

Take a look at what is going on with Charlie's House! May 2015



e-newsletter

Charlie's House was named in honor of Charlie Horn, a 2 year old boy, who was killed in 2007 when a small dresser in his bedroom fell on him.

The mission of Charlie's House is to prevent injuries to children in and around the home.

[DONATE NOW](#)

Charlie's House provides safety information, materials, and furniture straps free of charge as a way of helping keep children in our community safe. If you would like to help us achieve our mission of preventing injuries to children in and around the house, please consider a financial donation to Charlie's House.

Swimming Pool Safety Tips

The official first day of summer this year is June 21. For many school-aged children and families, summer seemingly begins with the end of the school year, the Memorial Day holiday, and opening of neighborhood and community pools. This year, Charlie's House would like to share some health and safety tips for enjoying the fun filled pool season.

Stay Close, Be Alert and Watch

- Always watch your children and never leave them unattended. Designate a “water watcher” that won't be preoccupied by swimming, reading a book, talking on a cell phone or other distraction!
- Practice touch supervision with children younger than 5 years. This means that the adult is within an arm's length of the child at all times.
- Keep children away from pool drains, pipes and other openings.
- Have a phone close by at all times for calling emergency personnel.
- If a child is missing, check the pool first.
- Share safety instructions with family,

[Facebook](#)

[Twitter](#)

[YouTube](#)

[Instagram](#)

friends and neighbors.

Learn and Practice Water Safety Skills

- **Learn to swim.** The American Academy of Pediatrics supports swimming lessons for most children 4 years and older, and for children 1 to 4 years of age who are ready to learn how to swim.
- Know how to perform **CPR on children and adults.**
- Understand the basics of life saving so that you can assist in a pool emergency.
- For above-ground pools **always keep children away from steps or ladders.** When the pool is not in use, lock or remove the ladders to prevent access by children.

Have the Appropriate Equipment

- Install a fence around the perimeter of the pool and spa of at **least four feet in height.**
- Use self-closing and self-latching gates. The latches should be higher than a child can reach - 54 inches from the bottom of the gate.
- Ensure **all pools and spas** have compliant drain covers.
- Install a door alarm from the house to the pool area.
- Maintain pool and spa covers in working order.
- Have life-saving equipment such as **life rings or reaching poles** available for use.

Healthy and Safe Swimming Week is May 18-

24th and the theme for this year is “**Make a Healthy Splash: Share the Fun, not the Germs.**” Certain germs like norovirus, E-coli, and cryptosporidium (crypto) can spread illnesses that will cause stomach infections with symptoms of vomiting, nausea, and diarrhea. These germs can be picked up by swallowing, breathing in mists or aerosols, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans.

The best way to kill germs in swimming pools is by routinely measuring and adjusting both chlorine and pH levels. Make sure to secure pool chemicals to protect people and animals. Since a few germs can survive for long periods in even the best maintained pools, it is also important that swimmers become aware of **Healthy Swimming** behaviors:

- Don't swim when ill with diarrhea.
- Don't swallow pool water.
- Take frequent bathroom breaks. Check diapers, and change them in a bathroom or diaper-changing area-not poolside-to keep germs away from the pool. Wash hands with soap and water!
- Practice good hygiene. Shower before you get in the water.

Sources:

[American Academy of Pediatrics](#)

[Centers for Disease Control & Prevention](#)

[Consumer Product Safety Commission](#)

Please mark your calendar for **Sunday, September 13** for the 3rd annual Home Run For Safety 5k, 3k and 0.4k Kids' Fun Run. We have a new location at **Shawnee Mission Park**, 8200 Renner, Shawnee, Kansas. [Click here](#) to register, or visit www.charlieshouse.org.

This fun-filled event will feature a 5k run/walk with a **certified route**, a 3k run/walk (not timed) and a 0.4k Kids' Fun Run. The routes will be on scenic paved trails. The 5k has some hills while the 3k is a loop. There will be a Kids' Zone with face painting, games, superheroes and prizes. In addition, safety educators will be available to provide free furniture straps, safety checklists and safety demonstrations.

All participants are encouraged to wear their favorite baseball team shirt or socks!

Event pricing:

- **5k Run or Walk:** \$30 until Sep 1, 2015; \$35 Sep 2-Sep 12; \$40 on race day
- **3K Run or Walk:** \$20 until Sep 1, 2015; \$25 Sep 2-Sep 12; \$30 on race day
- \$3 discount for families of 4+ for the 5K and 3K
- Kids' 0.4K fun Run: \$10

Top Finishers in the 5k will receive awards. Please see the [registration site](#) for more information.

FREE Home Safety Items!

Our mission here at Charlie's House is to keep children safe in and around the home, and as part of that mission we have begun offering

complimentary safety items, available for order through our website! Just visit www.charlieshouse.org and click the button in the upper right corner to place an order for **furniture straps, printed home safety checklists, and home safety slides** - with more items to be offered soon! Order now to keep the Charlies in your life safe.

2015 BMA Foundation Dine & Dance with the Stars

The BMA Foundation's Dance & Dine with the Stars will be held on **Saturday, June 13**, at the Overland Park Marriott. **Bob Fescue from 610 Sports Radiowill** be representing Charlie's House in the event. To purchase a table or vote for Bob, you may do so online at www.bmafoundation.com. Votes for Bob are votes for Charlie's House!

Charlies House Safety Videos

The CharliesHouse YouTube Channel houses an ever-growing collection of videos that cover a vast array of safety topics. For the latest, visit [www.youtube.com/charliesafetysite!](http://www.youtube.com/charliesafetysite)

2015 Golf Tourney Recap

The 2nd annual **Charlie's House Golf Classic** was held on May 14th at Shoal Creek Golf Club. The classic included gift bags, a \$75 credit at the Nike shop, lunch, dinner and drinks, along with a round of golf at beautiful Shoal Creek. A great time was had by the 80 golfers who participated!

“The Charlie’s House golf tournament was a quality event for a terrific cause! The golf course, the food, and the contests were all first class,” stated golfer Bob Finuf. “I am already looking forward to next year’s event.”

“I fortunately get to play in a lot of charity golf tournaments during the summer but this is one of the most fun ones” explained golfer Michael Foster. “From the Nike shop to all the cool raffle prizes, everyone walks away a winner. Most importantly, the cause really hits home with me as I also have a little crazy man running around my house, opening drawers and climbing up cabinets, whose name also happens to be Charlie.”

We look forward to the growth of this annual event that supports Charlie's House. Despite an ominous weather forecast, the rain held off and it was a great afternoon. Somewhere up above, Charlie was smiling!

Information for the 2016 Golf Classic coming soon!

Thank you to the following 2015 sponsors:

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