

HEALTHY KIDS

We can't always prevent our children from illness or accidents, but there are things we can do to reduce the risk of illness or injury. Keep the following tips in mind and have a happy, healthy 2010.

CHILDRENS HEALTH, WELLNESS AND FIRST AID TIPS AND RESOURCES

Good Hand washing is the number one prevention of infection.

Wash after using the toilet.

Wash before eating or handling food.

Wash after coughing or sneezing.

Wash after handling animal bedding or food and water containers.

Childhood vaccinations including regular scheduled office visits with physician:

Make an appointment or come to the emergency room if infant/child has uncontrolled chills, fever, vomiting, diarrhea, or pain.

Bring infant/child to the emergency room immediately if child has difficulty breathing, severe coughing or wheezing.

Keep cleaning fluids and supplies out of reach.

Many plants also contain poisons, keep these out of reach.

Use appropriate car seats or booster seat for infant/child whenever traveling in a vehicle even for short distances to keep children safe.

The following websites provide more information on healthy, safe kids.

Resources

Keeping your child health-family:

<http://doctor.org/online/famdocen/home/children/parents/kidshealthy.html>

Parenting and child health- www.cyh.com/subdefault.aspx?p=18

Child wellness and safety information- <http://www.parmacityschools.org/childwellness>

Free pediatric parenting advice. [Keep kids healthy.com](http://www.keepkidshealthy.com)

Common child health question- www.childhealth.co.uk

American academy of pediatrics- www.aap.org

<http://Kidshealth.org/parent>

Children's hygiene- www.wiggleintohealth.com/hygiene.html

Teaching first aid to kids- www.allthingsfirst-aid.com/teachingfirstaid.html

First aid and safety for children-keep kids healthy-

www.keepkidshealthy.com/welcome/firstaid.html

My parenttime/chechlist#122/childrens bathroom hygiene

www.printablechecklist.com/checklist122.shtml