

NUTRITIOUS SNACK:

MEETING 13: STORIES FOR CHILDREN

Your project leader will let you know what materials are needed for this meeting.

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MEETING 14: BEDTIME – RULES, RITUALS, TECHNIQUES

LESSON 5 SUMMARY

MEALTIMES AND BEDTIMES



Fix nutritious food.

Follow parents' instructions.

Observe kids' rules, rituals, and routines.

Read books and poems, tell stories.

Follow good safety practices.

Know that eating and sleeping are important daily routines.

Make mealtimes and bedtimes pleasant experiences.

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LESSON 6: EMERGENCIES

MEETING 15: AN OUNCE OF PREVENTION

SAFETY PRECAUTIONS CHECKLIST

Think safety. Here are a few ideas on safe practices when young children are around. Check those items that are "problems" for you—ones you need to work on.

Children Under 1 Year Old

- Before using any medicine, be sure you read the label carefully.
- If you use gas heaters or stoves, be sure a window is kept slightly open at both top and bottom.
- Use care in selecting toys. Eyes and stuffing can strangle an infant.
- Avoid toys with sharp points, small removable parts, a lead base paint, or toys which are flammable.
- If the phone or door bell interrupts your giving a bath, either disregard the call or take the child with you. Disaster can strike in just a moment.
- Before leaving a baby in a crib, be sure the sides are up and secured.
- The bars on both cribs and playpens should be close enough together so that a child's head cannot get between them.
- Keep the playpen and highchair (when the child is in it) where things cannot be spilled on the child.

Children Crawling or Toddling

- Never place containers with hot contents

within reach of children.

- Carriages and strollers will roll unless properly braked.
- Keep all medicines, poisons, insecticides, mothballs, lye, cleaning or painting materials, poisons, and other similarly dangerous items out of the reach of children.
- Look out for worn electric extension cords.
- Always use screens around fireplaces, and safeguard stoves, ranges, and heaters.
- Keep cosmetics, shampoos, and razor blades out of children's reach.
- Avoid giving or allowing infants and toddlers to play with nuts, carrot sticks, popcorn, beans, and similar foods.
- Keep scissors, ice picks, pins, and nail files from young children.
- Be sure window screens are fastened securely.
- Be sure that children cannot open windows on upper floors. Put a gate at the top of stairways.
- A fence around a swimming pool or fish pond may save a child's life.
- Check for children under and behind a car before backing out of the garage.
- Keep all electric outlets covered or plugged when they are not in use.
- Small children need a car seat or safety belt in an automobile.

Walking Preschool Children

- When cooking, turn pot handles toward the back of the stove.
- Never use a radio or portable electric heater in the bathroom.
- Teach children to play in safe places, off streets and highways.
- Remember, as children grow older their "reach" becomes greater. Tomorrow they may be able to climb up to storage shelves they cannot reach today.
- When disposing of old medicines, see that they are completely destroyed. Do not leave them in incinerators or waste boxes.
- Matches and cigarette lighters should always be kept out of reach and out of sight.
- Avoid flimsy party costumes and flammable material in play clothes.
- Over-handled or teased animals may bite or scratch.
- Teach children to avoid flaming or smoldering bonfires. Remember that bottles and cans can explode and cause fatal burns.
- Keep firearms and ammunition locked safely away from curious children.
- Teach children to walk, not run, when carrying sharp objects.
- Place all machinery or appliances under lock or out of a child's reach.

All Children

- A dependable baby-sitter knows where to reach parents and a physician if needed.
- Plastic bags may look like toys to children, but they have been the cause of many deaths through suffocation. Never leave plastic bags lying around the house. Don't use them as mattress covers on infants' or children's beds.

(Adapted from "Is Your Home Safe for Children?" - The Prudential Life Insurance Co.)

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MEETING 16: COPING WITH EMERGENCIES

LESSON 6 SUMMARY



EMERGENCIES

Know basic first aid for cuts, bruises, scratches, livers, burns.

Protect against peeping toms, prowlers, burglars.

Be on the alert for water accidents—drowning, choking.

Know procedures for house on fire, kitchen fires.

Know what to do for overdose of medicine.

Contact doctors for unconsciousness, convulsions.

THE SITTER

BABY-SITTER'S TEST

The Sitter Project will help you become the best caretaker you can be. But let's find out how much you know about sitting. Here are some statements for you to read and answer TRUE or FALSE. Make the best choice you can. Write a T for True and an F for False in the blank in front of each statement.

- ___ 1. To be a good sitter, you should arrive early.
- ___ 2. A swing is a very safe place to leave children to play.
- ___ 3. You should write all instructions down.
- ___ 4. Parents hire you to keep their children safe and happy.
- ___ 5. If a youngster is unconscious, you should try to make him vomit.
- ___ 6. If something is spilled on the floor, wipe it up immediately to prevent a fall.
- ___ 7. It is all right to eat anything you find in the refrigerator.
- ___ 8. Your first concern should be to keep the house clean.
- ___ 9. Keep diaper pins in your mouth so the baby can't get them.
- ___ 10. It is all right to let the baby play with the can of baby powder.
- ___ 11. Failure to "burp" a baby while feeding him his bottle can result in the food surging back and suffocating him.
- ___ 12. Babies cannot drown in a few inches of water.
- ___ 13. The amount you are to be paid should be discussed before you baby-sit.
- ___ 14. It is always all right for a sitter to have friends in—if they are quiet.
- ___ 15. The most important part of your job is to keep the children safe.
- ___ 16. Baby-sitting is a serious job, but it can also be a lot of fun.
- ___ 17. You should divide your time equally between the children.
- ___ 18. You don't need to like children to be a good sitter.
- ___ 19. If the child is asleep, you know he is all right.

- ___ 20. The best way to keep children safe is to remove dangers and keep accidents from happening in the first place.
- ___ 21. The first rule in any emergency is to stop and think.
- ___ 22. It is not necessary to be acquainted with the children you care for.
- ___ 23. You should know something about your employer in advance.
- ___ 24. It is not necessary for your parents to know where you are baby sitting.
- ___ 25. In case of an emergency, it is always best to notify the parents first.
- ___ 26. You should test temperature of bath water with your elbow.
- ___ 27. You should test the warmth of a baby's bottle on the palm of your hand.
- ___ 28. Never leave an infant alone with a propped-up bottle.
- ___ 29. You should always tell your parents what time you will be home.
- ___ 30. You should always test the brakes on a stroller or buggy.
- ___ 31. Be sure you can hear the child in case he needs you.
- ___ 32. It is all right to leave the children with your friends if you are coming right back.
- ___ 33. It is not necessary to ask permission to take the children for a walk.
- ___ 34. You should always clean the kitchen immediately after feeding the children.
- ___ 35. In medical emergencies, get help from the nearest adult.

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