

## News from Charlie's House - the home safety site

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Jerry Anselmo presented a check to Charlie's House Board Members Jenny and Brett Horn following the Brian Anselmo Memorial Foundation's Dancing with the Stars. Everyone at Charlie's House thanks Jerry and the Foundation for their generation donation. The event featured Brett Horn as one of the guest dancers.

## Keeping Babies Safe While They Sleep

Lisa Cavin-Wainscott, RNC, MSN, APRN, CPST  
Charlie's House Volunteer & Education Committee Member

September was National Baby Safety Month. Since babies spend most of their time sleeping, it is important to focus on a safe sleep environment to help reduce the risk of SIDS (Sudden Infant Death Syndrome).

1. ALWAYS put your baby on its back to sleep; every nap and every night.

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.



**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.

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2. Use a firm sleep mattress with a fitted sheet.
3. Baby should sleep alone.
4. Remove all soft objects from the crib, including bumper pads, blankets, pillows, & stuffed toys. If you feel the need to use a bumper pad, use the mesh "breathable" kind.
5. Baby should wear a onesie, sleeper, or sleep sack for warmth rather than being wrapped or covered with blankets.
6. Do not allow smoking in your home or around your baby.
7. Do not allow your baby to overheat. Room temperature should be between 68-72 ° F.
8. Avoid the use of positioners & other products that claim to reduce the risk of SIDS.
9. Check on your baby frequently.
10. Consider the use of a pacifier during sleep. If breastfeeding, wait approximately one month for breastfeeding to be well-established prior to introducing a pacifier.
11. Check your crib and other products to make sure they meet federal safety standards.

Car seat safety is also an extremely important parental responsibility. For the best protection, keep your baby in a rear-facing child safety seat in a back seat for as long as possible. As of March 2011, American Academy of Pediatrics (AAP) recommendations urge parents to keep children rear facing up to **at least the second birthday** or up to the height or weight limit of the seat. Hundreds of vehicles and car seats on the market make using your baby's car seat very confusing. It is important to read the manual for the safety seat and the manual for the vehicle that you'll be using. Go to a car seat check station for help from certified Child Passenger Safety Technicians (CPSTs). You can go learn more about installing the car seat correctly before the baby is born. Then go again after the baby is born to be sure they are fitted in the seat correctly. Many seat check stations require an appointment, but there are some open events. To find a car seat check station, go to [www.seatcheck.org](http://www.seatcheck.org) or [www.nhtsa.gov](http://www.nhtsa.gov) for the National Highway Traffic Safety Administration.

For more information, visit:

[Back to Sleep Campaign](#)

[Consumer Product Safety Commission](#)

[Juvenile Product Manufacturer's Association](#)

[Recalled Products](#)

[SIDS Resources](#)

## Charlie's House Welcomes New Board Member

Dr. Denise Dowd has recently joined the Charlie's House Board of Directors. Dr. Dowd brings with her a wealth of knowledge on injuries to children. Dr. Dowd is an Emergency Physician and Director of Research for the Division of Emergency and Urgent Care of the Children's Mercy Hospital. Her work has included advocacy, research and program building in injury prevention at the local, and national level. Dr. Dowd has served in a leadership capacity in injury and violence prevention with the American Academy of Pediatrics over the last twenty years, including the authoring of policy statements and Congressional testimony. She has published over 60 articles and book chapters and is a frequent local and national invited speaker on pediatric emergency care and injury prevention.

Welcome Dr. Dowd!

## Halloween Safety Tips

Halloween is among the most joyfully anticipated nights of the year for children in the United States. While trick-or-treating can be a fun family activity, children are often exposed to increased risks while celebrating the holiday. Safe Kids Worldwide recommends the following safety tips to parents and caregivers based on findings from a newly conducted research study.

Only one-third (35%) of parents discuss Halloween safety with their children every year.

- Talk to children every Halloween about preventing pedestrian injuries, falls, poisoning and burns to help keep them safe.
- Recognize that children do not always understand dangers, placing them at risk.

More than one in nine (12%) parents report that their child ages 5 years or younger is permitted to trick-or-treat without adult supervision.

- Children under age 12 should always trick-or-treat and cross streets with an adult.

- Always walk on sidewalks or paths and cross the street at corners using traffic signals and crosswalks.

Only one in three (31%) parents express fears about child pedestrian injuries on Halloween night, despite the excess risk of walking on or near streets in the dark.

- Drivers should slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in ways drivers do not expect.
- Drivers should anticipate heavy pedestrian traffic and turn their headlights on earlier in the day to spot children from greater distances.

Two-fifths (40%) of parents allow one or more unsafe costume items to be used by their child, including a mask, long, baggy or loose clothing, and/or a sword, cane, or stick.

- Decorate costumes and bags with reflective tape or stickers and choose light-colored costumes to improve visibility.
- Have kids carry glow sticks or flashlights in order to see better, as well as to be seen by drivers. Liquid in glow sticks is hazardous, so remind children not to chew on or break them.



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