Winter Safety

During this time of year, snow can be wonderful to play in, Christmas plants and decorations can be beautiful to look at, and the giving of toys can bring pleasure to both children and adults, however things that we enjoy during winter months can also cause children harm if certain safety precautions are not taken.

General winter safety tips:

- Winter sledding should be done away from roads and cars and not done at high surfaces or near trees where an impact can cause head injuries.
- Do not allow cars to run idle in closed areas and do not use alternative heating devices to prevent carbon monoxide poisoning. (A Carbon Monoxide detector and smoke detector should something happen, will alert you, and both should be present and working in your house.)
- For the safety of your children, never leave your children alone in the car even for a moment while you run in the store to pick up items for the season.
- If your child gets a cold during the winter make sure to check with your pediatrician on the correct dosage of medication, and type of medication (ie acetomeinphen versus ibuprofen, and infant/child/adult strength medicines) Mixing of medications or giving the wrong type can cause overdoses that could lead to death.
- During the winter, take off all outer layer bulky clothing before you place your child in a car seat and tighten the harness. Then place a jacket or blanket on top of that harness if your child is cold.
- Winter plants that can be poisonous to your child are Mistletoe, Amaryllis, Yew, and boxwood. The poinsettia is not poisonous but will cause mild stomach irritation and like all plants is a choking hazard. Other household plants can be poisonous as well for a guide log unto www.ncpoisoncenter.org.
- Make sure foods are properly cooked and prepared to avoid food poisoning
- During times where snow or ice may be on the ground, ensure your child has shoes that can grip the surface and assist them with walking to avoid falls.
- Decorations during this time of year can cause fires and be choking hazards to small children if not used correctly.
- Toys for children and toddlers should be appropriate for the safety and developmental level for children receiving them.
- If you are giving a wheeled toy, make sure a helmet goes with it.
- Infants should not be placed to sleep with bulky blankets to reduce risk of suffocation.
