



Health and Wellness

Tip of the Week Week 50 December 14, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Don't Toy With Safety This Holiday

It's that time of year again. As you get ready for the holidays, be sure to keep the most important gift in mind. Wrap the gift of safety this holiday season with these helpful hints:

- Choose safe toys based on your child's age.
- Check all toys, whether you buy them, or your child gets them as gifts.
- Stay away from toys that could cause choking, such as those with small parts, loose batteries or magnets.
- Watch your child if the toy calls for adult supervision.
- Keep toys for older children away from younger children.
- Make sure your child has the right safety gear, such as goggles or a helmet, for sports-linked gifts or riding toys.
- Throw away plastic wrappings or packages once gifts are opened.

Keep your gift list safe this year by checking toy recalls.



Sources: Centers for Disease Control and Prevention; National Institutes of Health

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