



# Grandparents Corner

## December 2013 - Holiday Toy Safety

The holidays are a fun time of year for most children, with anticipation of gifts, seeing family, and being out of school. It is also an important time of the year to be mindful of your children's safety.

The following tips can help you choose toys for the holidays that will bring joy throughout the year:

- Select safe toys to suit the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still place objects in their mouths, avoid toys with small parts, which could pose a fatal choking hazard.
- Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- For all children under age 8, avoid toys that have sharp edges and points.
- Do not purchase electric toys with heating elements for children under age 8.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- Immediately discard plastic wrappings on toys, which can cause suffocation, before they become deadly playthings.
- If your child is going to be given a gift that he/she can ride, such as a bicycle, inline skates, scooter, or a skateboard, be sure they also receive the appropriate protective equipment, including a helmet and pads.
- Discourage your kids from playing with BB and pellet guns.

Source: [www.pediatrics.about.com/cs/safetyfirstaid/a/holiday\\_safety.htm](http://www.pediatrics.about.com/cs/safetyfirstaid/a/holiday_safety.htm)

## Holiday Recipe - White Chocolate Party Mix

### Ingredients:

5 cups Cheerios  
5 cups Corn Chex  
2 cups Salted Peanuts  
1 pound Chocolate M&Ms  
1 package (10 ounces) Mini Pretzels  
2 packages (12 ounces each)  
White Baking Chips  
3 Tbsp. Canola Oil

### Directions

1. In a large bowl, combine first five ingredients; set aside. In a microwave-safe bowl, heat chips and oil at 70% power for 1 minute, stirring once. Microwave on high for 5 seconds; stir until smooth.
2. Pour over cereal mixture and mix well. Spread onto three waxed paper-lined baking sheets. Cool; break apart. Store in an airtight container. Yield: 5 quarts.

### Nutritional Facts

1 serving (3/4 cup) equals 547 calories, 27g fat (10g saturated fat), 9mg cholesterol, 589mg sodium, 70g carbohydrate, 4g fiber, 11g protein.

Source: Taste of Home  
[www.tasteofhome.com](http://www.tasteofhome.com)

*Winter can be a beautiful time of year; however, a winter wonderland can be hazardous for seniors. Knowing the precautions to take and the symptoms of trouble can help you and the person in your care enjoy the coming season. Answer True or False to the questions below.*

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1. *Hypothermia is the word to describe abnormally low body temperature. T F*
2. *Signs include impaired judgment, shivering, cold pale skin, and slow breathing. T F*
3. *A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. T F*
4. *A drink of alcohol helps warm the body. T F*
5. *Snow shoveling may raise the risk of heart attack. T F*
6. *The kitchen stove is a good and safe way to heat the house. T F*
7. *If you have medical equipment, it is important to know how to maintain or move it in an emergency. T F*
8. *Wearing a hat indoors will help keep the body from losing heat. T F*
9. *Avoid rubbing the person's skin if you suspect the person in your care has hypothermia. T F*
10. *The house temperature should be kept no lower than 65° F (70° F if the person is ill). T F*

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