

Healthy Heartbeat

Courtesy of Southwestern College Health Services December 2008

'Tis the Season for Safe Toys and Gifts

Prevent Blindness America suggests the following tips to help keep this holiday season safe and bright for children:



- ◆ Inspect all toys before purchasing. Monitor toys that your child has received as gifts to make sure they are appropriate for your child's age and developmental level.
- ◆ For older children, give gift certificates to movie theaters, the child's favorite restaurant, or retail stores that allow the parents to choose an appropriate item.
- ◆ Make recommendations to family members and friends about gifts that you feel are appropriate for your child.
- ◆ Remain aware of recalled products. Unfortunately, some toys that have been recalled or banned may still be available online.
- ◆ Gifts of sports equipment should always be accompanied by protective gear (such as a basketball along with eye goggles). The American Academy of Ophthalmology estimates that there are 40,000 sports-related eye injuries each year.
- ◆ Any toy that is labeled "supervision required" must always be used in the presence of an adult. Keep toys meant for older children away from younger ones.
- ◆ Always save the warranties and directions for every toy. If possible, include a gift receipt. Repair or throw away damaged toys.
- ◆ Avoid toys that shoot or include parts that fly off. BB guns and air guns should not even be considered toys.
- ◆ Inspect toys for sturdiness. Your child's toys should be durable, with no sharp edges or points. The toys should also withstand impact. Dispose of plastic wrapping material immediately on toys as they may have sharp edges.
- ◆ Don't give toys with small parts to young children. Young kids tend to put things in their mouths, increasing the risk of choking. If the part of a toy can fit in a toilet paper roll, the toy is not appropriate for children under the age of 3.

For more information on safe toys and gifts, please visit Prevent Blindness America at www.preventblindness.org or call 1-800-331-2020.

The info in HealthyHeartbeat is intended to inform and educate about subjects pertinent to health and should not take the place of the advice of your personal physician.

December is...

Safe Toys & Gifts Month

World AIDS Day (1)

Natl Handwashing Awareness Week (7-13)

Snowman Soup

With freezing weather drawing near
You'll need to warm the spirit
So here's a little Snowman Soup
Complete with stirring stick
Add hot water, sip it slow
It's sure to do the trick!



- 1 package hot chocolate mix
- 3 Hershey Kisses
- 1 handful of miniature marshmallows
- 1 candy cane



Health Services wishes you a healthy holiday season!

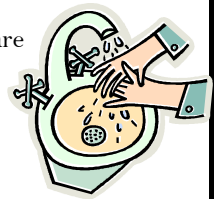
WHAT IS YOUR T-ZONE?

It is the Mucous Membranes of your eyes, nose, and mouth.

This is how the majority of disease enters OUR bodies. For respiratory and Gastro-intestinal diseases it is 100% of the portal of entry! This is why the 4 Principles of Hand Awareness is soooo important!!!

4 Principles of Hand Awareness:

- ◆ Wash your hands when they are dirty and before eating.
- ◆ Do NOT cough into your hands.
- ◆ Do NOT sneeze into your hands.
- ◆ Do NOT put your fingers in your eyes, nose or mouth.



source: <http://www.henrythehand.com/pages/>