

# A Happy, Healthy Holiday

## Safety Tips for the Holiday Season



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### Holiday Fire Safety:

- Do not burn wrapping paper in the fireplace. It can ignite quickly and cause house fires.
- Remove all decorations from fireplace area before lighting a fire.
- Candles are a serious fire hazard. Never light candles near a tree or other ever greens. Put candles out before you leave the room.

### Holiday Party Safety:

- If you host a party clean up **immediately**. This will prevent children from getting into unsafe leftover food or drinks, and foods that may cause choking.
- If you hire a baby-sitter leave a list of emergency contact numbers with your baby-sitter including Poison Help Line 1-800-222-1222
- If you visit with your children be aware that not all homes you visit are child proof.

### Christmas Tree Safety:

- Artificial Tree: be sure the tree is labeled as "fire resistant"
- Real Tree: dry trees are a fire hazard. Choose one that is green, the needles bend without breaking, and the needles do not fall off easily. Water tree daily.
- Always turn off Christmas tree lights before leaving the house or going to bed

### Resources:

American Academy of Pediatrics Holiday Safety Tips

National Fire Protection Association: Christmas Tree Safety

CDC, <http://www.cdc.gov/family/holiday/>

Safe Kids Worldwide, <http://www.safekids.org/holiday-safety-tips>

### Give Safe Toys:

#### Tips from our doctors:

Make sure toys are age appropriate. Check the label for age range and potential choking hazards.

Button batteries are small round batteries used to operate some toys and electronics. These can be a choking hazard for small children and dangerous if they are swallowed.

Books always make good gifts for any age!

Include a new helmet with a bike, skateboard, or scooter.

Throw away plastic wrap and packaging right away.

