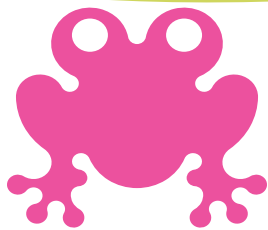


DECEMBER

Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies that need specialized care.

Making Safety a Priority This Holiday Season

Let's face it: you have so much to do during the holiday season, it's easy to let some things fall through the cracks – just be sure that safety isn't one of them.

Candles – these blazing accessories are an accident waiting to happen. Make sure lit candles are placed far from anything flammable. And make sure they're not in reach of young children. Pay attention to the candle's instructions, including how long each candle is intended to burn and which candle holders are recommended.

Décor – holiday decorations, while festive, are potential hazards for young children. Make sure your garlands is either secured or out of reach if kids are around. Keep in mind that low-hanging tree ornaments look like toys to toddlers and crawling babies. And all those extension cords needed for holiday lights are especially dangerous if accessible to little ones.

Meat – that big turkey or huge ham calls for extra-attentive culinary skills. Invest in a meat thermometer, if you don't already have one, to ensure your meat is cooked thoroughly to prevent food poisoning.

Toys – in addition to avoiding toys with lead, make sure your presents are age-appropriate for their recipients. Keep "big kid" toys" out of reach from the tiny tots. Toys with small or removable parts, magnets or batteries should be kept away from very young children to prevent choking or swallowing accidents.

Packaging and wrapping – take care to clean up the gift wrap, ribbon and product packaging that are bound to be strewn about the floor. Cuts from paper and hard plastic are common reasons breaking out the first aid kit during the holidays.

Germs – keep the germs away by asking all your houseguests (children and adults) to wash their hands frequently. It's a good practice to encourage kids to wash their hands before and after playtime. Be sure every person has her or his own towel that has a place to dry out completely before next use. If the kids are sharing beds, wash the sheets every other day and make sure there's no pillow swapping.



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