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**LIVE BETTER. LIVE UNITED**  
*at* **UWA EARLY HEAD START**

April 16, 2020

Hello EHS families,

I hope that you all are doing well and continuing health and safety practices during this time.

During the first three years, children are constantly growing and acquiring new skills and knowledge. Surveillance systems have shown that injury is the leading threat to the health and well-being of young children. When families understand how children can get hurt and know what to do to protect them, infants and toddlers can learn and grow safely. Below are a few tips to help keep your child safe while at home. Be safe!

***Deidra Lewis, Health Specialist***

Child Safety First

- ❖ Do NOT leave your child near or around water (for example, bathtubs, pools, ponds, lakes, or whirlpools) without someone watching him or her. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- ❖ Encourage your child to sit when eating and to chew his food thoroughly to prevent choking.
- ❖ Check toys often for loose or broken parts.
- ❖ Encourage your child not to put pencils or crayons in their mouth when coloring or drawing.
- ❖ Do NOT hold hot drinks while your child is sitting on your lap. Sudden movements can cause a spill and might result in your child's being burned.
- ❖ Make sure that your child sits in the back seat and is buckled up properly in a car seat with a harness.
- ❖ Teach your child about pedestrian safety. As you know, children need close supervision when they play outside. Teach your child to watch for cars and trucks, and never to run into the street to chase a ball. You also can begin to teach your child about traffic lights, holding hands with an adult, and following directions when crossing the street.
- ❖ Provide safe outdoor play environment. Learning about the natural world is fun for families and children of all ages, including toddlers. Supervise children carefully in any outdoor play area. In the warm months, be aware of temperature, humidity, and direct sun.
- ❖ Teach children how to use materials and equipment appropriately. Examples include, "crayons are for coloring" and "paint brushes are for painting." Creating routines helps maintain a safe environment. This includes teaching toddlers to clean up and put items away when they are finished using them. Teach children how to use outdoor equipment like balls and scooters safely. This includes using helmets when riding tricycles, scooters, big wheels, and other riding toys.
- ❖ Encourage free play as much as possible. It helps your child stay active and strong and helps them develop motor skills.