Daylight Savings Time 2020 begins on March 8th! It's the perfect time to change the batteries in your smoke alarms throughout the house, and practice your home fire escape plan!

**IN THIS ISSUE**

- How to avoid scalds in the kitchen and bathroom
- Fireplace and firepit safety
- Superhero Fun Activities

Set your water heater at 120 degrees F/48 degrees C to avoid scald burns.

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Be a BURN SAFETY HERO!

Burns can be serious injuries at any age, but young children are at greater risk for burn injuries because they are naturally curious, and they are unsteady as they begin to crawl and walk. They are often unaware of the dangers that hot objects pose!

In this issue of Safety Lines, YOU can learn to be your child's BURN SAFETY HERO for your family! We'll talk about the different ways children can be burned and ways to prevent these types of burns from happening!
Cause of Burn: **SCALDS**

Scald burns occur when skin comes in contact with hot water or steam. Scalds can be caused by tap water, hot drinks like coffee or tea, or even hot soup!

**KNOCK OUT scald burns!! Keep your family safe by:**

- Set your water heater at 120 degrees F/48 degrees C.
- Use a thermometer to test the water coming out of your bath water tap.
- Turn cold on first and hot on last, and turn hot off first.
- Use back burners and turn pot handles toward the back of the stove so children cannot pull them down.
- Keep children away from the stove when cooking by using a gate for younger children and marking with tape a 3-foot “no-zone” for older children.
- Use a travel mug with a tight-fitting lid for all hot drinks

Cause of Burn: **FLAME**

- Closely supervise burning candles. Keep them out of reach of children and pets who may knock them over. Never leave candles burning while you are sleeping. Use safe, sturdy candle holders.
- Leave fireworks to the pros! Do NOT allow children to play with fireworks of any kind. Sparklers, often considered “safe”, burn at about 1800 degrees F, or 8.5 times hotter than boiling water!
- Install safety gates around fire places and wood stoves
- Take extra care with young children around fire pits and campfires
- Teach your child to stop, drop, and roll if their clothes catch fire
Cause of Burn: **CONTACT WITH HOT ITEMS**

- When using appliances that get hot (such as curling irons/hair straighteners, crock pot, coffee pot), make sure the device and the cord are placed out of the reach of children.
- Glass doors on the front of fireplaces can remain hot enough to cause deep burn injuries up to one hour after being shut off! Install protective barriers, maintain a 3-foot no kid zone, and keep wall switches and remote controls out of the reach of children.

Cause of Burn: **ELECTRICITY**

- Use outlet covers in electrical outlets so that children are unable to insert metal objects, such as forks or keys.
- Keep electric cords out of the reach of children.

Cause of Burn: **FIRE MisUSE**

The villain in this scenario? Matches and lighters in the hands of children!

**Be your child’s hero by:**

- Teach children that matches and lighters are tools for adults only. OLDER children may ONLY use them (after obtaining permission) in a safe manner and while under proper adult supervision.
- Keep matches and lighters high out of the reach and sight of children, in a locked cabinet.
- Avoid novelty lighters that look like toys.
**SUPERHERO PHOTO STAGE**

Turn your little one into a superhero with a photo backdrop you make with cardboard boxes for buildings and a sheet for the background. Cut out a bat signal for added fun.

**SUPERHERO HOP**

Make “Super Spots” by printing action words like JUMP, SPIN, TWIST, HOP, and LUNGE on sheets of paper. The sheets can be laminated to use over and over again.

1. Lay the super spots with movement words out on the floor. Have the same number of super spots as kids playing.
2. Turn on the music. Movement and music go hand in hand!
3. When the music starts, tell the kids to hop or walk between the super spots.
4. When the music stops have the kids perform the action written on their super spot.
5. Start the music again and play resumes.

This can easily be modified to a musical chairs-like game by having one less super spot than kids playing. When the music stops, the child who is not on a spot is out.

**Sensory play with GREEN HULK SLIME**

**SUPPLIES**
- 1/2 cup school glue (Use clear glue for transparent slime.)
- Green food coloring
- 1/2 cup water
- 1/2 cup liquid starch
- Glitter, sequins, etc.
- 2 bowls

**INSTRUCTIONS**

Thoroughly mix the glue and water together in one bowl. Add the glitter, sequins, or confetti along with the food coloring. Tip: When you use clear glue you will get a more shiny and see through substance. Add the liquid starch. Mix with spoon until the mixture thickens and can be kneaded with your hands.

Transfer mixture to a clean, dry, resealable container and allow to sit for 10-20 minutes.

Store in closed container. If slime becomes moldy or dries out discard and start a new batch.

**SPIDERMAN SILLY STRING**

Buy cans of dollar store silly string and wrap with downloadable Spiderman labels from Pinterest or Etsy. Or have your kids make their own using blank labels and markers!