



WELLNEWS

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Home, Safe Home- Simple steps to protect your children from common causes of injury

You wouldn't rely on a watchful eye rather than a seat belt or safety seat to keep your child safe in the car. But many parents count on supervision to keep their kids safe at home. Supervision is very important, but so is making the home environment as passively safe as you can, according to the American Academy of Pediatrics committee on injury, violence and poison prevention. This means taking simple steps to create layers of protection that prevent accidental injuries or minimize them.

Burns and fires

These are the leading cause of home injury death for children age 14 and younger, according to the Home Safety Council.

To help prevent scald burns from hot water:

- Supervise young children around sinks and tubs.
- Keep your water heater set at 120 F. (It takes just three seconds for a child to get third-degree burns from 140 F water.)
- Consider installing a faucet with an anti-scald guard, which will slow to a trickle if water becomes dangerously hot.

For home fire safety:

- Keep matches, gasoline, lighters and other flammable materials out of children's reach.
- Plan and practice an escape from your home, preferably at night when most fires happen.
- Install smoke detectors on every level of your home and in every sleeping area. Be sure to test them once a month, replace the

batteries once a year and replace the detectors at least every 10 years.

Suffocation and choking

- Airway obstruction is the No. 1 culprit for home injury deaths in children younger than 1, and second highest for kids 1 to 14.
- To avoid suffocation, babies in cribs need to sleep on their backs in a sparse environment, with no pillows, comforters or fluffy toys.
- Also, cords from older window coverings that are not up to current safety standards could pose a choking threat. To order a free retrofitting kit, contact the Window Covering Safety Council at 800-506-4636 or windowcoverings.org. While small children eat, keep them seated and supervised, and don't give children younger than 6 any small, round or hard foods. Keep floors and low places free of small objects such as buttons, coins and marbles.
- No matter how smart your toddler is, don't give him or her toys designed for children older than 3- they can be a choking hazard.
- **Drowning**
The third most common cause of home injury death for children 14 and younger can happen fast. A child can drown in a minute or two in as little as an inch of water. Home drownings happen in bathtubs, large buckets, toilets and backyard pools.
- Supervise young ones constantly when they are in or around water. Empty and turn over all water

containers after you use them, including buckets and wading pools. A swimming pool should have a 5-foot fence that goes all the way around it, with a gate that closes and locks automatically.

- Keep toddlers out of bathrooms by installing a hook-and-eye lock on the outside of the door. Children are naturally curious. It's their job to explore the world. It's the job of parents to help them do that safely.

When the bough breaks

What should you do if your child gets hurt at home? First decide whether your child's injury is an emergency. Some signs include:

- A burn that involves the hands, feet, groin, chest or face
- A cut that is large, deep or involves the head, chest or abdomen
- Bleeding that does not stop after applying pressure for five minutes

Unconsciousness

- After a head injury, any loss of consciousness, confusion, headache or vomiting Call 911 if your child is seriously injured.
- For minor or borderline injuries, call your child's pediatrician for advice.
- If your child may have swallowed a poisonous substance, call the Poison Control Center at 800-222-1222.
- Keep emergency numbers posted by every phone.
- Taking a CPR and first-aid class also can help you be prepared.

Let's Get Physical, Couch Potatoes

Freeze!

Turn off the television and relinquish that remote. Drop those Fig Newtons. You have been caught, and you're the first to admit that you're guilty as charged. You're a self-proclaimed-possibly even proud-couch potato. You watch disinterested as countless experts tout the benefits of exercise: weight loss, improved mood and cancer and heart disease prevention. You laugh in the face of studies that say it increases longevity. You may even find yourself sitting defiantly still as you read this magazine.

Excuses, Excuses

Let's face facts. You know that exercise is good for you, so what's keeping your glutes glued to the sofa? The excuses are almost as diverse as the snack foods you may be enjoying during your favorite TV program. "I hate to exercise." "Exercise is boring." "I'm too embarrassed to go to the gym." And our personal favorite, "I'm not hurting anyone but myself."

The truth is you're not alone. Despite the efforts of the healthcare industry, Americans continue to have a lukewarm attitude toward regular exercise, with just one in 10 following a consistent exercise program, according to the American Heart Association. That doesn't change the fact that regular physical activity is a must.

Still Sitting?

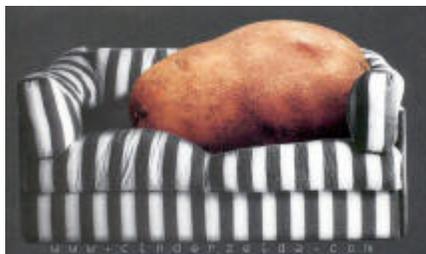
If you can't seem to tear yourself away from Everybody Loves Raymond, there are several ways to get fit in front of the tube. Checking with your physician before embarking on any fitness program is a must, but here are some ideas to get you started.

Interested in tightening your abs? Perform crunches during commercials. Want your legs to be leaner? Strap on a set of ankle weights and perform leg lifts or curls. For perfectly toned arms, pick up a pair of dumbbells and incorporate a few sets of bicep curls, shoulder raises and tricep kickbacks into your viewing habits. For cardiovascular exercise, drag your treadmill in front of the TV and walk your way through an entire episode, or try jumping rope through the commercial breaks. A half hour later, you'll have watched your show-and worked your body.

Get Moving!

You have everything to gain. Sedentary individuals experience the greatest health benefits when they begin incorporating the recommended amount of physical activity into their lifestyle, according to the Centers of Disease Control and Prevention and the American College of Sports Medicine. Capitalize on your free time by spending it with the people you value most, and do your body a favor by being active while you do it.

Now that you realize exercising doesn't have to mean pulling on a spandex leotard and risking humiliation on a cardio machine, you can start to make daily choices that will help you reap the many benefits of physical activity.



GRILLED MARINATED SIRLOIN STEAK

Yield: Makes 1 Steak (4 servings-approximately 3 ounces))

Ingredients

1 pound boneless beef top sirloin steak, cut 1 inch thick and well trimmed

Marinade:

1 tablespoon balsamic vinegar
1 tablespoon tomato paste
2 cloves garlic, minced
1 tablespoon fresh thyme, or 1 teaspoon dried thyme
1 tablespoon fresh marjoram or 1 teaspoon dried marjoram
1/2 teaspoon cracked black peppercorns

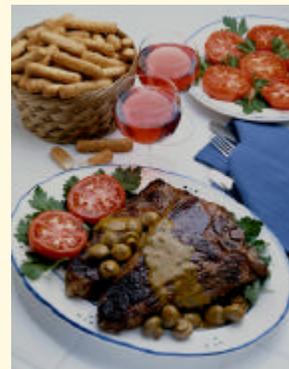
Directions

- Place the steak in a shallow glass dish or pie pan.
- Combine the marinade ingredients; spread evenly over both sides of the steak. Let stand at room temperature 30 minutes, or cover and refrigerate up to 8 hours.
- Prepare a charcoal grill or preheat the broiler. Grill or broil the steak 4 to 5 inches from the heat source 4 minutes per side for medium rare, or to desired doneness. Discard the marinade.
- Slice the steak into thin strips; serve immediately.

Nutritional Information per

Serving: Calories: 146, Fat: 5 g, Cholesterol: 65 mg, Sodium: 52 mg, Carbohydrate: 2 g, Dietary Fiber: 0 g, Sugars: 1 g, Protein: 22 g Diabetic Exchanges: 3 Lean meat

Source: The New Family Cookbook for People with Diabetes



Be sure to check out this month's healthy family activities in your community at:

http://active.com/search/index.cfm?search_criteria=&zip=54956