



# Grandparents Corner

*January 2012*

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Winter brings severe storms, light dustings of snow and cold temperatures. Below are some very helpful tips provided by the American Academy of Pediatrics (AAP) concerning ways to keep your children safe and warm.

## **What to Wear**

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.

- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- Blankets, quilts, pillows and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. One-piece sleepers are preferred.
- If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding materials.

## **Hypothermia**

- Hypothermia develops when a child's temperature falls below normal due to exposure to colder temperatures, usually when a child is playing outside in extremely cold weather without wearing proper clothing or when clothes become wet. It can occur more quickly in children than in adults.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases.
- If you suspect hypothermia, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him/her in blankets or warm clothes.

## **Frostbite**

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on fingers, toes, ears or the nose. They may become pale, gray or blistered. The child may complain of his/her skin burning or a feeling of numbness.
- Bring the child inside and place the frostbitten parts of his/her body in warm (not hot) water - 104 degrees Fahrenheit is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips.
- Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink.
- If the numbness continues for more than a few minutes, call your doctor.

**Resource: [www.aap.org](http://www.aap.org) - American Academy of Pediatrics**

*Even prominent people such as Margaret Thatcher, Sonya Sotomayor, Hillary Clinton and the Pope have experienced falls in recent years. A fall happens in a split second, yet the effects can last a very long time. If an older person falls, they lose mobility, which can lead to circulatory problems, blood clots and a series of health problems. Read the issue and answer True or False to the questions below.*

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1. Each year, one-third of the population 65 years and older experiences at least one fall, and half of those fall repeatedly.    T    F
2. People who fall frequently should be enrolled in an emergency signaling system.  
T    F
3. Nothing can be done to prevent falls in seniors.    T    F
4. Alcohol, when taken with medications, can cause falls.    T    F
5. Bifocal eye glasses can make it difficult to see the floor and cause a fall.    T    F
6. A good way to tell if a part of the body has been injured in a fall is to compare it with an uninjured part.    T    F
7. How you react after a fall can cause more injuries than the fall itself.    T    F
8. People with Alzheimer's never have difficulty with balance.    T    F
9. Exercise reduces the risk of falls.    T    F
10. Using a walker or a cane cannot cause a fall.    T    F

**KEY:** 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. F 9. T 10. F