

המרכז
ללימודים
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Trying Together

Trying Together supports high-quality care and education for young children by providing advocacy, community resources, and professional growth opportunities for the needs and rights of children, their families, and the individuals who interact with them.

Contact Information

Kathy Wolfe

Designator/Quality Coach

Trying Together

412-224-0416

kathy.elrc5@alleghenycounty.us



ELRC Region 5

[Early Learning Resource Center \(ELRC\) Region 5](#) provides a single point-of-contact for Allegheny County families, early learning service providers, and communities to gain information and access services that support high-quality child care and early learning programs.

Stay Up To Date

Newsletter Sign Up

Stay up to date on Trying Together news and events:

bit.ly/receive-emails

Follow Trying Together On Social Media

Facebook: @Trying Together

Twitter: @Trying_Together

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Our Vision

Trying Together envisions
a future in which all
caregivers feel valued.

Safety and Emergencies

Overview

- Creating an emergency kit
- Fire safety
- Car seat safety
- Safe sleep
- Medication

Emergency Kit

Be Prepared for an Emergency Situation

Emergencies like natural disasters, fires, injuries and other crisis situations can happen in the blink of an eye, so it is important to be prepared.

When children and their families prepare for an emergency together, children learn the basics of staying safe, and it can make emergencies less stressful because they will feel empowered.

Create an Emergency Kit

Take time to create an emergency kit with your child(ren)- turn it into a treasure hunt or game to keep your child engaged. As you put items in the box, explain how they would help during an emergency.

Prepare kits for your home, work, and vehicle and review them every six months to a year to replace expired food items or clothing your child has outgrown.

Basic Needs

- Water (1 gallon per person per day for several days)
- Food (non-perishable) enough for 3 days
- Can openers for food
- Emergency lighting, such as a flashlight, head lamp, or battery-powered lantern. (store batteries in an airtight container, or plastic bag)
- Car chargers, power banks and adapters for home use equipment and devices.
- A surge protector power strip
- Matches in a waterproof container
- Battery-powered or back up smoke alarms and carbon monoxide detectors.
- Whistle
- A battery-powered or hand-crank weather radio with USB ports
- Warm clothes, blankets, sleeping bags, and emergency blankets to keep you warm in cold temperatures.



Personal Needs

- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Personal hygiene items.
- Infant formula, bottles, diapers, wipes and diaper rash cream.
- Pet food and extra water for your pet
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes.
- Games, books, puzzles, and other activities for children



Personal Needs

- A list of your prescriptions, including information about your diagnosis, dosage, frequency, medical supply needs and allergies.
- Medical equipment such as inhalers, hearing aids, glucose meters, test strips, and eyeglasses.
- First Aid supplies:
 - Bandages
 - Antibiotics ointment
 - Antiseptic wipes
 - Latex gloves
 - Oral thermometer
 - Hand sanitizer
 - Tweeters and scissors



Paperwork - Extra Copies

- Insurance cards (home, health and car)
- Personal identification
- Vital records
- Veterinary records and registration information
- Personal care plans

Fire Safety

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Test smoke alarms every month. If they're not working, change the batteries. Batteries should be changed at least once per year.
- Talk with all family members about a fire escape plan and practice the plan twice a year. Your plan should include two ways to escape from every room.
- Have your family practice dialing 911 and how to stop, drop, and roll.
- If a fire occurs in your home, **GET OUT, STAY OUT and CALL FOR HELP.** Never go back inside for anything or anyone.



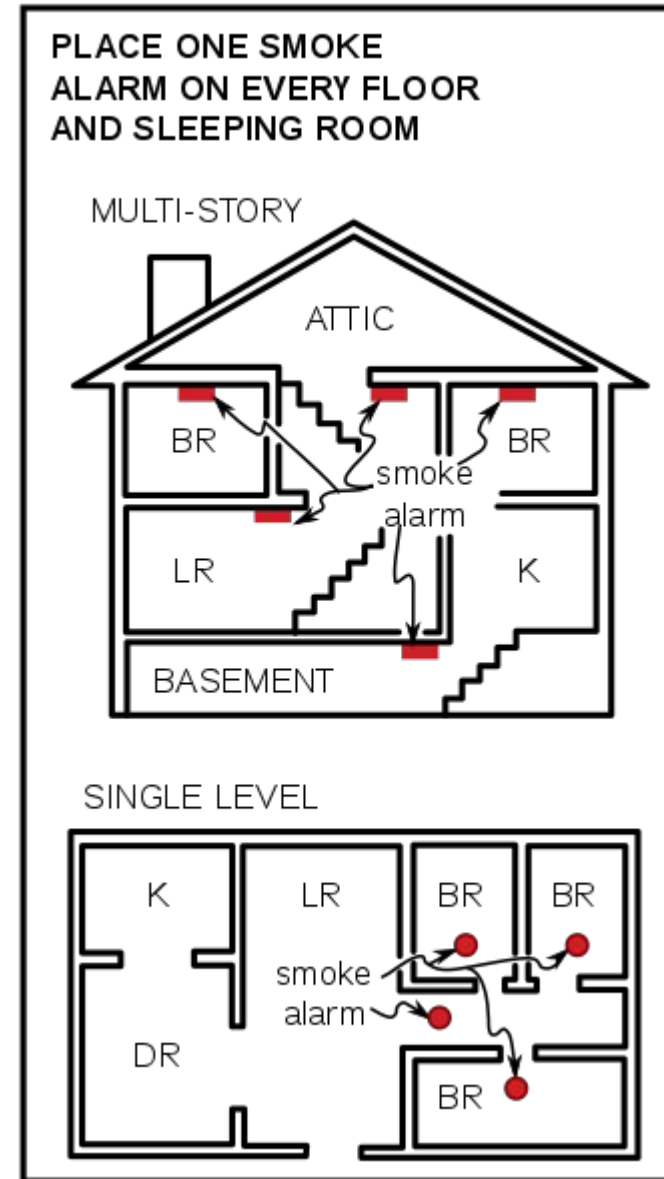
Protect Your Child from Starting Fires

The U.S. Fire Administration estimates that 300 people are killed and \$280 million in property is destroyed each year as the result of children playing with fire.

- Keep matches, lighters and other ignitable substances in a secured location out of your child's reach. Only use lighters with child-resistant features.
- Invest in flameless candles. These candles contain a light bulb rather than an open flame, and take the danger out of your child knocking over a candle.

Smoke Alarms

- How many smoke alarms are needed?
- Where should smoke alarms be placed?
- How often should you check batteries?



Fire Extinguishers

Know where to place them in your home and how often to replace them

- When needing to use a fire extinguisher remember: - PASS:
- *Pull*
- *Aim*
- *Squeeze*
- *Sweep*

Support and help for planning contact :

- Local fire department
- Red Cross: www.redcross.org



Car Seat Safety - PA Law

Child passenger safety laws vary from state to state, so it's important you are familiar with the laws here in Pennsylvania.

- **Birth-2 Years:** Must be secured in a rear-facing car seat until the child outgrows the maximum weight and height limits designated by the car seat manufacturer. Check label on car seat.
- **Birth-4 Years:** Must be properly restrained in an approved child safety seat anywhere in the vehicle.
- **4-8 Years:** Must be restrained in an appropriate booster seat.
- **8 Years and Older:** Must be in a seat belt.

Installing Your Car Seat

- The first step to correctly installing your car seat is to read both the car seat instruction manual and the vehicle manual.
- PennDOT provides funding for more than 75 fitting stations where trained technicians will check that the child safety seat is properly installed. To find a fitting station near you, search the TIPP fitting station directory.
 - <https://pakidstravelsafe.org/resources/car-seat-check-fitting-station-locations/>
- Any local police department will help install a car seat, or check to ensure the car seat is installed correctly

Seat Belt Safety - 8-12 Years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face.

- Remember: For safety your child should ride in the back seat.

Car Seat Loan Program

In many counties across the state, loan programs provide child safety seats to families in need to help them follow the law and keep children safe when riding in vehicles. Loan programs may carry a variety of seats, including infant seats, convertible seats, combination seats and booster seats.

To find a loan program near you, search the car seat loan directory.

- <https://pakidstravelsafe.org/resources/car-seat-loan-programs/>

Safe Sleep: Newborns

- In the first few months, be flexible and respond to your newborn's needs for sleeping and feeding.
- Your baby's cues will tell you what your baby needs.
- Follow your baby's lead when it comes to a routine for feeds, sleep and play.
- Most newborns spend most of their time asleep – they sleep about 16 hours in every 24. They're programmed to sleep in short bursts of about 2-3 hours between feeds, night and day.
- Also, newborns need to feed every 2-4 hours. And they need your attention during the day and night.
- The first few months of your baby's life is the time to get to know your baby, and learn about your baby's needs for sleep, feedings, and play
- You might find that a very simple, flexible routine seems to help your baby, and helps you feel more in control. But this isn't the time to worry about getting your baby into any kind of rigid routine.

Safe Sleep: Infants

- Place infants on their backs for sleep in their own sleep space with no other people.
- Use a crib, bassinet, or portable play yard with a firm, flat mattress and a fitted sheet. Avoid sleep on a couch or armchair or in a seating device, like a swing or car safety seat (except while riding in the car).
- Keep loose blankets, pillows, stuffed toys, bumpers, and other soft items out of the sleep space.
- Breastfeed if possible and avoid smoking.

Safe Sleep: Toddlers

- Toddlers need 11-14 hours sleep every 24 hours. Usually this is asleep of 10-12 hours a night, and a nap of 1-2 hours during the day.
- Toddlers are developing fast, and their sleep changes a lot at this age. For example, it can seem that toddlers are having trouble settling for sleep, getting to sleep or sleeping through the night, at least some of the time. And toddlers love to test their independence, so getting them to bed in the first place can be a challenge.
- Once you can spot your child's signs of tiredness, you'll be able to settle your child to sleep before grumpiness sets in. A firm and consistent bedtime routine will be a big help with many toddler settling and sleep issues.

Tips for Toddler Sleep

- Create a positive bedtime routine to help your toddler feel ready for sleep and settle more easily when they wake at night.
- Before you turn out the light, it's a good idea to do a quick check of your child's room to make sure the sleeping environment is safe.
- Most toddlers are ready for bed between 6:30 pm and 7:30 pm. This is a good time, because they sleep deepest between 8 pm and midnight. It's important to keep the routine consistent on weekends as well as during the week.
- Avoid boisterous play, technology, or anything excitable at least one hour before bed.

Safe Sleep: Preschoolers

- Most preschoolers need 10-13 hours of sleep a night, and some still nap during the day.
- Preschoolers sometimes have sleep problems like getting out of bed, as well as nightmares and night terrors.
- A consistent bedtime routine is the best way to handle many preschooler sleep problems.

Tips for Preschooler Sleep

- Most preschoolers are ready for bed around 7:30 pm, especially if they've had a big day at preschool. You might want to establish a 2-3 book rule for bedtime, with the promise to read more during the day.
- Before leaving the room, check that your child has everything they need for sleep, like a favorite cuddly toy or blanket. Remind your child to stay quietly in bed.
- If you want to establish a routine that doesn't involve going in to your child each time your child calls out, try to be consistent and respond only if you think they really need something.
- If your child gets out of bed, calmly ask them to go back to bed. Say that you're just in the other room. Repeat this firmly and quietly until your child doesn't get up again.

Using Medication Safely

- Giving children medicine safely can be complicated. And many parents feel the pressure when a young child needs medicine, knowing that giving too much or too little could cause serious side effects
- Using medicine safely means knowing when they are needed — and when they are not. To safely use prescription or over-the-counter medicines, talk with your doctor or pharmacist before giving them to your child. Make sure the doctor and pharmacist know if your child has any allergies or takes other medicines regularly.
- Do not give cough or cold medicines to your child unless the doctor says it's OK, especially to children under 6 years old. These products offer little benefit to young children and can have serious side effects. Many cough and cold products for children have more than one ingredient, which might increase the chances of accidental overdose if taken with another medicine.

Using Medication Safely

- Never use leftover medicines. For example, pharmacists will sometimes dispense more liquid medicine than is needed in case some is spilled or measured incorrectly. If you have leftover liquid medicine, throw it out. For medicines taken as needed, keep an eye on the expiration date to make sure you do not administer an outdated medicine.
- Never give your child medicines that have been prescribed to someone else, whether it's an adult or child. Even if two people have the same illness, they may need different drugs with different dosages and directions.
- Never give a child a medicine that is meant for adults.
- When buying over the counter medicines, check the packaging for possible tampering, and don't use any medicine with a cut, torn, or sliced package. Check the expiration date, too.

What to Know

When giving your child medicine:

- the name and purpose of the medicine
- how much, how often, and for how long the medicine should be taken
- how the medicine should be given. For example: taken by mouth; breathed into the lungs; inserted into the ears, or eyes, or applied to the skin
- any special instructions, like whether the medicine should be taken with or without food
- how the medicine is stored
- how long the medicine can be stored safely before it needs to be discarded
- common side effects or reactions
- interactions with other medicines your child takes
- what happens if your child misses a dose



Safe Storage: Out of Reach & Sight

- Use medicine containers with safety caps and keep them out of reach and sight of children. Remember that safety caps are child resistant, but not fully child proof.
- Store medicine, including over-the-counter medicines, in their original packaging in locked cabinets or containers. Safety latches that automatically lock when you close a cabinet door can help keep children away from dangerous products, but they can fail or break.
- Put medicines back in safe storage right after using them. Never leave children alone with medicines. If you are giving or taking medicine and you must do something else, such as answer the phone, take the medicine with you.
- Remind babysitters, grandparents and anyone else who visits your home to keep purses, bags, or jackets that may have medicines in them where children can't get to them.

Join Our Campaigns

Start Strong PA

Advocate for affordable high-quality child care: startstrongpa.org

Pre-K for PA

Advocate for increased access to high-quality pre-k: prekforpa.org

Childhood Begins at Home

Advocate for evidence-based home visiting: childhoodbeginsathome.org

Support Our Public Policy Agenda

Receive advocacy alerts right in your inbox: bit.ly/advocacy-alert



More Resources from Trying Together

Allegheny Child Care - www.alleghenychildcare.org

Early Learning Resource Center Region 5 - elrc5.alleghenycounty.us

The Homewood Early Learning Hub & Family Center -
www.tryingtogether.org/community-resources/hub-and-family-center

Developmentally Appropriate Parenting (DAP) Series -
<https://tryingtogether.org/parenting-resources/>

Thank you.

