



October is Safety Month!

Safety Fair

MITI Kids Child Care and Learning Center has partner with local agencies to offer a free safety and health screening fair.

- Free Blood Pressure Screening
- Fire Department will teach about fire safety
- Take Care of Yourself tips by Dr. Hardy.
- Safety Tips for October 31st
- Brain Injury Association will discuss safety and bikes.
- Infection Control Specialist will teach proper hand washing

Handwashing

To help us prevent the spread of swine flu and other contagious diseases, MITI Kids Practice Proper Hand Washing.

Always use warm, running water and a mild, preferably liquid, soap.

Wet the hands and apply a small amount (dime to quarter size) of liquid soap to hands.

Rub hands together vigorously until a soapy lather appears and continue for at least 15 seconds. Be sure to scrub between fingers, under fingernails, and around the tips and palms of the hands.

Rinse hands under warm running water. Leave the water running while drying hands.

Dry hands with a clean, disposable (or single use) towel, being careful to

Turn the faucet off using the towel as a barrier between your hands and the faucet handle.

Discard the used towel in a trash.

Consider using hand lotion to prevent chapping of hands. If using lotions, use liquids or tubes that can be squirted so that the hands do not have direct contact with container spout. Direct contact with the spout could contaminate the lotion inside the container.

When assisting a child in hand washing, either hold the child (if an infant) or have the child stand on a safety step at a height at which the child's hands can hang freely under the running water. Assist the child in performing all of the above steps and then wash your own hands.

Fire Safety Tips

Escape Route

Designate two ways out of every room, if at all possible.

Make sure that windows are not stuck closed, that screens can be removed quickly, and that security bars can be opened. For parents in particular, if a child's bedroom is upstairs, they should be able to complete these tasks in the event of an emergency.

Consider teaching a **fire escape song** to reinforce the need to get out of a burning building. This one can be sung to Frere Jacques: There's a fire! There's a fire! Must get out! Must get out! Stay away from fire! Stay away