

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



October 2015

October: Fire Prevention Month

DID YOU KNOW...roughly *half* of home fire deaths result from fires reported between 11 p.m. and 7 a.m., when most people are asleep.

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half!

Prepare and practice your fire escape plan twice a year with everyone in your household,

including children and people with disabilities. It's also a good idea to practice your plan with overnight guests.

Some tips to consider when preparing your escape plan include:

- Draw a map of each level of your home and show all doors and windows. Find two ways to get out of each room. Make sure all doors and windows open easily.
- Only purchase collapsible escape ladders evaluated by a recognized testing laboratory. Use the ladder only in a real emergency.
- Teach children how to escape on their own in case you cannot help them.
- Have a plan for everyone in your home who has a disability.
- Practice your fire escape plan at night and during the daytime.

Source: <http://www.usfa.fema.gov/campaigns/smokealarms/escapeplans/index.shtml>



Fast Facts About Fire

- ☛ Cooking is the leading cause of home fires and home fire injuries, followed by heating equipment.
- ☛ Two of every five home fires start in the kitchen.
- ☛ Unattended cooking was a factor in 34% of reported home cooking fires.
- ☛ Two-thirds of home cooking fires started with ignition of food or other cooking materials.
- ☛ Ranges accounted for 58% of home cooking fire incidents. Ovens accounted for 16%.

Source: www.firepreventionweek.org



Dates to Celebrate in OCTOBER

2nd	Smile Day
5th	Do Something Nice Day
12th	Columbus Day
31st	Halloween
10/3-10/10	No Salt Week
10/5-10/11	Great Books Week



Hear the **BEEP**
where you **SLEEP**



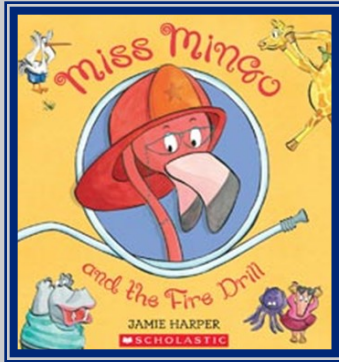
**EVERY BEDROOM
NEEDS A WORKING
SMOKE ALARM.**

**FIRE PREVENTION WEEK
OCTOBER 4-10, 2015**

firepreventionweek.org

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Book Spotlight



In her book *Miss Mingo and the Fire Drill*, Jamie Harper uses adorable animals to illustrate the fears that many children may associate with fires.

The fire chief comes to school and prepares them for a fire drill that would happen later in the week. Through all of the animals' silliness, the real message of how to safely perform a fire drill shines through in this book.

Source: <http://www.teachpreschool.org/2013/10/fire-safety-week-in-preschool/>

"Clip and Save"
Makes it easy to clip out
and save this healthy
recipe before recycling
your newsletter.



The secret to serving size is in your hand.



A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt

A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



Handful = 1-2 oz. of snack food

Snacking can add up.
Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.



Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



1 tennis ball = 1½ cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.

Source: Iowa WIC Department

Emergency Preparedness - Let's Get Planning

Here is a list of a few great resources to get you started!

- ⇒ www.kdheks.gov
- ⇒ www.kshb.com
- ⇒ www.cdc.gov



Healthy Eats

Build A Fire Truck

Tea Biscuits or rectangular crackers (1 per child)
Cheddar Square Crackers
Cheerios
Raisins
Grapes (cut in half)

Directions:

1. Display example and place ingredients in a container accessible to children.
2. Let children make their own version of a Fire Truck
3. Take Pictures to document and share with the family

Source: <http://strongstart.blogspot.com/2012/11/fire-truck-snack-documentation.html>



Early Childhood Wellness, a Program of Child Care Aware® of Kansas

www.ks.childcareaware.org

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