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Volume 1 Issue 3

Injury Prevention

The Year of
Safety



"Safety is
Everyone's
Responsibility"

Halloween Safety... Choking

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Newsletter by
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Dates to Remember

October is :

- Halloween Safety Month
- Children's Health Month
- Family Health Month



**EARLY LEARNING
COALITION**
OF SOUTHWEST FLORIDA

"Nurturing young children of
Southwest Florida and those
who care for them".

Injury Prevention Tips for Parents and caregivers:

Early and effective treatment is needed to prevent morbidity and mortality from childhood choking. Methods taught routinely in courses on cardiopulmonary resuscitation (CPR) or first aid can be lifesaving when instituted early by trained parents and caregivers.



The American Academy of Pediatrics recommends that all parents and caregivers participate in the American Heart Association's Basic Lifesaving Course or the American Red Cross Infant/Child CPR Course'.

Caregivers include: parents, grandparents, aunts, uncles, childcare providers, or anyone who would be caring for a child.

CPR Classes Early Learning Coalition offers CPR classes one Saturday a month in Ft Myers.



Registration can be done on line at
<http://www.elcofswfl.org/registration/>.

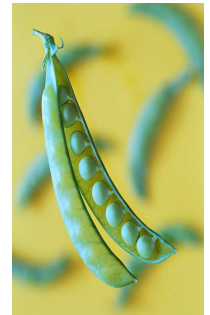
For other CPR class offerings you can contact:
Local EMS or Fire Departments, safety councils,
American Red Cross, American Heart
Association, or Lee Memorial Health Systems.

Candy is not the only item children choke on...

According to the CDC, candy was associated with 19% of all choking-related emergency department visits by children 14 years and younger. Of these cases, 65% were related to hard candy and 12.5% were related to other specified types (chocolate candy, gummy candy, chewing gum, etc). The type of candy was not specified in the remaining 22.5% of cases.

While choking is a year-round problem, it may be helpful to review tips this month before children receive Halloween Candies, holiday presents, and other items.

- Carefully supervise young children during snacks and meals
- Don't feed your child while he is crying or breathing rapidly
- Discourage talking, laughing, or playing while a child has food in mouth
- Seat children, especially toddlers, while eating
- Don't give children foods that may cause choking. The hard, smooth, or chewy foods that must be chewed with a grinding motion or foods that are round and could easily get stuck in the throat
- Cut food into small, pea-sized bites
- Mash grapes, beans, or peas before serving
- Dice hot dogs and sausages before serving
- Avoid seeds, bones, and foods that can't be cut into small pieces (such as nuts, popcorn, and hard/chewy candies)
- Only serve peanut butter spread thinly on bread or crackers. A spoonful of peanut butter can block the windpipe
- Don't give kids small items that may cause choking, such as marbles and jacks
- The safest toys for small children are said to be at least 1.25 inches around or 2.25 inches long.



Information obtained from
<http://cdc.gov> & <http://www.webmd.com>

Florida KidCare

Child health insurance you can afford!

Florida KidCare is the state's children's health insurance program for uninsured children under age 19. It includes four different parts, or programs: MediKids, Healthy Kids, Children's Medical Services and Medicaid. When you apply for the insurance, Florida KidCare will check which program your child may be eligible for based on age and family income.

There are several ways to apply for Florida KidCare:

- If you applied for Florida KidCare before, call **1-888-540-5437** to update your information by telephone, or
- [Apply online](http://www.floridakidcare.org), (www.floridakidcare.org) or
- [Print an Application and Instructions](#) you can also fax it back to 1-866-867-0054

Florida KidCare also offers several ways for you to [pay your monthly premium](#)

