

**Norton Children's  
Prevention and  
Wellness** promotes  
injury-free and healthy  
lifestyles for children  
and their families.



**Explore  
what the  
department  
does in our  
community  
and within  
Norton  
Children's  
pediatric  
clinics in  
this special  
edition  
newsletter.**



**NORTON  
Children's  
Prevention &  
Wellness**

Funded by Norton Children's  
Hospital Foundation



# Community classes on rotation for children and teenagers

## Safe Sitter Essentials

- This in-person class prepares students in grades 6 to 8 to be safe when they're home alone, watching younger siblings or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students learn safety skills, child care skills, first aid, and life and business skills. There is a \$30 fee for class.

## Growing Cooks

- This series of online cooking classes is for teens ages 14 and older. Participants will learn how to cook healthy recipes and get tips on kitchen safety, health and wellness. Parents and guardians are encouraged to attend. This class is free, but you'll need to have ingredients on hand.

## N-O-T Not On Tobacco

- This free seven-week class series is designed for teens ages 14 to 19 who use tobacco. Created by the American Lung Association, the evidence-based program was created specifically for this age group to aid in quitting use of vapes, cigarettes and other forms of tobacco.

# Caregiver community classes and resources available

## Safe Baby Essentials

- This free online class is for families with babies up to 6 months old. Learn about safe sleep environments, the importance of tummy time, how to choose and use the right type of rear-facing car seat, sudden infant death syndrome (SIDS) and preventing child abuse

## Safe Toddlers

- Designed for parents with children ages 6 months to 3 years, this free online class focuses on the leading causes of injuries and how to prevent them. Learn about proper use of car seats, preventing potential poisoning and burns, bike safety and water safety.

## Safe Grandparenting

- This is a one-of-a-kind safety class just for grandparents. Learn the best practices in safety for infants, toddlers and elementary school-age children. This free online class will include a multitude of tips and tricks on various safety topics, such as safe sleep, child passenger safety, childproofing, water safety, fire safety and preventing falls. Interact with other grandparents and learn important safety practices that have changed since your kids were little.

## Car seat checks

- Car seat checks are offered year-round by certified car seat technicians. They can help you install a safety seat or check whether yours has been properly installed. Child passenger safety technicians are available at several Norton Healthcare locations to help you feel confident about the car seat you are using. Techs are certified in conventional and special needs car seats and can help identify counterfeit car seats. Make an appointment for a free car seat check by calling (502) 629-7358.

## Safe Kids, Safe Storage

- This free online class teaches parents and guardians how to safely store firearms and medicine in the home. Attendees will learn how to choose a safe location for firearms and how to safely store medications, gummies and other supplements that look like candy. The class offers the most up-to-date storage recommendations and how to talk to other adults in the home about what they can do to keep kids as safe as possible. After the class, participants will receive injury prevention items, including a gun lock and medication safety bag.

# Norton Children's pediatric primary care clinic specific resources

## Play yards

- Available to patient families who do not have a safe place for their infant to sleep and cannot afford or do not have an alternative safe sleep solution at this time
- Anonymous, no survey

## Gun locks

- Available to any patient family who needs a safe storage solution for their weapon or weapon of a caregiver to their children.
- **Anonymous survey must be filled out and returned to our department**

## Health coaching

- Refer patients for short-term support to learn healthy dietary and lifestyle choices for their family
- EPIC REF166

All pediatric primary care clinics are encouraged to:

1. To have a staff member car seat certified at [Become A Tech / National CPS Certification \(safekids.org\)](http://safekids.org)
2. Apply fluoride varnish applications per AAP recommendations on children ages 0-5



# Programming available to community partners

## Building Healthy Superheroes

- The Building Healthy Superheroes virtual field trip is a fun and interactive program designed for kindergarten students. The program teaches healthy and safe lifestyle choices for children.

## Safety City

- Second-grade students learn about traffic safety, fire safety and injury prevention during a daylong field trip to Bates Elementary

## Bike Safety Rodeos

- Teaches bicycle safety by riding bicycles through a mini obstacle course. Students learn the rules of the road and how to apply them.

## Stop the Bleed

- Teaches participants how to recognize life-threatening bleeding and intervene effectively.

## My Smile Brings Joy

- The Tooth Fairy visits to teach children and their families preventative dental health through storytime and singing original sing-alongs about making healthy choices.

## Snack and Play

- This interactive class with community partners teaches how to prepare a healthy snack and nutrition basics, and ends with a fun physical activity



# Norton Children's Food Pantries

At Norton Children's Food Pantry locations we provide healthy shelf-stable food for the family supplemented with baby food, diapers and wipes.



## Norton Children's Food Pantry sites:

1. NCMG Autism Center- *Available to NCMG Hikes Point*
2. NCMG Broadway
3. NCMG Clarksville- *Available to all clinics within facility, NCPW Safety pantry on-site*
4. NCMG Dixie- *Available to NWS-Dixie*
5. NCMG Elizabethtown
6. NCMG Fairdale- *Available to NCMA Fairdale*
7. NCMG Fern Creek
8. NCMG Germantown
9. NCMG Iroquois
10. NCMG Jeffersonville- *Available to all clinics within facility, NCPW Safety pantry on-site*
11. NCMG NOVAK
12. NCMG NULU
13. NCMG Okolona
14. NCMG Poplar Level Road
15. NCMG Preston- *Available to La Clinica*
16. NCMG Russell
17. NCMG Shelbyville
18. NCMG Shepherdsville- *Available to NCMA Shepherdsville*
19. NCMG Springhurst
20. NCMG Stonestreet
21. NCMA West Broadway
22. Norton Louisville Primary Care Center
23. Norton Children's Hospital- *Available to emergency department*



# Upcoming community classes



Safe Baby



Safe Toddler



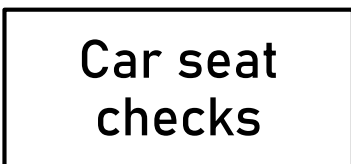
Safe Grand-  
parents



Safe Sitter



Safe Kids,  
Safe Storage



Car seat  
checks



N-O-T Not  
on tobacco



Growing  
Cooks



January 9<sup>th</sup>  
N-O-T Not on tobacco

January 11<sup>th</sup>  
Virtual Safe Baby

January 18<sup>th</sup>  
Virtual Growing Cooks  
"Egg Roll in a Bowl"

February 8<sup>th</sup>  
Virtual Safe Baby

February 15<sup>th</sup>  
Virtual Growing Cooks  
"Warm Brussels Sprout Salad"



[Classes and Events | Norton Children's  
Louisville, Ky. \(nortonchildrens.com\)](https://www.nortonchildrens.com/classes-and-events)

To schedule a car seat check with our team:  
[Car Seat Checks | Norton Children's Louisville, Ky.  
\(nortonchildrens.com\)](https://www.nortonchildrens.com/car-seat-checks)