

Holiday deals like Black Friday and Cyber Monday are a great time to stock up on safety items that you may need now or upcoming as your child and family grow.

In this newsletter you will find our top recommendations of what to look for, and what to **AVOID** buying this holiday season.



Safety and wellness item recommendations to stock up on this holiday season

Sleep sacks	Crib or play yard
Baby gates	Cabinet and draw latches and locks
Door knob covers	Outlet covers
Corner and edge bumpers	Window guards
Furniture anchors	Medication lock boxes
Digital thermometers	Water thermometer for bath time
First aid kit	Helmets
Gun locks	Smoke and carbon monoxide detectors





What to avoid buying this holiday season

Weighted sleep sacks

- If a baby rolls over onto their belly they may not be able to roll back, creating a risk for suffocation.

Counterfeit car seats

- These do not meet safety standard in the United States and can put your child at risk while riding in a moving vehicle.

Baby walkers

- One of the leading causes of injuries in babies occur in walkers.

Infant “loungers”

- Typical product has pillow sides which pose risk of suffocation. Babies need to always be on a firm, flat surface.

Neck floats for baby bath time

- Babies heads can slip through the float, posing a risk for drowning.

Trampolines

- AAP issued warning against trampoline use due to high risk of injury.

High-powered play magnets

- Swallowing these magnets can cause serious internal injuries.

Be Sure You're Buying an Approved Car Seat



Some car seats that do not meet the Federal Motor Vehicle Safety Standards are being sold on the internet and in secondhand or thrift stores. Be aware they could have major safety issues and may not be able to protect your child in a crash.

Here's how to tell if you have an approved car seat

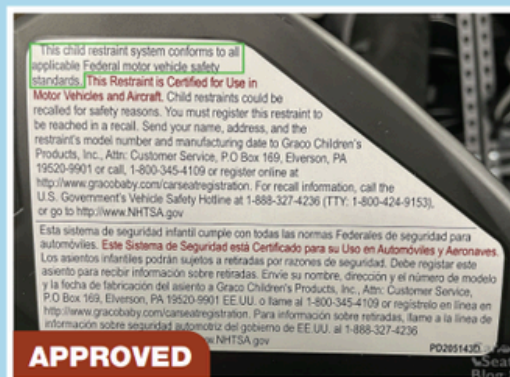
LABELS

APPROVED

The label must say "This child restraint system conforms to all applicable federal motor vehicle safety standards." This Restraint is Certified for Use in Motor Vehicles and Aircraft. Child restraints could be recalled for safety reasons. You must register this restraint to be reached in a recall. Send your name, address, and the restraint's model number and manufacturing date to Graco Children's Products, Inc., Attn: Customer Service, P.O. Box 169, Elverson, PA 19520-9901 or call, 1-800-345-4109 or register online at <http://www.gracobaby.com/carseatregistration>. For recall information, call the U.S. Government's Vehicle Safety Hotline at 1-888-327-4236 (TTY: 1-800-424-9153), or go to <http://www.NHTSA.gov>.

UNAPPROVED

Label has very little information or only a diagram



HARNESSES

APPROVED

Five-point harness

UNAPPROVED

Harness with fewer than five points
No chest clip
No hip strap



Tips when buying

- It's best to buy a car seat from a reputable source, such as directly from the car seat manufacturer or in person at a major retailer.
- If you wish to buy a car seat secondhand from an online seller, be sure you understand the risks. You are not able to verify the history or authenticity of the car seat.



To learn more about approved car seats, scan the **QR code**.

To schedule an appointment for a car seat check, call **(502) 629-7358**.



NORTON
Children's
Prevention & Wellness

Funded by Norton Children's Hospital Foundation

Rescue Ready

Caregiver's Guide to CPR and First Aid

**Thursday, December
10th 6p - 7:30p**

Marshall Women's Health & Education Center
Norton Medical Plaza 3 - St. Matthews
4123 Dutchmans Lane
Louisville, KY 40207

Join us for a hands-on first aid and CPR course designed for parents, caregivers and babysitters who want to be prepared for any emergency involving children. Whether you're caring for a newborn, toddler or young child, Rescue Ready will equip you with the lifesaving skills and knowledge you need to respond confidently and effectively in an emergency situation.

Registration is required.

To register, scan the **QR code** or visit
NortonChildrens.com/Classes&Events.



Who should attend

- Parents, guardians and caregivers of children of any age
- Babysitters and nannies

What we offer

- **Hands-on training:** Participate in real-life scenarios and practice lifesaving skills on mannequins.
- **Certified instructors:** Learn from certified specialists with real-world experience in pediatric care and emergency response.
- **Confidence in crisis:** Build the confidence you need to act swiftly and calmly during a child's medical emergency.

What you'll learn

- **Infant and child CPR:** Learn how to perform CPR on infants and children, including chest compressions and rescue breathing.
- **Choking:** Understand how to recognize and respond to choking in infants and children, including the Heimlich maneuver and back blows.

Completion of this course does not result in certification of any kind.



8 OUT OF 10 CAR SEATS ARE NOT USED OR NOT INSTALLED THE CORRECT WAY

Norton Children's Prevention and Wellness can give expert care and advice to families to make sure their car seat is safe and works properly in the case of a car crash.



SCHEDULE YOUR FREE APPOINTMENT WITH NORTON CHILDREN'S PREVENTION AND WELLNESS:

- Scan the QR code below
- Call 502-629-7358
- Email us at: NCPW@nortonhealthcare.org



CLASSES AND EVENTS

SAFE BABY

November 12th - virtual

December 10th - virtual



NORTON
Children's
Prevention & Wellness

SAFE GRANDPARENTS

November 24th - virtual

NOT ON TOBACCO

November 3rd - Norton West Louisville Hospital

SAFE KIDS, SAFE STORAGE

November 9th - virtual

RESCUE READY

December 10th @ Marshall Women's Health and Education Center

SAFE SITTER

November 2nd @ Marshall Women's Health and Education Center



TO REGISTER FOR A CLASS SCAN THE QR CODE.
YOU CAN ALSO REGISTER ONLINE AT:
WWW.NORTONCHILDRENS.COM/PREVENTION

