

Portland Events

All the winter fun this month!



Reminders

Please complete the Annual Paperwork Packet! 

Electronic and paper versions available. Please complete and return so that we have your child's most up to date info!

Winter and Car Seat Safety

Bulky clothing, including winter coats should never be worn in car seats

- Hats, mittens, socks, and blankets can help keep kids warm without interfering with seat belts.
- Tighten the straps of the car seat. If you can pinch the straps it is too loose.
- Keep an emergency bag in your car with extra blankets, dry clothing, hats, gloves, and non-perishable snacks.

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The Kidz Club
Prescribed Pediatric Extended Care

January

National Birth Defects Prevention Month

2021 Prevention Theme "Best for You. Best for Baby." Not all birth defects can be prevented. But, you can increase your chances of having a healthy baby by doing what you can to be your healthiest self both before and during pregnancy.

What is best for you is also best for your baby. The NBDPN Education and Outreach Committee has developed materials and resources to assist those interested in raising awareness during National Birth Defects Prevention Month.

Scan code to access resources and the top 5 tips for prevention.



Therapy Spotlight

Feeding Tips



Oral Motor

A speech therapist can help your child with chewing, drinking, or swallowing

Utensil Use



An occupational therapist can help your child use spoons, forks, or cups while eating

Sensory

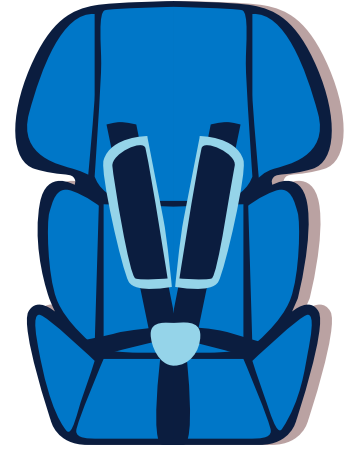
Both can help if your child will not eat certain textures, temperatures, or flavors of food




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Winter and Car Seat Safety

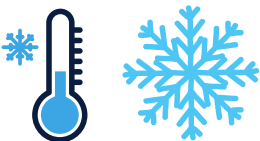
Bulky clothing, including winter coats should never be worn in car seats. In the event of an accident, the extra material instantly flattens out from the force of impact and leaves extra space under the harness or belt which can allow your child to be thrown from the seat.



Suggestions from the American Academy of Pediatrics to keep your child warm and safe in their car seat:

- Store the carrier portion of infant seats inside the house when not in use. Keeping the seat at room temperature will reduce the loss of the child's body heat in the car.
- Get an early start and allow extra time since driving in wintry conditions require you to slow down and use extra caution.
- Dress in thin layers. Close-fitting layers should be worn closest to the body and infants will need one more layer than adults.
- Don't forget hats, mittens, and socks or booties to help keep kids warm without interfering with car seat straps.
- Tighten the straps of the car seat harness. If you can pinch the straps, it is too loose.
- Make sure to remove your child's coat and blanket once inside the car. You can use the blanket or put your child's coat on backwards over the straps of the car seat.
- Only use a car seat cover that goes over the baby. If the car seat cover has a layer under the body, it should not be used. Be sure to leave the face uncovered to avoid trapped air and suffocation.
- Remember, if the item did not come with the car seat, it has not been crash tested and may interfere with the protection provided in a crash.
- Keep an emergency bag in your car with extra blankets, dry clothing, hats, gloves, and non-perishable snacks.

Additional tips for staying safe during cold weather:



<https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Winter-Car-Seat-Safety-Tips.aspx>

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