

**KEEPING
YOUR CHILD
SAFE**

(1 TRAINING HOUR)

LifeTech Instructional

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WHAT YOU SHOULD KNOW

As parents, a top priority is keeping your children safe from harm, which includes teaching them to make safe choices. Many potential tragedies can be averted if you teach them the following:

- How to identify and eliminate or reduce safety risks
- How to recognize dangerous situations
- How to develop skills for protecting themselves

Whether your children are infants, toddlers, preadolescents or teenagers, this publication contains information to help you:

- Use vehicle seat restraints properly
- Create a safe home environment
- Ensure your children follow safety precautions during play and recreation
- Select qualified baby sitters, caregivers or child care centers
- Explain who strangers are and how to behave around them
- Explain the seriousness of bullying
- Understand and prevent online risks
- Talk to your children about resisting peer pressure
- Though you cannot watch over your children at all times, you can take simple precautions and teach them to protect themselves

indoors or outdoors, online or over the phone, at school or with friends.

SAFETY IN AND AROUND VEHICLES

Make sure children are properly restrained in the correct restraint system for their age and size every time they ride in a vehicle. Always refer to the child safety seat instructions and vehicle manufacturer's instructions for weight limits, proper use and installation.

AGE GROUP	TYPE OF SEAT	GENERAL GUIDELINES
Infants/Toddlers	Infant seats and rear facing convertible seats	All infants and toddlers should ride in a Rear-Facing Car Safety Seat until they are 2 years of age or until they reach the height allowed by their car safety seats manufacturer
Toddlers/ Preschoolers	Convertible seats and forward-facing seats with harness	All children 2 years or older, or those younger than 2 years who have outgrown the rear-facing weight or height limit for their car safety seat, should use a Forward-Facing Car Safety Seat with a harness for as long as possible, up to the highest weight or height allowed by their car safety seats manufacturer
School-aged Children	Booster seats	All children whose weight or height is above the forward-facing limit for their car safety seat should use a Belt-Positioning Booster Seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years old

Older Children	Seat belts	<p>When children are old enough and large enough to use the vehicle seat belt alone, they should always use Lap and Shoulder Seat Belts for optimal protection.</p> <p>All children younger than 13 years should be restrained in the Rear Seats of vehicles for optimal protection</p>
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Hyperthermia (Heatstroke)

Never leave children alone in a parked vehicle, even with the windows open. A vehicle's interior can reach deadly temperatures within 10 minutes, even with the windows cracked. Children's bodies overheat 3 to 5 times faster than an adult's body because they absorb more heat and sweat less. Children can suffer heatstroke within 10 minutes, causing high fever, seizures and damage to the brain and other vital organs. Source: The American Academy of Pediatrics

Do not assume it is safer to leave children alone if the vehicle is running with the air conditioner on. A child could slip the vehicle into drive, get caught in a power window, be abducted or be inadvertently taken by a car thief.

Vehicle Rollaway. Most rollaway accidents begin when an unattended child releases the emergency brake or shifts the vehicle from park into gear. Once the vehicle is in motion, the child may become frightened and jump out of the vehicle, only to be injured or run over. A child can also be hurt inside a vehicle if it collides with another object.

Back-Over Accidents. Back-over accidents occur when a driver- generally a parent, family member or friend- backs into a child or other pedestrian or cyclist. These accidents typically occur at low speeds as the driver exits a driveway or parking space. They are more likely to happen if you own a large vehicle with reduced visibility. For additional info visit

Vehicle temperatures rise quickly, even with windows cracked

In Just:	Temperatures Rise:
10 minutes	19 degrees F
20 minutes	29 degrees F
30 minutes	34 degrees F
60 minutes	43 degrees F
1-2 hours	45-50 degrees F
From a San Francisco State University study. Temperature increases may vary based on vehicle interior color.	

HOME SAFETY

The best way to keep young children safe at home is to supervise them closely and create the safest environment possible. Make sure family members, sitters or professional child care providers are aware of these safety guidelines and the locations of the first-aid kit, "Emergency Information" form and evacuation plan.

Indoors

- Use approved safety gates, doorknob covers, cabinet locks, toilet locks, stove locks and tamper-resistant electrical outlets, as needed
- Keep child-resistant safety caps on all medicine containers
- Store medicines, cleaning supplies and other dangerous items out of reach in locking cabinets
- Keep staircases and hallways well-lit and free of clutter
- Ensure that stairways have sturdy handrails
- Install grab bars and nonskid mats or decals in bathtubs and showers as needed

- Never leave a child alone or with an older child in the bathroom or bathtub
- Store highchairs, stools and other chairs away from cabinets to discourage climbing
- Secure bookshelves or other furniture that could become unstable and topple over onto young children that climb
- Keep television sets on low, sturdy furniture and secure with safety products such as angle-brackets or furniture straps
- Keep cords from blinds and curtains out of reach of young children
- Keep small toys and other small objects out of reach of older infants and toddlers to prevent choking
- Install smoke detectors on every level of your home, including hallways and outside sleeping areas. Test them by pushing the button once each month to ensure they are operating correctly. Change batteries at least once each year
- Install carbon monoxide detectors on each level of your home and outside each bedroom. Install and test detectors according to the manufactures instructions. Change the batteries on a battery-operated detector every 6 months
- Keep at least one multipurpose ABC fire extinguisher (rated for most household fires) within reach of anywhere fires could occur, such as cooking areas and garages. Have a licensed professional perform an annual inspection
- Keep matches and lighters out of children's reach
- Never leave lighted fireplaces or burning candles unattended
- Keep a well-stocked first-aid kit in an accessible place but out of reach of young children
- Create a family evacuation plan. Include escape routes, meeting locations, alternate meeting locations, phone numbers and instructions for each family member

- Post emergency numbers near every phone. Include the number for the American Association of poison control centers (800) 222-1222
- Post information about cardiopulmonary resuscitation (CPR) procedures and leave a copy for the baby sitter

Gun Safety

- Keep guns and other weapons securely locked and inaccessible to children
- Take a gun safety course to learn the safe and correct way to use your gun
- Teach children that guns are not toys and are very dangerous
- Teach children to never touch a gun and if they find one, tell a adult
- Store your gun unloaded in a securely locked case out of children's reach and view. Never store a loaded gun
- Store ammunition separately in a securely locked container out of children's reach
- Always use gun trigger locks or other safety devices
- Store gun-cleaning supplies in a locked cabinet out of children's reach

Outdoor Safety

- Keep sidewalks and outdoor steps clear of toys, shoes, balls and other objects
- Repair cracks or missing pieces for decks, patios, walkways and driveway surfaces
- Anchor swing sets to the ground to prevent them from tipping over
- Always supervise children when they are playing in a pool or near a decorative water feature. Keep rescue equipment readily available
- Install fencing with self-closing and self-latching gates
- Install exterior lighting at appropriate locations around the house to illuminate fence gates, pools and play area

- Prune trees and foliage regularly. If tree roots could cause trips or falls, make sure they are visible or are enclosed within a landscape border or other boundary
- Do not leave heated barbeque grills unattended
- Store lawn tools, hand tools, power tools, fertilizers, gasoline and other chemicals in a locked shed or garage.

RECREATIONAL SAFETY

Avoid Unsafe Play Areas

- Do not allow children to play on playgrounds that have unsafe equipment. Contact the Center for Disease Control and Prevention at www.cdc.gov for more info
- Avoid playgrounds where equipment has rusty, broken or loose parts
- Avoid playgrounds on concrete, asphalt, grass or packed dirt surfaces
- Look for playground surfaces covered with cushioning material such as untreated wood chips, mulch, sand, pea gravel or rubber matting
- Do not allow children to play in ditches, in or near construction sites, or in areas with standing water

Wear Protective Gear

Make sure children:

- Wear appropriate helmets for activities such as bicycling, skating, skateboarding, football, baseball and hockey. Make sure helmets fit snugly and that straps are securely fastened
- Remove helmets before playing on playground equipment. Straps could get caught on the equipment and cause injury

- Wear protective gear for organized sports
- Wear wrist, elbow and knee guards when rollerblading, skating or skateboarding
- Wear athletic shoes with a nonskid surface. Avoid sandals or flip-flops
- Wear life jackets in open water swimming and boating

Stay Hydrated

The American Academy of Pediatrics says children do not tolerate heat and humidity as well as adults. Make sure children drink plenty of water before, during and after physical activity to stay hydrated and avoid heat-related illness such as heat exhaustion and heat stroke

Practice Trampoline Safety

Because trampoline accidents are common, some physicians recommend avoiding trampolines entirely. If you allow children to jump on a trampoline:

- Closely supervise the use of trampolines and play equipment
- Use shock-absorbing pads that completely cover the springs, hooks and the frame
- Consider a safety net enclosure to prevent falls to the ground
- Place the trampoline on soft level ground, never on concrete or other hard surfaces
- Never allow more than one child at a time on the trampoline

Practice Water Safety

- Do not allow children to swim in public pools that have not installed anti-entrapment drain gates and a vacuum release system to stop the pool pump, if necessary. Contact your local department of health to determine if the public pool

you are inquiring about is in compliance with the Pool and Spa Safety Act, which went to effect on Dec 19, 2008

- Never allow children in a pool or hot tub without adult supervision
- Enforce a no-running rule around the pool or hot tub area
- Check water depth before allowing children to jump or dive in
- Do not allow children to swim in the dark
- Have children get out of the water as soon as they hear thunder or see lightning
- Do not use glass in or around the pool

Pet Safety

- Take pets for routine veterinary examinations and keep vaccinations up-to-date
- Train and socialize pets so they do not become a potential source of injury to children or their friends
- Do not allow pets to roam outside your home or yard
- Teach children how to handle and pickup pets, reminding them to never pull tails or ears, or to squeeze or drop them
- Teach children not to disturb pets while pets are eating or sleeping
- Never leave infants or toddlers alone with pets
- Make sure children wash their hands with soap after handling pets

SAFE WITH CAREGIVERS

Selecting A Baby Sitter Or Professional Caregiver

SUGGESTED INTERVIEW QUESTIONS

FOR ALL CAREGIVERS

- What is your level or expertise or training in early childhood development?
- How do you approach discipline?
- What steps do you take to prevent illness or injury?
- Are you trained in first aid and CPR?
- How would you respond in an emergency?
- How do you handle separation anxiety?
- What is your daily schedule for the children?

FOR CHILD CARE IN YOUR HOME

- Why do you choose to work with young children?
- Why did you leave your last position? (Note: always check references)
- How long have you provided care for children?
- What activities will you provide for my children?
- Under what circumstances would you call me?
- Do you have your own transportation?
- Do you smoke?

FOR FAMILY CHILD CARE IN AN INDIVIDUALS HOME

- Are you licensed?
- Are you accredited? If so, by what organization?
- What is your policy on parent visits?
- Do you provide sick-child care?
- What are your cleanliness and safety guidelines?
- What is your educational background or training?
- Do you accept children with special needs?

FOR CHILD CARE CENTERS

- Are you licensed?
- Are you accredited?

- How often does a physician or other health care provider visit your facility?
- What is your policy on parent visits?
- Do you provide sick-child care?
- What are your cleanliness and safety guidelines?
- What is your child-to-staff ratio?
- What is your staff turnover rate?
- What is your average employee turnover rate?
- What is the average employee tenure?
- What are your teachers' educational backgrounds? What additional training do you provide for them?
- How are children grouped? By age?
- Does your program accept children with special needs?

Children with Special Needs

It may be difficult to find baby sitters or caregivers for children with physical, mental or other disabilities. Ask your child's pediatrician, therapist or school for recommendations. Look for someone who will work closely with you and your physician to provide a safe, supportive and stimulating environment for your child.

Children with special needs often have extra safety needs. Make sure your caregiver understands these needs and takes the following precautions as appropriate for your child:

- Guards against the risks of falling for a bed, wheelchair or other elevated surface. Falls are the leading cause of injury for children with limited mobility
- Is present when the child is eating to prevent choking
- Uses the appropriate vehicle safety restraint
- Knows what steps to take in a medical emergency

Before You Leave

- Review your expectations for homework, meals, bath and bed times
- Review family rules on computer and phone use, television viewing and playing with friends
- Review safety practices as appropriate for your children's ages and abilities
- Provide written information on where you will be and how to contact you
- Use the "Emergency Information" form in this publication to provide important information such as physicians names, your home address and phone number in case the baby sitter needs to provide that information to emergency personnel

Emergency Information

FAMILY CONTACT INFO	EMERGENCY INFO
Home phone	Emergency services 9-1-1
Address	Poison control (800) 222-1222
Mom's mobile phone	Ambulance
Mom's work	Fire
Dad's mobile phone	Police
Dad's work	Hospital
Emergency contact	Physician's name
Phone	Physician's phone
CHILDREN'S INFORMATION	
Child's full name	
Date of birth	
Allergies	
Medical conditions	

While You Are Out

Call the baby sitter. Ask if there are any questions or difficulties. When you arrive home help the baby sitter return safely.

The next day, ask your children:

- How things went
- Whether anything unusual happened
- What they did while the baby sitter was with them
- Whether they liked or felt uncomfortable with the baby sitter and whether they want the baby sitter to come again

RECOGNIZING STRANGERS

When the children are toddlers, begin talking with them about strangers. Help them understand who strangers are and what to do if a stranger approaches them. Explain the following:

- A stranger is an individual:
 - You have never met
 - You have seen before but do not know anything about
- Many strangers are kind, but some are not. You cannot tell the difference by their appearance. Teach children to trust their instincts. If they feel scared or uncomfortable, they should get away fast and tell an adult they know well and trust:
- An unkind stranger can be:
 - A man, woman, teenager or child
 - Tall or short, heavy or slender
 - Handsome, pretty or unattractive
 - Very nicely dressed or shabbily dressed
- It is safe to ask for help from some strangers, such as:
 - A uniformed police information or security officer
 - A store salesperson wearing a name tag
 - An information-booth employee at the mall, store or other public place

Follow These Rules

Teach children these general rules for staying safe with strangers:

- Practice the buddy system. Teach children it is more fun and much safer to have friends along when they walk to school, play outside or go shopping
- Never give your name, address or phone number to stranger
- Always ask for permission before leaving your home
- Always tell your parents where you are and who you're with
- Never walk or ride your bicycle through unpopulated areas such as woods, back streets or empty lots
- Do not worry about being impolite or breaking rules if a stranger tries to take you with them. It is okay to scream, fight, run away or do anything that will keep you safe
- Never go anywhere with a stranger
- Never accept candy, money or gifts from a stranger
- Never get into a vehicle with someone you don't know

- Move away from any vehicle that pulls up beside you and is driven by a stranger, even if the driver asks for directions
- Run away and ask for help if someone follows you or bothers you
- Know safe places you can go for help, such as a friend's house or a police/fire station
- Tell your parents about individuals or places that make you uncomfortable

When Home Alone

- Keep all doors and windows locked
- Do not tell anyone you are home alone
- Know how and when to call 9-1-1
- Do not open the door for someone unless you notify your parents and they tell you it's okay
- Do not answer the phone unless you have called ID and recognize the name or number of the caller
- Do not give callers your name or address

Stay Safe With Those You Know

Many times, abductions and abuse are committed by someone children know, such as a relative, teacher, neighbor, coach or friend.

Teach children the following:

- Trust your instincts. Tell your parents if you feel uncomfortable
- Tell your parents if someone talks to you or touches you in a way that makes you uncomfortable
- Say no if someone asks you to do something you know is wrong, or something that makes you uncomfortable
- Do not listen to anyone who asks you to keep a secret from your parents
- Tell your parents if someone gives you a gift

TIPS FOR PARENTS

- Understand that both girls and boys can be targets for abduction, abuse or molestation
- Supervise children when they are playing in the front yard, checking the mailbox or bringing in the newspaper
- Watch children walk or ride their bicycle to a friend's house. Ask them to call when they arrive safely
- Meet children at the bus stop after school, if possible. Avoid letting them walk home alone

- Do not display children’s names on the outside of their backpacks or clothing, or vehicle window decals

Keep An Identification Kit

- An up-to-date color photograph clearly showing your child’s face
- A detailed description of your child, including hair & eye color, DOB, height & weight
- A list of identifiers such as eyeglasses, braces, birthmarks, freckles, disabilities, permanent scars or pierced ears
- Names and phone numbers of your child’s pediatrician, dentist, orthodontist and other physicians
- A fingerprint card, properly printed by a local law enforcement agency
- A DNA sample, DNA collection kits may be available from your local pharmacy or police department

UNDERSTANDING BULLYING

What is bullying? Bullying occurs when an individual or group deliberately and repeatedly misuses power, strength or influence to harm a more vulnerable individual or group. It can include verbal abuse, physical abuse or social abuse.

What is my role? Research shows that bullying slows or stops when a victim tells a parent or other adult about the problem, but few children do. If you suspect your child is being bullied, teased or harassed or is doing so to another individual, confront the issue immediately.

- If your child or someone they know is being bullied, tell your child to inform you or a school authority. Assure your child that you will handle any problem
- Follow up with teachers, counselors or administrators until the problem is resolved
- Tell children to inform you or another trusted adult of any inappropriate touching or physical abuse of any kind

WATCH FOR SIGNS OF BULLYING

VICTIMS

- unexplained bruises, cuts or other injuries
- damaged or missing books, electronics, clothing or other belongings
- fear of going to school or activities: sad

BULLIES

- frequent disobedience toward you or other adults
- prone to physical or verbal fights with others
- frequently sent to detention or the

- or depressed after coming home
- unusual lack of interest or low performance in school
- frequent headaches, stomachaches or illness
- trouble sleeping or nightmares
- school office for disciplinary reasons
- unexplained extra money or belongings
- refusal to take responsibility for actions
- has friend who bullies others

Teach Proper Behavior

- Remind children to put others first
- Tell children to take a stand against bullying by telling the bully to stop
- Encourage children to be kind to students who are being bullied

VISIT WWW.STOPBULLYING.GOV TO LEARN MORE ABOUT THE PROBLEM

Cyberbullying. Internet bullying, is a common problem for teens and younger children. Sometimes the bully is someone children know from school. But it may be an individual they may have never met but may have angered in a chat room, gaming website or other internet forum. Perhaps the bullying seems random and they do not know why it even started.

Cyberbullying can be very public. The bully may spread hurtful comments to individuals via the internet and others may join in. Being a victim of cyberbullying can be a painful experience. Cyberbullying is easy to commit because the bully does not have to confront the victim.

Most cyberbullies do not realize how hurtful their actions are and the possible consequences they face. Contrary to what cyberbullies may believe, cyberbullying is a serious problem.

ONLINE SAFETY

Monitor Internet Usage

- Set age-appropriate limits. Determine how much time per day child can spend online
- Monitor children's online activity
- Consider installing a software program that allows you to control children's web browsing
- Make sure you know the social networking sites your children are using. Keep a record of their passwords

- Ask about and get to know your children's online friends

Online Safety Rules

- Avoid public chat rooms and forums
- Never give your full name, especially your last name
- Never reveal your address or the name of the city where you live
- Never mention the name of your school
- Do not mention teachers or coaches by name
- Never mention your school mascot or names of your sports or clubs
- Never post photographs that could be used to identify yourself or others
- Never meet in person with someone you met online
- Ask your parents for permission before completing online forms requesting personal information
- Never click on links or open attachments in an e-mail from individuals you don't know
- Never post anything on the internet that you do not want the public to know
- Never reveal info about friends, family members or other individuals
- Tell your parents or other trusted adult if someone you encounter online makes you uncomfortable

Signs That Your Child Might Have Been Targeted By An Online Predator

- uncharacteristic silence or withdrawal from the family
- turning off the monitor or reducing web page when you enter the room
- spending a lot of time online- especially at night
- making or receiving telephone calls to or from unrecognized numbers

CYBERTIPLINE- www.fbi.gov/ncj/185842 or (800) 843-5678

SAFE WITH FRIENDS

Talk About Peer Pressure

- choose friends whose values are similar
- pay attention to your own beliefs about right and wrong
- talk to a trusted adult when peer pressure is hard to handle

Talk About Alcohol And Drugs

Make sure children understand the dangers of and penalties for underage drinking and drug use, using false identification, driving under the influence

Reinforce Safety

It's important to take the necessary steps to ensure children are in a safe environment and reinforce what you've taught them

For More Information

American Academy of Pediatrics

(847) 434-4000

www.aap.org

Centers for Disease Control

(800) 232-4636

www.cdc.gov

National Alert Registry

www.registeredoffenderlist.org

National Center for Injury Prevention & Control (800) 232-4636

www.cdc.gov/ncipc/request2.htm

National Center for Missing and Exploited Children

(800) 843-5678

www.missingkids.com

National Safety Council

(800) 621-7615

www.nsc.org

U.S. Consumer Product Safety Commission

(800) 638-2772 www.cpsc.gov

KEEPING YOUR CHILD SAFE:

TEST (2 Training Hours)

Student Name: _____ Date: _____

Instructions: Read each of the following questions carefully, and **CIRCLE** your best answer. This course is two training hours.

1. T F All infants and toddlers should ride in a Rear-Facing Car Seat until they are 1 year of age?
2. T F The recommended height when children can use the vehicle seat belt is 4 foot 7 inches?
3. T F All children younger than 12 years should be restrained in the rear seat of vehicles for optimal protection?
4. T F Children can suffer heat stroke within 10 minutes, causing high fever, seizures and damage to the brain?
5. T F The best way to keep young children safe at home is to create the safest environment and supervise them closely?
6. T F The American Academy of Pediatrics (AAP) says children can tolerate heat and humidity as well as adults?
7. T F In December 2008, the Pool and Safety Act, states that all public pools have installed anti-entrapment drain gates and a vacuum release system to run the pool pump?
8. T F Abductions and abuse are committed by someone children know, such as a relative, teacher, neighbor, coach or friend?
9. T F Research shows that bullying slows or stops when a victim tells another child or a friend about the problem?
10. T F It is your responsibility to know what children are doing online and guard them against the dangers that prey on unsuspecting minors?

FILL OUT YOUR INFORMATION BELOW AND SEND YOUR COMPLETED TEST TO THE ADDRESS BELOW

INCLUDE YOUR CHECK or MONEY ORDER for \$ 10.00 (PER TEST)

Name: _____

Address: _____

Phone: _____ Email: _____

Preschool: _____

MAIL TO:

**Lifetech Instructional Services
1423 Wisconsin Avenue
Palm Harbor, Fl. 34683**