

Tips For A Heathy And Safe Christmas

1. Fire Safety is the best prevention against fire tragedies.
2. Undue changes in family routines can greatly affect your child's behavior. Please be aware and keep changes to a minimum.
3. Second hand smoke is dangerous. Please do not smoke around children.
4. Don't drink and drive. Your family is your most important asset.
5. Beware of foods containing uncooked eggs i.e. unpasteurized eggnog, no bake cookies or fruit cake. Salmonella food poisoning can occur.
6. Be sure your child brushes and flosses their teeth daily to reduce high sugar build-up. Remind Santa that toothbrushes and floss are fun stocking stuffers.
7. Get enough rest, exercise and eat balanced meals to reduce Christmas fatigue.
8. Hand washing helps to prevent the spread of Communicable Diseases. (Remember to count to 15).
9. Christmas cookies are wonderful, but so are fresh fruits and vegetables. Please encourage 5 per day.
10. Take time to talk and listen to your child; it's the best gift you can give.



<http://www.atozkidsstuff.com>