



Let's Stay Safe

This month in THE GREAT BODY SHOP, your child was taught about safety. We urge you to reinforce this material by discussing it with your child at home.

Lesson 1: Keep from Getting Hurt on the Street

Lesson 2: Community Harm Prevention Rules and Laws

Lesson 3: Handling Common Emergencies

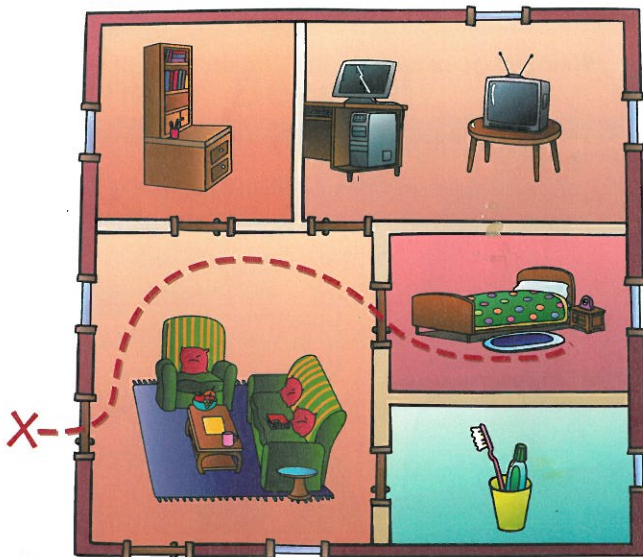
Lesson 4: I Don't Hurt You, You Don't Hurt Me

Fire Safety

With your family, talk about ways to get out of your home in case of fire. Remind children:

- to extinguish fire on clothing by dropping to the floor and rolling on the floor or rug (STOP, DROP, and ROLL)
- not to look for you; instead, he or she should crawl on the floor to an exit. (In a fire, more people die from smoke inhalation than from burning.)
- to never try to hide in a closet or under the bed
- to never run back into a burning building
- to go to an agreed upon spot after running from the home so everyone can be accounted for

Get a free decal for your child's bedroom window from the Fire Department so they can find it in a hurry! Finally, hold a fire drill to be sure children can follow through in an emergency. Set off your smoke detector so your child recognizes the sound, and don't forget to check the batteries!



A Note about Gas

Is your home heated with gas? If so, be sure your child can recognize the odor gas gives off. (Actually, natural gas is odorless; the smell has been added to signal a leak.)

If your child smells gas, instruct him/her to get out of the house or apartment immediately. Make sure he/she does not turn on any lights or other appliances. If you suspect a leak, call your gas company right away.

Did You Know . . .

. . . that auto accidents are the #1 family cause of death among children and adolescents? It's estimated that half of those deaths could be prevented by wearing seat belts.

. . . that some children begin sniffing solvents (such as paint thinner, correction fluids, etc.) at age nine or so? Be sure you have stressed the danger of these substances to your child.

. . . that smoking materials (i.e., cigarettes, cigars, pipes, etc.) are the leading cause of fire deaths in the United States? Health consequences are not the only reason to stop smoking.

The Puzzler's Family Challenge

With your child, do the following activity. Read each sentence. Write the answer on the line. Use the words from below.

Some berries and plants and mushrooms are _____.

You must think and act very fast in an _____.

This power makes many things work, but it can be dangerous. It is called _____.

In a car, everyone should wear a _____.

If you see _____ when you are swimming, get out of the water and go inside.

Solve the Puzzler's Family Challenge with these words.

emergency poisonous lightning
seat belt electricity