

Neighborhood House

Employee Anniversaries

Markie 8 yrs.
Candice 5 yrs.

Employee Birthdays

Markie 12/2
Jodeci 12/20

December Children's Birthdays

Precious Paul
Jafiya Taylor
Bayla Trishelle

Employee of the Month
ABOVE AND BEYOND

CINDY SHIPLEY

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Natl Pie & Eat a Red Apple Day	2
3	4 Natl Sock Day	5	6	7 Cotton Candy Day	8 Pretend to be a Time Traveler, PreK sings for Seniors at NH	9
10	11	12 Gingerbread House Day	13	14	15 Natl Ugly Xmas Sweater Day	16
17	18 Xmas Carol practice begins	19	20	21 Polar Express PJ Day	22 Center Xmas Carols (School Age) Santa Visits	23 Kidz Club Closed
24	25 <i>Merry Christmas</i>	26 Natl Thank You Note Day	27	28	29 New Year's Disco Party	30 Kidz Club Closed
31 New Year's Eve						

Choking Prevention for Children

Infants and toddlers will put anything in their mouths. In fact, if you look around your home - on the floor and on low shelves, at a child's eye level - you'll find a choking incident waiting to happen. Children are naturally curious and even toys that start out innocent can become dangerous if they are broken or taken apart.

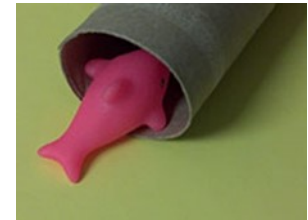
Choking is the fourth leading cause of accidental death in young children. Older infants and children under age 4 are at the greatest risk for choking on food and small objects.

Choking occurs when food or objects enter the airway (trachea). Blocking the airway prevents oxygen from getting into the lungs and to the brain. If the brain goes without oxygen for more than 4 minutes, brain damage or death can occur.



Prevention Tips

- Supervision is the best way to prevent accidental choking.
- Do not allow your child to play with small objects such as nuts, coins and beads. These objects are easily swallowed and can cause a child to choke. You can test your child's toys by putting them through a toilet paper roll tube. If something fits, it can easily fit in your child's throat and he or she can choke or possibly swallow it.
- When preparing your child's meals, make sure to cut up food into small, thin pieces.
- Insist that children eat while sitting—they should never run, walk, or play with food in their mouths.
- Keep plastic wrappers and bags away from your child. These things can cause a child to suffocate if he or she is able to put them over the nose and mouth.



First Aid for Choking

If the child can cough, speak, or breathe, do not interfere. If the child is unable to cough, speak, or breathe, call 9-1-1 immediately. Then follow these steps for emergency first aid.

For an infant:

- Try 5 quick back blows.
- Then give 5 thrusts. Place 2 fingers on the breastbone between the nipples. Push down and then let go.
- Repeat until airway is clear or until the infant is able to breathe.

For a child: (Heimlich Maneuver)

- Stand behind the child with your fists clasped between the navel and bottom of the breastbone.
- Give 5 quick, strong thrusts, in and upward.
- Repeat until airway is clear.