

Will common holiday plants harm my child if he swallows them?

Yes. Plants, such as holly, mistletoe, balsam, juniper, cedar, pine and fir, may be harmful if swallowed. Keep them out of reach of children. If eaten, or for more information, call the Central Ohio Poison Control Center at 800-222-1222.

SAFE-T-SAURUSSM – Keeping Kids Safe

For more than ten years, SAFE-T-SAURUS has been helping Nationwide Children's Hospital keep children and families safe.

Educational safety information is provided through brochures, activity books, videos and personal appearances. Programs are available on a wide variety of safety topics.

And now you can visit SAFE-T-SAURUS on the Web. Nationwide Children's complete library of SAFE-T-SAURUS topics is available at www.nationwidechildrens.org. Safety items for your children and home can be purchased through Safe-T's online safety store also found on the Nationwide Children's Web site.



Sign Up For Health e-Hints

Nationwide Children's Hospital's Health e-Hints is a free email-based program designed to provide you with important age-appropriate child health information conveniently delivered right to your desktop.

Sign up today for this free service at www.nationwidechildrens.org/healthhints.



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Winter Safety



Parents want the best for their children. They want them to be healthy, happy and to develop normally and safely in all ways... from the first feedings to the first steps, and well beyond.

The questions and answers in this brochure are designed to help you, as a parent, make healthy and safe choices for your children.



What is the best way to dress my child to prevent frost bite?

Dress children in layers for playing in cold weather. Remember to put boots, mittens or gloves and head/ear coverings on them. Tell your child if he begins to feel cold, go inside. Frost bite in children can occur by being outdoors for only a short period of time.

It's sledding time again, what are some basic rules of thumb for sledding safety?

- Always have an adult along with the children.
- Only sled in designated areas.
- Wear warm, fitted clothing. Remember: keep scarfs tucked in.
- Sleds you can steer are safest.
- Wear a bike helmet while sledding!
- Keep arms and legs on sled!
- Do not sled on icy surfaces.
- Make sure the end of the sled run is clear of obstacles, such as other sledders or trees, before going down the hill.

Are snowmobiles safe for children to ride?



No. Snowmobiles and motorized cycles are dangerous, high-powered pieces of equipment. They should not be used by children. All drivers and their passengers should wear head gear, safety helmets and eye protection.

The pond in our neighborhood looks frozen. Is it okay for the children to skate and play on the ice?

No. Ice on ponds is often thinner than it looks. Always check with your local Recreation and Parks Department or State Department of Natural Resources before fishing, playing near, or skating on ponds.

What are some measures to take when there is a fire in the fireplace, or a space heater around the house?

Never leave a child alone when there is a fire in the fireplace. Screens or other barriers should always be used to protect from sparks. Avoid contact with fireplaces or space heaters when wearing nightgowns or loose-fitted clothing.