



## Helping Hands for Families

### Winter Safety Tips

Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has great tips for keeping your children safe and warm.

#### What to Wear

- For outdoors, dress infants and children in several thin layers to keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- Keep blankets, quilts, pillows, bumpers, sheepskins and other loose bedding out of an infant's sleeping environment because they are associated with suffocation deaths and may contribute to Sudden Infant Death Syndrome (SIDS). Sleep clothing like one-piece sleepers or wearable blankets is better. If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress. Be sure it reaches only as far as the baby's chest, so his/her face will not get covered by bedding materials.

#### Hypothermia

- Hypothermia develops when a child's temperature falls below normal due to exposure to colder temperatures. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults.
- As hypothermia sets in, the child may shiver and become lethargic, clumsy, slurred speech. Body temperature will decline in more severe cases. If you suspect your child is hypothermic, call 911 at once. Until help arrives, take child indoors, remove any wet clothing, and wrap in blankets or warm clothes.

#### Frostbite

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm, not hot, water (about the temperature of most tubs is recommended, approximately 104 degrees). Warm washcloths may be applied to frostbitten nose, ears and lips. (continued on back)



[www.theanimatedwoman.com](http://www.theanimatedwoman.com)

Marquette County  
Family Connections  
Coalition

Volume 11—Issue 1  
Winter 2015-16

Marquette County Health  
Department  
608-297-3135

Marquette Early Learning  
Center & Head Start  
608-296-2141 x 2114

Marquette County  
UW-Extension  
608-297-3141

Family Health WIC  
1-920-787-5514

Marquette County  
Human Services  
608-297-3124

Childcaring, Inc.  
1-800-628-8534

Marquette County  
Economic Support  
608-297-3124

WorkSmart Employment  
& Training Services  
608-355-4806

Westfield School District  
Family/School Liaison  
& Guidance Program  
608-296-2141

Montello School District  
608-297-7617

#### Mission

The Marquette County Family  
Connections Coalition (FCC)  
mission is to link families with  
community agencies through  
communication and  
collaboration.

## Banana Wraps

Easy enough for preschoolers to wrap and roll!

Makes: 1 wrap

### Ingredients:

- 2 to 3 tablespoons peanut butter, smooth or crunchy
- 1 (8-inch) flour tortilla
- 1 whole banana



### Directions:

**Remember to wash your hands!**

1. Spread peanut butter on one side of tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice into pinwheels or serve whole.

**Helpful Hints:** If a child is allergic to peanut butter, try substituting cream cheese. Either way, this kid-friendly snack is nutritious and can be made ahead. Just spread the peanut butter on the tortilla at home and fold it. At snack time, unfold the tortilla, peel the banana and roll it up. Kids will love the handheld all-in-one snack!

**Safety Tips:** Do not offer peanut butter to kids younger than three or four years of age. To prevent choking, spread only a thin layer on bread or wraps. The banana in this wrap makes the peanut butter less sticky and easier to swallow.

## Free Smoke Alarms in Marquette County



In 2016, the Salvation Army will install smoke alarms (with ten year batteries) in homes throughout Marquette County. Would you like yours to be one of them? There is no charge for the alarm or the installation!

The Salvation Army has joined the American Red Cross and other community organizations for the Home Fire Preparedness Campaign. The goal is to reduce the number of deaths and injuries by 25% within five years.

Home fires are the greatest disaster threat to American families. Seven people die every day from home fires. A fire-related injury is reported every 40 minutes. Annually, home fires cause 2,500 deaths and roughly \$7 billion in property damage.

Families can sign up for this no-cost smoke alarm and installation, during the Marquette County Family Adventure Day, Saturday, May 14, 2016, (more info on this to come) or sooner by signing up at [www.getasmokealarm.org](http://www.getasmokealarm.org).

## Winter Safety Tips, continued

- Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give something warm to drink. If the numbness continues for more than a few minutes, call your doctor.

### Sledding

- Keep sledders away from motor vehicles.
- Avoid sledding in crowded areas.
- Children should be supervised while sledding. Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Consider having your child wear a helmet while sledding.
- Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound, free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep (slope of less than 30°), and end with a flat runoff.

## Low Cost Internet Access [everyoneon.org](http://everyoneon.org)



This website can help you find Internet service for your home as low as \$10 a month. They can also help you discover free courses to learn how to use a computer and purchase low-cost computers or tablets.

Visit [everyoneon.org](http://everyoneon.org) or call 1-855-evry1on.