

Monthly Newsletter:

October 2007

This Month's Topic's: Halloween Safety tips

Announcements:

Pediatric Associates of Durango will begin distributing our newsletter quarterly. You will receive your next newsletter in January 2008. We do plan on keeping you up to date on important information through emailed announcements! Thank You!

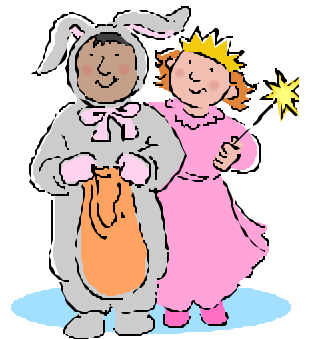
We are currently awaiting our shipment of state influenza vaccines. As soon as it arrives we will send out postcards informing you of their arrival as well as the latest recommendations regarding who should get the vaccine.

Halloween Safety Tips – www.aap.org

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday here are some tips from the **American Academy of Pediatrics** (www.aap.org).

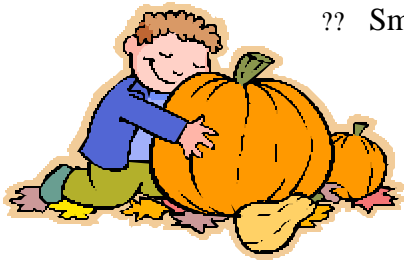
ALL DRESSED UP:

- ?? Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- ?? Consider adding reflective tape or striping to costumes and Trick-or-Treat bags for greater visibility.
- ?? Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives.
- ?? When shopping for costumes, wigs and accessories look for and purchase those with a label clearly indicating they are flame resistant.
- ?? If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or too long. A child may be easily hurt by these accessories if he stumbles or trips.
- ?? Obtain flashlights with fresh batteries for all children and their escorts.



- ?? Teach children how to call 9-1-1 (or their local emergency number) if they have an emergency or become lost.

CARVING A NICHE:



- ?? Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.
- ?? Votive candles are safest for candle-lit pumpkins.
- ?? Lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.

HOME SAFE HOME:

- ?? To keep homes safe for visiting trick-or-treaters, parents should remove anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- ?? Parents should check outdoor lights and replace burned-out bulbs.
- ?? Wet leaves should be swept from sidewalks and steps.
- ?? Restrain pets so they do not inadvertently bite a trick-or-treater because they are frightened.

ON THE TRICK-OR-TREAT TRAIL:

- ?? A parent or responsible adult should always accompany young children on their neighborhood rounds.
- ?? If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- ?? Remind Trick-or Treaters:
 - o Stay in a group and communicate where they will be going.
 - o Carry a mobile phone for quick communication.
 - o Only go to homes with a porch light on.
 - o Remain on well-lit streets and always use the sidewalk.
 - o If no sidewalk is available, walk at the far edge of the roadway facing traffic.
 - o Never cut across yards or use alleys.
 - o Never enter a stranger's home or car for a treat.
 - o Only cross the street as a group in established crosswalks (as recognized by local custom).
 - o Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!
 - o Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

HEALTHY HALLOWEEN:

- ?? A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- ?? Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.



- ?? Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- ?? Try to ration treats for the days following Halloween.



FREE YOGA CLASS- Begins again in November!!

Class for children ages 3-7. Class taught by Cara Besskó R.Y.T., certified Hatha Yoga Instructor for children and adults.

The class is held at Pediatric Associates of Durango on Wednesday, November 7th 3:15-4:00PM.

Community Calendar and Events:

Oct. 25th – Craniosacral Therapy clinic led by **Dr. Paul Lee and his students** will be held at Pediatric Associates of Durango from 1:30PM – 4:00PM. Children who are covered by CHP and Medicaid will be given a free session. Co-pay is the only required payment for insured patients and the remainder of the balance will be paid by your insurance company or handled by Dr. Paul Lee. Dr. Lee will be performing the therapy with his students. Please call Pediatric Associates of Durango at 970-259-7337 to schedule an appointment.

Pre-school story time every Wednesday and Saturday at 10:30am at the **Durango Public Library** @ (970)-375-3380.

Craft Time- Every Friday morning at **The Durango Children’s Museum**. The Museum will present two separate crafts, one for toddlers and one for pre-school age and up. Pre-registration is not required. Museum members do not pay a fee; non-members pay standard admission to the museum to participate in Craft Times. October 31st, Halloween Party, Bonus Craft Day Spooky Broomsticks

Tumbling Tots- Sun Ute Community Center, **every Tuesday** from **10:00-11:00** for **1-5 year olds**. Come join us during this hour of interactive play and tumbling time. Come play with balls, hula hoops, parachutes, singing songs, and just fun with your child. For ages 1-5, \$4.00 admission fee. If you have any questions about the class call the Sun Ute Community Center at 563-0214.