



Car Seat Safety Tips

The best way to keep your child safe in the car is to use the right car seat in the right way. Here are some car seat safety tips to protect your most precious cargo.

Facts about Safety in Cars

- Road injuries are the leading cause of preventable deaths and injuries to children in the United States.
- Correctly used child safety seats can reduce the risk of death by as much as 71 percent.
- Three out of four car seats are not used or installed correctly.

Top Tips about Car Seat Safety

1. **Buying the right car seat.** Your baby needs to ride in a rear-facing car seat as long as possible, at least until age 2. When your child has outgrown that seat, you are ready for a forward-facing car seat. Get more details about buying the right car seat for your child.
2. **Installing your car seat.** You will need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but do not use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors. Get more details about installing your car seat.
3. **Getting the right fit.** A properly fitted harness gives the best possible protection for your child. Here are more details about getting the right fit for your child.
4. **When to change your car seat.** Look on the car seat label to make sure your child is still within the weight, height and age limits for that seat. Get details about when to change your car seat.



Our Health Specialist will be conducting **vision screenings** at your center in the coming weeks, please make sure your child is **present!**



Upcoming Events

- September 3 - Holiday Centers Closed
- September 19 - Muffins with Mom @ Clara's Little Lambs
- September 19 - Parent Meeting @ 4:00 PM @ Toddler University
- September 25 - Parent Committee Meeting @ Clara's Little Lambs @3:30PM



VOLUNTEERING FOR SUCCESS

Did you know that when parents are involved in their children's education, schools and communities grow stronger? Ask your child's teacher how you can help in the classroom or school. Your involvement will make a difference.

ATTENDANCE Matters

Attendance is very important for your child's development. If your child is absent please call the center and let them know why. If your child misses two consecutive days and we have not heard from you, we are required to contact you to find out why your child has missed school. If your child is not ill, it is vital that they are at school on a regular basis. Going to school every day is a great habit for your child to develop early on and will greatly assist them in getting ready for Pre K and kindergarten.



Riddle: *How many letters are there in the alphabet?*



Zero Sugary Drinks A Day

- Serve milk with meals and offer water at snack time.
- Let your child pick their favorite “big kid” cup to use for water.
- Try adding a fruit slice (like orange) for natural flavor.
- Avoid buying juice—if it’s not in the house, no one can drink it.
- If you’re still trying to cut sugary drinks down to zero, keep up the great work! Young children should never have soda pop or sports drinks but if you choose to give juice, please remember:
 - Make sure the label says 100% fruit juice.
 - Limit the amount to 1 small cup a day (4–6 ounces).

Answer: Eleven – T-h-e A-l-p-h-a-b-e-t, LOL



Help Children Get Back to School Safely Tips for Motorists

- ✓ When a school bus or children are present slow down and proceed with caution, obeying all traffic laws and speed limits.
- ✓ Always stop for a school bus that has stopped to load or unload passengers. If you are on a two-lane roadway, you must stop.
- ✓ If you are on a roadway that has two or more travel lanes traveling in each direction and you are traveling the same direction as the bus, you must stop.
- ✓ Be alert and ready to stop. Watch for children walking in the street, especially where there are no sidewalks. Watch for children playing and gathering near bus stops. Watch for children arriving late for the bus, who may dart into the street without looking for traffic. When backing out of a driveway or leaving a garage, watch for children walking or biking to school.
- ✓ When driving in neighborhoods or school zones, watch for young people who may be in a hurry to get to school and may not be thinking about getting there safely.

Tips for Parents

- ✓ Help your children learn and practice the safety rules for walking, bicycling, or riding in a passenger car, school bus or transit bus.
- ✓ Supervise young children as they are walking or biking to school or as they wait at the school bus stop.
- ✓ Be a good role model, especially when you are with your kids. Always buckle up in the car, always wear a helmet when biking, and always follow pedestrian safety rules.



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How Lead Poisoning Hurts Your Children

Children are more vulnerable to the effects of lead poisoning because they are still growing and developing. Lead can affect almost every organ and system in a child's body. Even low levels of lead in the blood of children can result in:

- ❖ Anemia
- ❖ Attention deficit disorders
- ❖ Behavior and learning problems
- ❖ Hearing problems
- ❖ Lower IQ
- ❖ Slowed growth



Symptoms

Lead poisoning can be hard to detect. Even people who seem healthy can have high blood levels of lead. Signs and symptoms usually don't appear until dangerous amounts have accumulated.

Lead poisoning symptoms in children

Signs and symptoms of lead poisoning in children include:

- ❖ Developmental delay
- ❖ Learning difficulties
- ❖ Irritability
- ❖ Loss of appetite
- ❖ Weight loss
- ❖ Sluggishness and fatigue
- ❖ Abdominal pain
- ❖ Vomiting
- ❖ Constipation
- ❖ Hearing loss
- ❖ Seizures

Lead poisoning symptoms in newborns

Babies exposed to lead before birth might:

- ❖ Be born prematurely
- ❖ Have lower birth weight
- ❖ Have slowed growth

October is National Lead Poisoning Prevention Month. Our Social Service Specialist will be arranging events throughout the centers to educate parents on how to reduce childhood exposure to lead.