



Holiday Alert: Safety and Stress Management

The holiday season is a time of joy and celebrations. Children, families and caregivers eagerly anticipate extra fun and special occasions. Unfortunately, there are risks for children that accompany this season. Children can experience stress on their emotional well-being and threats to their physical safety.

Awareness and proactive measures can keep the holidays both fun and safe. The following articles contain tips and guidelines to help both children and adults navigate happily through the holiday season. This important information is targeted to anyone caring for children.

- ❁ **Smart Start** offers some “holiday stress prevention tips” to make sure that the holiday season is more enjoyable for everyone.
<http://www.smartstart-nc.org/tips/holiday.htm>
- ❁ **King County, WA, Child Care Health Program** provides tips for “helping children cope with stress,” guidelines for dealing with stressful situations and stress reduction activities.
<http://www.metrokc.gov/health/childcare/holidaystress.htm>
- ❁ **The American Academy of Pediatrics** provides safety tips about holiday decorations, toys, foods, and outdoor and indoor environmental hazards of the season. <http://www.aap.org/advocacy/releases/dectips.htm>
- ❁ **The Consumer Product Safety Commission** lists many recalled toys and kids’ products that you will want to avoid or discard before a child is injured by them. They also give guidelines to choosing appropriate toys for children. <http://www.cpsc.gov/cpsc/pub/prerel/prhtml04/04037.html> This site is now **available in Spanish!** <http://www.cpsc.gov/cpsc/pub/spanish/04037s.html>

Have a Safe and Happy Holiday Season!

