



# October newsletter

- 🍊 Pedestrian safety for Halloween
- 🍊 Choking prevention for Halloween
- 🍊 Car seat certification upcoming class
- 🍊 Health coaching update
- 🍊 Medication take-back day!
- 🍊 Safe Kids, Safe Storage upcoming class



Children are more than twice as likely to be hit by a car on Halloween than any other day of the year.

## Trick-or-treating tips:

- Masks can limit children's vision
- Join children 12 and under for trick or treating
- Carry glow sticks or flashlights to help be seen by drivers
- Teach children to never dart across streets. Use sidewalks, crosswalks, and look both ways always before crossing.



NORTON  
Children's  
Prevention & Wellness

Funded by Norton Children's Hospital Foundation



## Did you know some Halloween candies can be a choking hazard for toddlers?

Younger children may also grab and put non-food items in their mouth such as wrappers, stickers, and bouncy balls. Be sure to stay vigilant with what your child is putting into their mouth this Halloween.

### HALLOWEEN CHOKING HAZARDS

#### Unsafe

- ✗ M&M's
- ✗ Peanut M&M's
- ✗ Reese's Pieces
- ✗ Twizzlers
- ✗ Gummy Bears
- ✗ Skittles
- ✗ Milk Duds
- ✗ Whoppers
- ✗ Jawbreakers
- ✗ Blow Pops
- ✗ Tootsie Pops
- ✗ Jolly Ranchers
- ✗ Sour Patch Kids
- ✗ Candy Corn
- ✗ Hot Tamales

#### Safe

- ✓ Reese's Peanut Butter Cups
- ✓ Twix
- ✓ Snickers
- ✓ Kit Kat Bars
- ✓ Butterfingers
- ✓ Hershey's Bars
- ✓ Milky Way Bars
- ✓ Cookies
- ✓ Animal Crackers
- ✓ Cupcakes



# Child passenger safety: Upcoming certification

Norton Children's Prevention and Wellness recommends all pediatric primary care clinics have at least one staff member certified in child passenger safety.

Child passenger safety technicians and instructors use their knowledge and expertise to provide child safety seat checks, where parents and caregivers receive education and hands-on assistance.

Classes are offered through Safe Kids Worldwide. Certification requires 3 days of on-site education and costs \$95 to enroll.

**Next available course in Louisville:**  
October 22<sup>nd</sup> – October 24<sup>th</sup>

**Sign up for the next course at :**  
[www.cert.safekids.org/become-tech](http://www.cert.safekids.org/become-tech)



NORTON  
Children's  
Prevention & Wellness

Funded by Norton Children's Hospital Foundation





Health Coaching referrals  
are currently on hold.

Please do not send referrals via  
EPIC to our team at this time.

Sincerely,  
Norton Children's Prevention and Wellness

*If you have any questions please email  
[Ellen.Madden@nortonhealthcare.org](mailto:Ellen.Madden@nortonhealthcare.org)*



# What's Expired?

## in Your Medicine Cabinet



*Join us for a prescription take back event*

**Saturday, Oct. 26, 2024**

10 a.m. to 2 p.m.

Bring your expired and unneeded medications to one of these locations (event will be held in the parking lot):



**Norton Community Medical Associates – Audubon**  
3101 Poplar Level Road  
Louisville, KY 40213



**Norton Medical Plaza II – Brownsboro**  
9880 Angies Way  
Louisville, KY 40241

Members of law enforcement will be on hand to collect and safely dispose of items brought to the event. Items do not need to be in their original packaging.

Participants will get a **free** medication lock bag while supplies last.

For more information, call **(502) 629-7358** or email [NCPW@nortonhealthcare.org](mailto:NCPW@nortonhealthcare.org).

The following items will be accepted for disposal:

- Prescription medicine, patches, ointments, lotions and liquids
- Vitamins
- Pet medication
- Over-the-counter medication
- Inhalers
- EpiPens
- Needles (must be capped)



**NORTON**  
**Children's**  
Prevention & Wellness

Funded by Norton Children's Hospital Foundation

# Safe Kids, Safe Storage



## THE NUMBERS ARE STAGGERING AND CONTINUE TO RISE.



Each year, about **50,000** kids under age 5 go to emergency departments for **poisoning** after ingesting medication — of those, 50% involve child-resistant packaging.



Injuries from **guns** are the **No. 1 cause** of death among children and teens in Kentucky.



**70%** of **accidental shootings** by kids happen inside a home.



We're offering free classes to keep our community's families safe and healthy.

### SAFE KIDS, SAFE STORAGE CLASS TEACHES 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 as well as 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 be sent home with injury prevention items, including gun locks and medication safety bags.

### WE'RE BRINGING THIS IMPORTANT, LIFESAVING INFORMATION TO YOU!

If you are interested in scheduling a class for your group, organization or neighborhood, or to learn more about other family health and safety programs we offer, email [NCPW@nortonhealthcare.org](mailto:NCPW@nortonhealthcare.org) or call (502) 629-7358.



#### ALSO AVAILABLE BY ZOOM!

Classes will be held via Zoom on [redacted]  
Oct. 21 and Dec. 9, 2024, at 6 p.m. To register, visit  
[NortonChildrens.com/Classes&Events](https://NortonChildrens.com/Classes&Events).



NORTON  
Children's  
Prevention & Wellness

Funded by Norton Children's Hospital Foundation

# Upcoming community classes



**Safe Baby**

**October 10<sup>th</sup>**  
Safe Baby- Virtual

**Safe Grand-  
parents**



**October 21<sup>st</sup>**  
Safe Kids, Safe Storage- Virtual



**Safe Sitter**

**November 14<sup>th</sup>**  
Safe Baby- Virtual

**Safe Kids,  
Safe Storage**



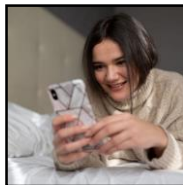
**November 26<sup>th</sup>**  
Safe Grandparents- Virtual



**Car seat  
checks**



**N-O-T Not  
on tobacco**



**Growing  
Cooks**

To schedule a car seat check with our team:

[Car Seat Checks | Norton Children's Louisville, Ky. \(nortonchildrens.com\)](https://www.nortonchildrens.com/carseatchecks)