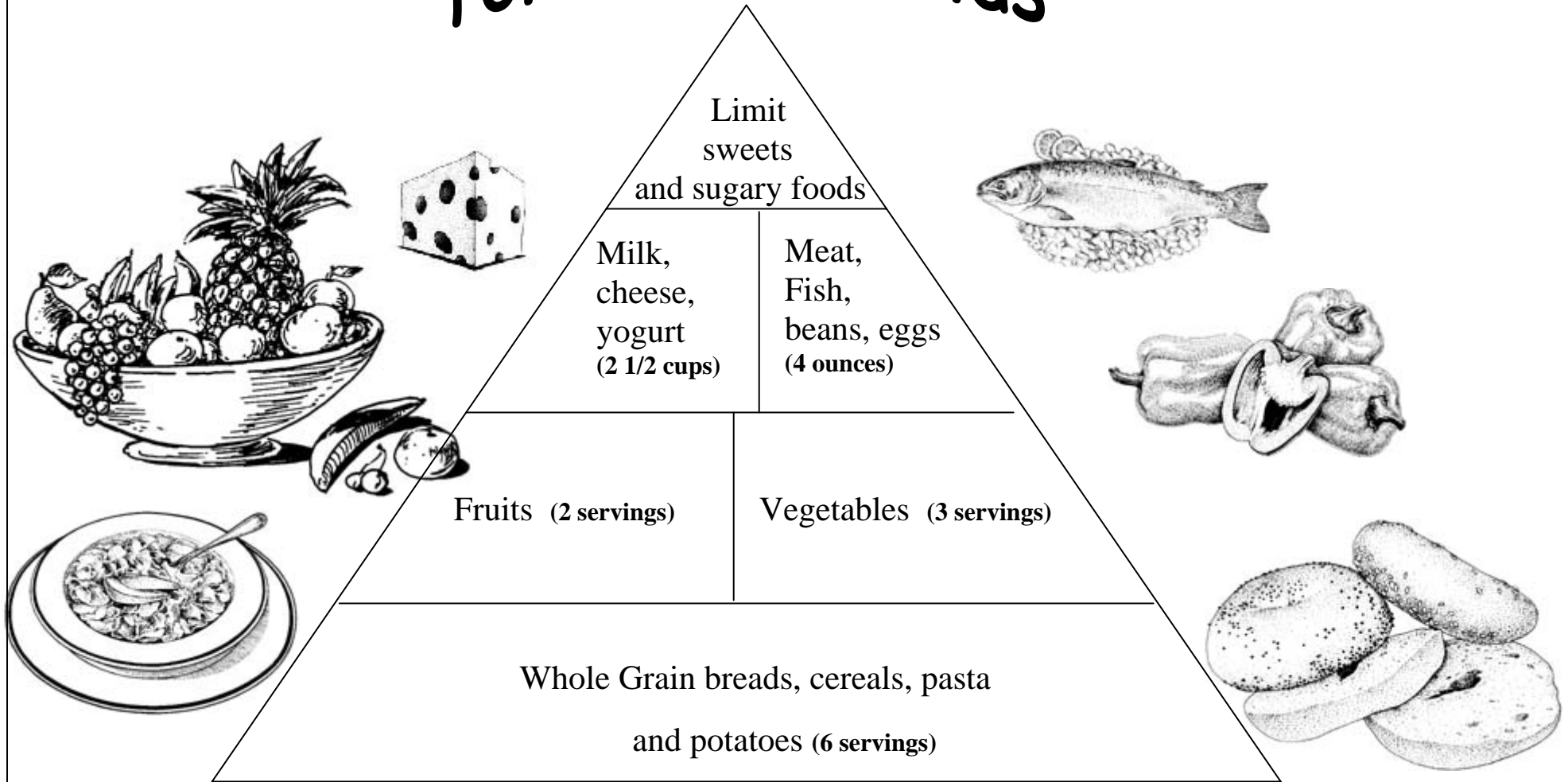
Fruit 1 serving = 1 small piece (1 apple, orange, etc.)
 = ⅓ - ½ cup canned fruit
 = ½ - ¾ cup juice

Vegetable 1 serving = ⅓ - ½ cup cooked
 = ½ - ¾ cup vegetable juice
 = ⅔ cup raw leafy vegetables

Bread 1 serving = ½ to 1 slice of bread
 = ¼ - ½ cup cooked rice, pasta, or cereal
 = 3 - 6 plain crackers
 = ½ - 1 cup ready-to-eat cereal



Food Guide Pyramid for 1-3 year olds



Sample 5 Day Menu for 2-6 year olds
(serving sizes depend on age, activity level, and size of child)

| Meal | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|-----------------------------|--|---|---|---|--|
| Breakfast | 100% Fruit Juice Toast Cereal Milk | 100% Fruit juice Blueberry waffle Milk | 100% Fruit Juice Toast Oatmeal Milk | 100% Fruit Juice Small muffin Cereal Milk | 100% Fruit Juice Scrambled eggs Toast Milk |
| Midmorning Snack | Graham crackers Cold water | Apple slices with peanut-butter Cold water | Yogurt with fruit Cold water | Piece of cornbread Vegetable juice | Shake made with fruit and milk |
| Lunch | Chicken and rice Cooked carrots and peas Milk | Vegetable salad Sandwich Milk | Peanut-butter and jelly sandwich Orange wedges Vegetable juice | Homemade pizza topped w/cheese, tomato sauce, and vegetables Cold Water | Taco Vegetable salad Nachos Vegetable juice |
| Afternoon Snack | Grapes Fig bars Cold water | Crackers with cheddar cheese Vegetable Juice | Mini-pitas Chocolate Milk | Banana chunks Gingersnaps Milk | Celery stuffed with peanut-butter Cold water |
| Dinner | Refried beans Potato Broccoli Cornbread Milk | Macaroni and cheese Spinach Whole Wheat Dinner roll Milk | Spaghetti and meatballs Cauliflower Small salad Milk | Bean stew with vegetables Whole wheat bread Milk | Chicken and dumplings Rice Broccoli Milk |

Sample 5 Day Menu for 2-6 year old
(serving sizes depend on age, activity level, and size of child)

| MEAL | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--------------------|--------------|--------------|--------------|--------------|--------------|
| Breakfast | | | | | |
| Midmorning snack | | | | | |
| Lunch | | | | | |
| Midafternoon snack | | | | | |
| Dinner | | | | | |

For The Toddler Who Doesn't Like Meat

Many toddlers go through a phase where they will not eat meat. Do NOT force it upon them. Have it available for when they are willing to try it and make sure to feed them other high protein foods.

High protein snacks:

Milk

Tofu cubes

Cheeses

Yogurt

Cooked beans

Eggs

Shakes made with fruit, milk and/or yogurt

Hummus (garbanzo bean spread) on crackers or flatbread

Peanut-butter on bread

Soy milk or silken tofu

Cream cheese on bagel or cracker

Cheese and crackers

Nut-butters on crackers

Refried-beans (made without lard)

Some good meatless entrée's include:

Baked Tofu

Beans and Rice

Pizza

Soups and stews made with beans, lentils, or grains

Whole grain pasta with peanut or bean sauce

Macaroni and cheese

Cream soups made with 1% milk or soy milk

Baked potato covered with cheddar cheese

Salads made with tofu or beans

Omelets



The Importance of Finger Foods

For a child learning to eat, pieces of food that are too big, tough, or awkward can cause frustration. It is important to make foods as easy to handle and eat as possible. Ways to do this include:

- Cut foods up into bite-sized portions.
- Prepare finger foods such as:

Hard-boiled eggs cut into quarters

Meats sliced into small strips

Cooked green beans

Orange wedges

Apple slices

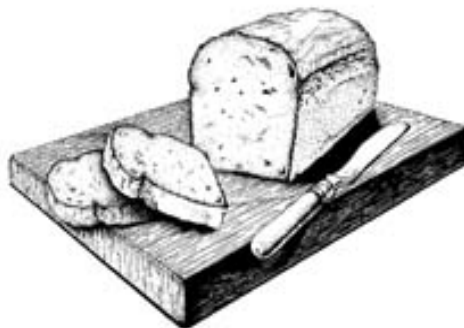
Pieces of raw or cooked vegetables

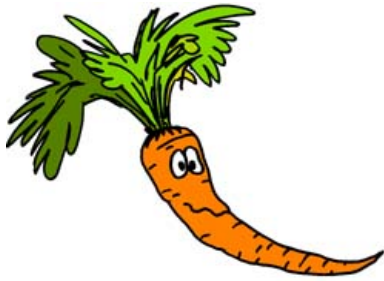
Small sandwiches (a regular one cut into 4 squares)

Whole grain crackers with various spreads, such as peanut butter

Foods should not be too strong in flavor.

Attractive colors will make the foods more appealing to your toddler.





The Importance of Vitamin A

Vitamin A is important for a developing child because it:

- prevents night blindness
- promotes growth and bone development
- keeps skin and mucous membranes healthy
- influences normal tooth formation
- is essential for a healthy immune system

Recommended requirements per day:

7-12 months: 500 µg

1-3 years: 300 µg

4-8 years: 400 µg



Good sources of Vitamin A include:

Food

Carrots cooked (1 cup)

1 Sweet potato, baked

Winter squash (1 cup)

Melon (1/2 of whole)

Apricots (3 raw)

Broccoli (1 spear)

Spinach (1 cup cooked)

Peaches (1 raw)

Pumpkin (1 cup canned)

Tomato (1 raw)

Brussels sprouts (1 cup cooked)

Vitamin A per serving

3,830 µg

2,448 µg

729 µg

861 µg

277 µg

233 µg

1,474 µg

47 µg

5,404 µg

139 µg

111 µg

Try to provide at least 1 serving of some of these foods at least four times a week to promote optimal health.

The Importance of Vitamin C

- Vitamin C or Ascorbic Acid is very important for the immune system and wound healing.
- Vitamin C helps in the absorption of iron and reduces the risk of infection.

| <u>Age</u> | <u>Amount of Vitamin C Needed</u> |
|---------------------|-----------------------------------|
| <i>0-6 months</i> | <i>40 mg</i> |
| <i>7-12 months</i> | <i>50 mg</i> |
| <i>1-3 year old</i> | <i>15 mg</i> |
| <i>4-8 year old</i> | <i>25 mg</i> |

- Considered the 'sweet' vitamin because it is found abundantly in tasty, sweet foods that your child will enjoy eating.

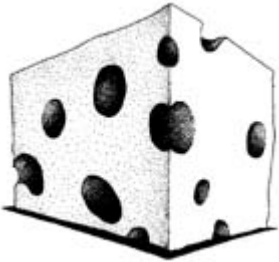
Vitamin C is found in:

| <u>Foods</u> | <u>Vitamin C per serving</u> |
|----------------------------------|------------------------------|
| <i>1 Orange</i> | <i>70 mg</i> |
| <i>Grapefruit (1/2 of whole)</i> | <i>41 mg</i> |
| <i>Cantaloupe (1/2 of whole)</i> | <i>113 mg</i> |
| <i>Strawberries (1 cup)</i> | <i>84 mg</i> |
| <i>Tomato (1 raw)</i> | <i>22 mg</i> |
| <i>Kale (1 cup cooked)</i> | <i>53 mg</i> |
| <i>Cabbage (1 cup cooked)</i> | <i>36 mg</i> |
| <i>Green Pepper (1 raw)</i> | <i>95 mg</i> |
| <i>1 Potato, baked</i> | <i>26 mg</i> |

A 4-ounce serving of orange juice will give you 62mg of Vitamin C! One medium baked potato will provide half of your child's daily requirement for Vitamin C!

The Importance of Calcium

Calcium is needed for growing strong bones and teeth and a well working nervous system. Toddlers are growing rapidly so it is important that they consume at least:



270mg/day for a 7-12 month old
500mg/day for a 1-3 year old
800mg/day for a 4-8 year old
1300mg/day for a 9-13 year old

This can easily be met by making wise food choices.

Examples include:

| <u>Food</u> | <u>Calcium per serving</u> |
|---------------------------------------|----------------------------|
| <i>Milk 1% (1 cup)</i> | <i>300 mg</i> |
| <i>Plain Low-Fat Yogurt (8 oz.)</i> | <i>415 mg</i> |
| <i>Cheddar Cheese (1 oz.)</i> | <i>204 mg</i> |
| <i>Green Leafy Vegetables (1 cup)</i> | <i>149 mg</i> |
| <i>Baked Custard (1/2 cup)</i> | <i>200 mg</i> |
| <i>Ground up Almonds (1 cup)</i> | <i>253 mg</i> |



Eating the recommended servings of dairy products from the food guide pyramid will help ensure that enough calcium is consumed.

Strong bones also require vitamin D, which is made in the body when skin is exposed to sunlight.

The Importance of Iron

Iron is needed for making *red blood cells* to transport oxygen throughout the body.

Iron helps the immune system fight infections.

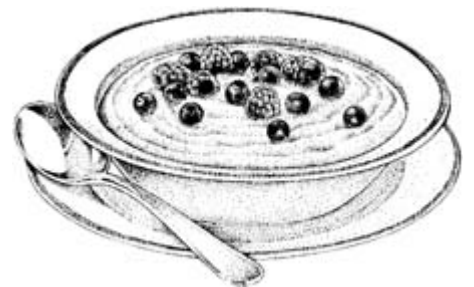
Iron is required for proper brain development, which affects learning and behavior.

11mg/day of iron is required for a 6 month - 8 year old.

Good sources of iron for babies after 6 months include:

| <u>Food</u> | <u>Iron per serving</u> |
|---|-------------------------|
| <i>Iron fortified cereal (1 cup)</i> | <i>1 mg</i> |
| <i>Prune juice (1 cup)</i> | <i>3 mg</i> |
| <i>Pureed apricots (1 cup raw)</i> | <i>0.8 mg</i> |
| <i>Black Strap Molasses (1 tablespoon)</i> | <i>3.5 mg</i> |
| <i>Refined lentils (1 cup cooked)</i> | <i>6.5 mg</i> |
| <i>Mashed beans (1 cup cooked)</i> | <i>5.6 mg</i> |
| <i>Spinach (1 cup cooked)</i> | <i>6.4 mg</i> |
| <i>Pureed or regular meats (1 oz.)</i> | <i>0.6 mg</i> |

Vitamin C consumed with iron containing foods increases the absorption of iron. Vitamin C is found in many frozen, fresh, or juiced fruit and vegetables.



Information adapted from: <http://vegsoc.org>

Nutrition of Normal Infants. Samuel Fomon USA 1998

The Yale Guide to Children's Nutrition. William Tamborlane Editor. London 1997

Data from Institute of Medicine, Food and Nutrition Board: *Dietary Reference intakes: elements*, Washington, DC January 2002

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The Importance of Zinc

Zinc is essential for growth. Deficiency results in growth failure, poor appetite, decreased taste and poor wound healing.

- *3 mg/day of zinc is required for a 1 - 3 year old.*
- *5 mg/day of zinc is required for a 4 – 8 year old.*

Good sources of Zinc include:



Meats
Poultry
Fish
Oysters



Ready to eat breakfast cereals fortified with Zinc
Milk

Zinc intake goes together with protein intake = if your child has adequate protein intake, then they most likely also have adequate zinc intake.



Information adapted from: <http://vegsoc.org>

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Water Regime



Supplying your toddler with an adequate amount of water is important to prevent dehydration.

Water requirements of infants and children

| Age 2 years weight | approx. amount of water per day (fluid ounces) | Age 6 years weight | approx. amount of water per day (fluid ounces) |
|-----------------------|--|-----------------------|--|
| 15 pounds | 27 | 25 pounds | 37 |
| 20 pounds | 37 | 30 pounds | 44 |
| 25 pounds | 47 | 35 pounds | 54 |
| 30 pounds | 57 | 40 pounds | 61 |

- Well-prepared formulas should supply adequate amount of water. Be sure to see how much water evaporates when you're heating the formula.
- In a hot and humid environment, additional water may be required.
- To avoid dehydration carefully monitor:
 - Volume of intake
 - Weight gain
 - Hydration status (number of wet diapers)



The Importance of Limiting **Sweets**

Toddlers are an active bunch. Not only are they still growing at a fast pace, but also they are also actively exploring their new world by crawling, playing, and running around. To do all this they need plenty of energy, protein, vitamins, and minerals.

Candy, soda, cookies, and other sweet foods have plenty of calories, but lack the essential nutrients required for a toddler. They can “crowd out” the more nutritious foods your child needs to be happy, healthy and smart. Sweets also can lead to cavities and tooth decay.

Instead giving sweets as snacks, offer other nutritious foods.

Some examples include:

Vegetable sticks (cucumber, celery and carrots)

Cherry tomatoes, cut up

Peanut butter spread on apple-rings

Other nut butters, such as almond butter on crackers

Tangerine or orange wedges

Milk shakes made with fruit, yogurt, and milk

Calcium fortified soymilk

Cheese slices, alone or on whole grain crackers

Mini bagel-bites

Yogurt with fruit

Ready-to-eat cereals

Graham crackers

Snacks such as these will also help meet the Food Guide Pyramid’s recommended servings of fruits, vegetables, grains, and protein.

Honey and corn syrup are not recommended for toddlers 6-12 months of age.

Diaper Rash

Symptoms:

- Redness or bumps on skin surfaces.
- Usually found on lower abdomen, buttocks, genitals, and folds of thighs.

Causes:

- Wet or soiled diapers on the skin too long.
- Skin not kept clean and dry.
- Antibiotics. Your baby may be having a reaction to the medication.

Remedies:

- Apply lotion or ointment suggested by your health care provider.
- Change dirty diapers as soon as possible.
- Call doctor if there is no improvement in 2-3 days.

Prevention:

- Change diaper as soon as possible after bowel movements or urination to limit skin exposure to moisture.
- Clean diaper area with plain water and a soft cloth after movements. Clean, dry skin is less likely to be irritated.
- If using diapers with plastic, make sure they are loose enough for air circulation.



Diarrhea in Older Children (> 1 year)

Your child has diarrhea when they have frequent runny, watery stools. This could last from several days to a week, regardless of treatment. Your job is to prevent dehydration by providing enough oral fluids.

To manage mild diarrhea:

- Continue a regular diet with a few simple changes.
- Encourage an increased intake of water.
- Reduce the intake of fruit juices, or dilute them with water because fruit sugar makes diarrhea worse.
- Avoid raw fruits and vegetables, beans, spicy foods, and any foods that cause loose stool.
- Give cereals, oatmeal, bread, noodles, mashed potatoes, pretzels, etc. Starchy foods are absorbed best.
- BRAT diet – **B**anana, **R**ice, **A**pplesauce, **T**oast.
- Avoid milk for 2-3 days because lactose is not easily absorbed as complex carbohydrates.
- If your child is not consuming solids, keep them hydrated with an oral re-hydration solution such as *Pedialyte*.



Vomiting

Can be caused by: illness, eating toxic substances, or emotional stress.

It is very important to prevent dehydration after vomiting. Frequently give your child an ORS (oral rehydration solution such as Pedialyte) in small amounts. When your child is able to keep the drink down, slowly increase the amount of ORS you give.

Call your doctor if your child is vomiting and...

- has a temperature above 101.4°.
- has signs of dehydration (dry mouth, sunken eyes, increased thirst, lack of tears when crying, irritability, and reduced urine.)
- has blood or green slime in the vomit.
- is bloated.
- hasn't urinated in 8 hours.
- may have swallowed something that could be a poison.
- has a stiff neck.
- is restless or unusually sleepy.
- has had abdominal pain for over 2 hours.





Dental Health

Your child now has teeth (or even just a tooth)!

Your biggest priority is to avoid cavities.

Cavities occur when frequent sugars and mouth bacteria (plaque) combine to increase acid which causes the teeth to lose minerals.

To lower your child's risk for cavities:

- Start brushing as soon as there is a tooth to be brushed.
- Brush often! At least twice a day or after every meal and before bed.
- Use fluoride toothpaste and a soft toothbrush.
- Limit sweets by offering raw veggies or fruits as snacks.
- Do not put baby to sleep with a bottle or any other food in his/her mouth.



Childproofing Basics

Toddlers are naturally curious and will no doubt get into things you don't want them to get into. This is a fact and means your child is trying to learn about the world. A little thought and planning on your part can make your home a safe environment for your child to explore.

Outfit your home with:

- Cabinet and drawer latches and locks.
- Toilet locks- to prevent accidental drowning.
- Covers for electrical outlets- to prevent fingers and objects from being put into outlets.
- Security gates- to prevent access to stairs or keep toddler in one spot.
- Full-length bath mat and spout guard.
- Soft inflated tub-knob covers- keeps toddlers from turning on the water.
- Stove guard- keeps child from reaching or touching stove.
- Colorful decals- to affix to glass doors to make glass visible.
- Wall hook- to hold long phone cords out of reach.
- Smoke detectors- fire alert.

THINGS TO THINK ABOUT

- Don't let your child play in kitchen cabinets. This is an open invitation for them to think all cabinets are play areas.
- When old enough, teach your toddler how to go up and down the stairs on their tummy. Make sure you supervise their attempts.
- Keep small objects out of reach and don't buy toys with really small parts. There are usually age-appropriate labels on the box you can check to see if it is a good toy.
- If you dry clean, make sure to remove the plastic bags from your child's reach.
- Keep yours, as well as any guest's purse out of reach.
- Do not leave children alone with pets.
- Secure pool and pond areas.
- Do not keep guns and other weapons in your home.

Putting Your Toddler To Bed



- Establish and maintain a relaxing and consistent bedtime routine.
- Provide transitional objects such as a favorite blanket or stuffed animal at bedtime.
- Make it clear that bedtime is neither a mealtime nor naptime
- Provide sufficient quiet and darkness but don't hesitate to still use a nightlight if needed.
- It is important to leave the room at the end of the bedtime routine and not give in to tantrums or pleadings to stay up later.
- Limit nap lengths during the day to ensure your toddler is tired at bedtime.
- It is normal for your toddler to have middle-of-the-night awakenings
- Expect your toddler to sleep an average of 12-13 hours per day.



Burn Safety



Prevention is the key to protecting your child from burns.

STOVES: Use the back burners instead of the front ones. Keep pot handles turned inward so they do not attract the attention of your exploring child who may reach for the handles.

HOT DRINKS: Don't leave them unattended. Set containers back from the edge of tables and counters.

- Do not microwave your baby's bottle. Microwaves can make the plastic bag inside the bottle burst, and they heat unevenly, possibly causing scalding temperatures.

ELECTRIC CORDS: Keep appliances and electric cords far back away from counter edges.

- Place child guards on all empty electrical outlets in the house.
- Keep electrical appliances in a child's room up high and out of reach.

BATH WATER: Test water with your wrist before placing children in the tub. Keep your hot water heater set below scalding temperatures.

LOOK where children are before carrying a hot liquid. Don't let them play in the kitchen.

- Keep children far away from radiators and space heaters.
- Keep matches and lighters high on a shelf where children can't reach. Teach your children that such items aren't toys, and they shouldn't be used for play.
- Do not leave lit candles or incense.

If children are burned: **the most important action is to put cold water on the skin FAST.** Cooling the burn will greatly reduce the severity of the final injury. Next, remove clothing (if not sticking to the skin) and wrap the burn loosely in clean cloth. Seek medical care for all but minor burns. An ounce of prevention is worth a pound of cure.

Don't forget to teach your children "stop, drop, and roll" for putting out fire on clothing.

Pool Safety



Did you know that drowning is the number one cause of accidental death of children age 4 and under in Florida, Texas, Arizona, and California? There are things you can do to prevent this from happening to your child.

Tips to protect your child:

- Teach your child (as soon as (s)he is capable) how to handle him/herself in the water.
- Take a CPR class (cardiopulmonary resuscitation).
- Have a portable phone handy when watching your child swim. If you don't have a portable, then get a long phone cord or put a jack near the pool. You should never leave your child alone for even a second!
- Do not leave an older child in charge of safety. Instead ask another adult (you could take turns watching each other's children).
- Post rules such as "No running," "No pushing," and "Never Swim Alone." Enforce these rules.
- Keep all toys away from the pool area and all patio furniture away from the pool fence so yours or another's child doesn't climb the fence.
- Make sure that you have a permanent fence surrounding all four sides of the pool that is 4 – 6 feet in height.
- Keep the pool gate closed and securely latched.
- Keep the water level in the pool 2 – 3 inches below the top of the pool to make climbing out easier.

By following these tips you can help make the water a fun and safe place for you and your child to play. ☺



Fire Safety



General Fire Safety Tips

- Keep a fire extinguisher in your home and car, and know how to use it.
- Dial 911 before attempting to extinguish the fire yourself, no matter how small the fire seems.
- Remember that lives are much more valuable than property. If you're out of the building, **STAY OUT!**
- Don't smoke in bed.
- Don't leave your cigarettes, candles, incense or other lit smoking materials unattended.
- Keep ashtrays away from curtains, upholstered furniture, and other combustibles.
- Always look for the Underwriters Laboratory (UL) or Factory Mutual (FM) labels when purchasing appliances, storage containers or electrical accessories.

Remember that smoke, heat and toxic gases from fires can kill you long before flames get to your part of the structure.

KEEP LOW when evacuating.

Home Fire Safety Tips

- Practice evacuating your house, and meeting at the designated point **OUTSIDE**.
- If you have a fire, **GET OUT** of your house – call 911 from your neighbor's house.
- Take a walk around your house, shed, garage and property. Repair or discard any unsafe items, and make sure you have any flammable materials stored safely.
- Properly discard any soiled cleaning rags or towels. Soiled materials can spontaneously combust under certain conditions.
- Clean your clothes dryer's filter between each load.
- Pull the dryer away from the wall, and prevent buildup of lint behind the dryer or in the exhaust hose.
- Put smoke detectors outside bedroom doors and remember to replace their batteries every Spring and Fall.

Cost of Toddler Items at Wal-Mart:

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|--|----------|
| <i>Parent's Choice Disposable Bottle Liners (8)</i> | \$3.97 |
| <i>Parent's Choice 9oz. Reusable Bottle (1)</i> | \$0.96 |
| <i>Parent's Choice Silicone Bottle Nipples (6)</i> | \$2.76 |
| <i>Gerber Non-silicone Bottle Nipples (6)</i> | \$3.96 |
| <i>Huggies Diapers (48)</i> | \$9.44 |
| <i>Huggies Baby Wipes (80)</i> | \$2.57 |
| <i>Pampers Pocket Bibsters (32)</i> | \$5.27 |
| <i>Baby connection Diaper/Bottle Bag</i> | \$9.84 |
| <i>Touriva @ Convertible car seat (5-35 lb)</i> | \$54.84 |
| <i>Acella@ Stroller</i> | \$49.77 |
| <i>Nasal Aspirator</i> | \$1.46 |
| <i>Thermometer digital</i> | \$3.92 |
| <i>Winnie the Pooh Pacifier (2)</i> | \$2.76 |
| <i>Cosco 2 in 1 Convertible Sleigh Crib</i> | \$109.73 |
| <i>Crib Mattress Seally</i> | \$59.96 |
| <i>Infantino Baby Rider</i> | \$13.84 |
| <i>Safety 1st 4-in-1 Bath Station</i> | \$19.96 |
| <i>Soft rubber ducky</i> | \$1.88 |
| <i>Johnson and Johnson First Aid Kit for New Parents</i> | \$29.97 |
| <i>Pedialyte (orange/grape) 1 liter solution</i> | \$5.24 |
| <i>Parent's Choice Hot Safety Spoons (2)</i> | \$3.88 |
| <i>Evenflo Position and Lock</i> | \$10.44 |
| <i>Fisher-Price Take-Along Swing</i> | \$49.22 |
| <i>Cosco Chair HighChair</i> | \$24.88 |
| <i>Safety Infant Outlet Covers(24)</i> | \$1.46 |
| <i>Safety 1st 3-Level Booster Seat</i> | \$14.96 |
| <i>Pooh Soft Bristle Toothbrush (2)</i> | \$3.99 |
| <i>The 1st Years Teether</i> | \$1.46 |
| <i>Baby Connection Receiving Blankets fleece (2)</i> | \$7.88 |
| <i>Safety 1st Crystal Clear Nursery Monitor</i> | \$16.96 |
| <i>Safety 1st Potty`N Step Stool</i> | \$14.97 |



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