

...a pound of cure

Start the New Year off happy,
healthy... and trauma free!

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The Holidays is a time to enjoy family, friends, and have fun. Unfortunately, too many preventable injuries occur during this time of the year. The Trauma Care and Injury Prevention Program at The Children's urges everyone to be aware of the potential risks, follow safety recommendations, and make smart choices. Here are some tips so you can safely enjoy the Holiday Season.

- Falling from a height or down stairs is a common cause of injury in the under 5 age group. Make sure your young children are properly restrained in strollers, high chairs or car seats. Do not leave children unattended on countertops, tables or car trunks even for a split second. They can easily slip or tumble off.
- Burns during the Holiday Season can often result from candles used for decoration, hot beverages being carried around, and young children being held while parents or caregivers are cooking. Think about it!

- If you have a natural Christmas tree, water it frequently or it will become a fire hazard. Make sure all of your electric lights are in good working order, remember to turn them off when you leave your house, and be careful not to overload sockets or extension cords. If using decorative candles or a menorah, keep them well out of the reach of children and away from flammable materials. Supervise your children while lighting them.
- Ingestion of small pieces from toys that are not age appropriate, tree ornaments, batteries, decorations or pieces of trees can result in life threatening situations. When you decorate your Christmas tree, keep ornaments that are fragile or contain small parts out of the reach of your young children. If a toy requires parental supervision, please make sure you are on hand when your child plays with it.
- Dog bites, particularly to the face, are also seen and often result from new puppies that children receive as a gift for the Holiday Season. Pets are not toys and close supervision is required.
- Ingestion of pills left out at the homes of relatives (who are not used to having young children around and have not baby proofed their homes) represent another risk that parents must identify. Always have the Poison Control Centre number close by.
- When driving to visit friends and relatives ensure that car seats and boosters meet approved standards, are properly installed and used as per age recommendations.
- Never drink and drive, stay off cell phones, wear seatbelts, never leave children or pets in an idling care, obey speed limits... and you will have a wonderful Holiday Season. Enjoy! ■

