

**SAFE
K:DS**
COLUMBUS



Piedmont
COLUMBUS REGIONAL

Newsletter

September 2026

Help us make every kid a safe kid



OCTOBER

Fall is a wonderful time for families to enjoy their communities, but safety should remain part of every activity.

SIDS Awareness Month



CLASSES & SERVICES safekidscolumbusga.org

Safe Sleep Class: includes a new portable crib for eligible parents.

Requires Program Application:

CLASSES & SERVICES

[\(safekidscolumbusga.org\)](http://safekidscolumbusga.org)

Upcoming dates:

Oct 6 • Nov 3 • Dec 1

Car Seat Class: includes a new car seat for eligible parents.

Requires Program Application:

CLASSES & SERVICES

[\(safekidscolumbusga.org\)](http://safekidscolumbusga.org)

Upcoming dates:

Oct 20 • Nov 10 • Dec 8

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Preventing Childhood Injuries at home, at play & on the way.

Aflac



Kiwanis
CLUB OF COLUMBUS, GA



Growing Room
CHILD DEVELOPMENT CENTERS



Rivertown
PEDIATRICS



HUGHSTON
CLINIC
Research • Education • Treatment

**Georgia
Power**

Safe Kids Columbus at the Bill and Olivia Amos Children's Hospital | 616 19th Street | Ground Floor | Columbus, GA 31901
P: 706.321.6720 | M: PO Box 4561, Columbus GA 31914 | E: safekidscolumbusga@piedmont.org | W: safekidscolumbusga.org

Sponsor Spotlight

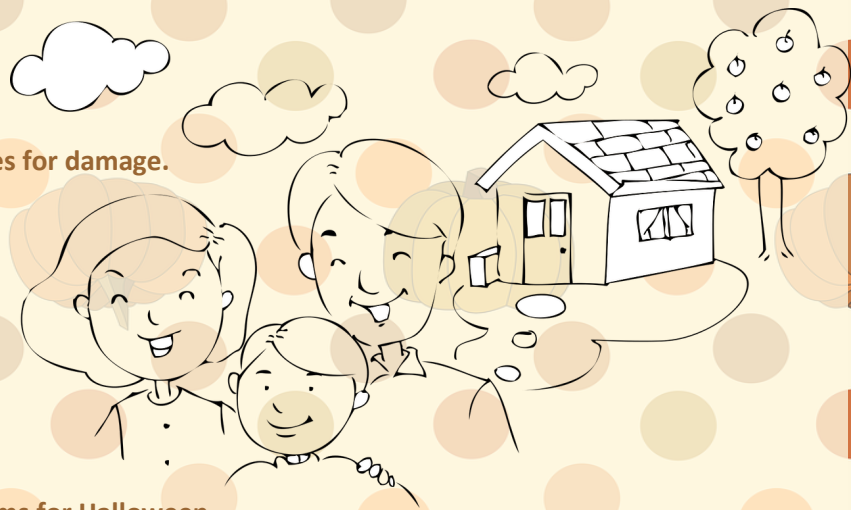


Jack Hughston Memorial Hospital strives to deliver the highest quality patient care. The hospital has been ranked in the top 10% nationwide for both orthopedic and joint replacement care; in fact, it is the only hospital in Alabama to be recognized for excellence in both these areas during a given year. Furthermore, for ten years in a row (2012-2021), it has not only been listed among America's 100 Best Hospitals for Orthopaedic Surgery and Joint Replacement, but has also been included by Healthgrades in the top 5% of hospitals in the nation for overall orthopedic services and joint replacement. We are responsible to ensure that our patients receive only the highest level of quality treatment for musculoskeletal injury and disease.

OCTOBER FAMILY SAFETY CHECKLIST

Take a few minutes this month to review these safety items with your family:

- ☐ Test your smoke alarms.
- ☐ Check your carbon monoxide alarms.
- ☐ Review your family's fire escape plan.
- ☐ Practice a home fire drill.
- ☐ Check rechargeable devices and lithium-ion batteries for damage.
- ☐ Review pedestrian safety with your children.
- ☐ Talk with your teen about safe driving.
- ☐ Review school bus safety rules.
- ☐ Check your baby's sleep environment.
- ☐ Prepare safe Halloween costumes.
- ☐ Make sure children have flashlights or reflective items for Halloween.
- ☐ Remind children to look both ways before crossing streets.

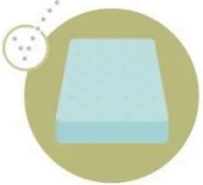


SIDS Awareness Month

October is #SIDSAwarenessMonth, a reminder of how important safe sleep is for every baby. Sudden unexpected infant deaths are tragic losses. Making safe sleep education is one of our highest priorities, helping parents and caregivers know how to create a sleep environment that keeps babies safe every nap and every night.



Place **babies on their backs** for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.



Choose a **firm mattress** and fitted sheet for baby's crib. **Remove toys, blankets, pillows, bumper pads** and other accessories from the crib.



Dress baby in a **wearable blanket, onesie** or similar clothing for every sleep. A loose blanket could cover baby's airway or make their body temperature too high.



[Click Here](#)

Share your room, not your bed.

Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.



Follow the manufacturer's instructions

to assemble your crib. Make sure to complete and **submit the product registration card** to learn about any recalls or safety updates.



For more information, visit www.safekids.org

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WORLDWIDE

SAFE SLEEP TIPS:

- Always place babies on their backs to sleep.
- Use a firm, flat sleep surface.
- Use a crib, bassinet, or portable play yard that meets current safety standards.
- Keep the baby's sleep area free of pillows, blankets, bumpers, stuffed animals, and other soft objects.
- Keep the baby's sleep space in the same room as the parents or caregiver, but not in the same bed.
- Avoid exposing babies to smoke or nicotine.
- Breastfeeding is encouraged when possible.
- Offer a pacifier at sleep time if appropriate.
- Avoid overheating the baby.

Remember:

BABIES SHOULD SLEEP ALONE, ON THEIR BACK, AND IN A SAFE CRIB, BASSINET, OR PLAY YARD.



INTERNATIONAL WALK TO SCHOOL DAY - OCTOBER 7

Walking to school can be a great opportunity for children to develop pedestrian safety skills. Parents and caregivers can help children learn how to safely navigate streets, intersections, crosswalks, and traffic.

WALKING SAFETY TIPS:

- Use sidewalks and designated walking paths whenever available.
- Cross streets at crosswalks or intersections.
- Look left, right, and left again before crossing.
- Make eye contact with drivers before crossing in front of vehicles.
- Follow crossing signals and traffic signs.
- Stay alert and put away phones and other distractions.
- Walk with a buddy or adult when appropriate.
- Teach children to watch for cars entering and leaving driveways and parking lots.

Remember: Children are still developing the ability to judge the speed and distance of vehicles. Young children should be supervised when walking near traffic.



FIRE PREVENTION WEEK - OCTOBER 4-10



"Reproduced from NFPA website fpw.org, © NFPA 2026."

Help us spread the word that everyday actions can help prevent lithium-ion battery fires. Use your charging superpower by making smart choices every time you plug in.

Charge on a hard, flat surface like a table, desk, or floor. Beds, couches, and pillows can trap heat and block airflow, which can cause a battery to overheat. For more info: fpw.org.

#firepreventionweek #sparky #firesafety #batterysafety

**SOFT
SURFACE?
HARD
PASS.**



Small action. Big impact.



FIRE
PREVENTION
WEEK

FPW.ORG



LITHIUM-ION BATTERY SAFETY:

- Use the charger that came with the device or one approved by the manufacturer.
- Follow the manufacturer's charging instructions.
- Do not use batteries or charging equipment that are damaged or show signs of swelling, overheating, leaking, or unusual odor.
- Do not charge devices under pillows, on beds, or where heat can build up.
- Keep charging devices away from bedding, curtains, and other materials that can catch fire.
- Do not overcharge batteries.
- Keep batteries and devices away from extreme heat.
- Use products that have been tested and certified for safety.
- Follow manufacturer instructions for storing and disposing of batteries.



Never ignore signs that a battery may be damaged or overheating.

If a device or battery becomes unusually hot, swells, leaks, smells unusual, or produces smoke, move away from it and seek appropriate emergency assistance.



HOME FIRE DRILL - OCTOBER 14

Practice makes prepared!

A home fire drill helps children and adults know what to do if a fire occurs.

DURING YOUR FAMILY FIRE DRILL:

- Make sure everyone knows at least two ways out of each room when possible.
- Choose a safe meeting place outside the home.
- Practice crawling low if there is smoke.
- Teach children never to hide during a fire.
- Teach children never to go back inside for toys, pets, or other belongings.
- Practice using the family's escape plan.
- Make sure everyone knows to GET OUT and STAY OUT.

Families should practice their fire escape plan regularly so that children become familiar with what to do during an emergency.

HOME FIRE SAFETY

Every home should have working smoke alarms and a fire escape plan.

Families should:

- Install smoke alarms on every level of the home.
- Place smoke alarms inside bedrooms and outside sleeping areas.
- Test smoke alarms regularly.
- Replace smoke alarms according to the manufacturer's recommendations.
- Make sure everyone knows the sound of the smoke alarm.
- Keep exits clear of clutter.
- Teach children to get outside and stay outside during a fire.

NATIONAL TEEN DRIVER SAFETY WEEK - OCTOBER 18-24

[Click Here](#)

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Teens in Cars



The number one killer of teens is motor vehicle crashes.

Fatalities are split almost equally between teen drivers and passengers.



1 in 4 teens surveyed said they don't use a seat belt on every ride.

In half of families, the teen was not wearing a seat belt.



Seat belts reduce the risk of death for front seat passengers by 45 percent.



Teens who don't use seat belts are more likely to say they text while driving than those who do.



33 percent of teens said they have ridden with a teen driver who was texting, and 55 percent said they think other teens have done so.

43 percent of teens reported riding as a passenger with a teen driver who was talking on the phone.



One study found that the odds of a crash or near-crash in newly-licensed teen drivers was more than 8 times greater when using a cell phone.



More than half of teens surveyed said they have seen a parent talking on the phone while driving.



28%

28 percent have been riding in a car with a parent who was texting.

49% of teens reported feeling unsafe when riding with a teen driver.

31% when riding with a parent.

STOP

When someone was driving dangerously, 4 in 10 teens say they asked the driver to stop, but almost the same number said they did nothing.

Buckle Up and Speak Up
for a Safe Ride Every Time.

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Teen drivers are still developing driving experience and judgment. Parents and caregivers can play an important role in helping teens develop safe driving habits.

PARENTS CAN HELP BY:

- Establishing clear family driving rules.
- Making sure teens always wear a seat belt.
- Setting limits on passengers.
- Establishing rules about nighttime driving.
- Talking about the dangers of distracted driving.
- Prohibiting phone use while driving.
- Never allowing driving under the influence of alcohol or drugs.
- Encouraging teens to slow down and follow speed limits.
- Providing plenty of supervised driving practice.
- Modeling safe driving behavior every time you drive.

DISTRACTED DRIVING

Phones, passengers, music, food, and other distractions can take a driver's attention away from the road.

Teach teens that driving requires their full attention.

A simple rule for young drivers:

Eyes on the road.
Hands on the wheel.
Mind on driving.

[Click Here](#)





NATIONAL SCHOOL BUS SAFETY WEEK -OCTOBER 19-23

DRIVER REMINDER:

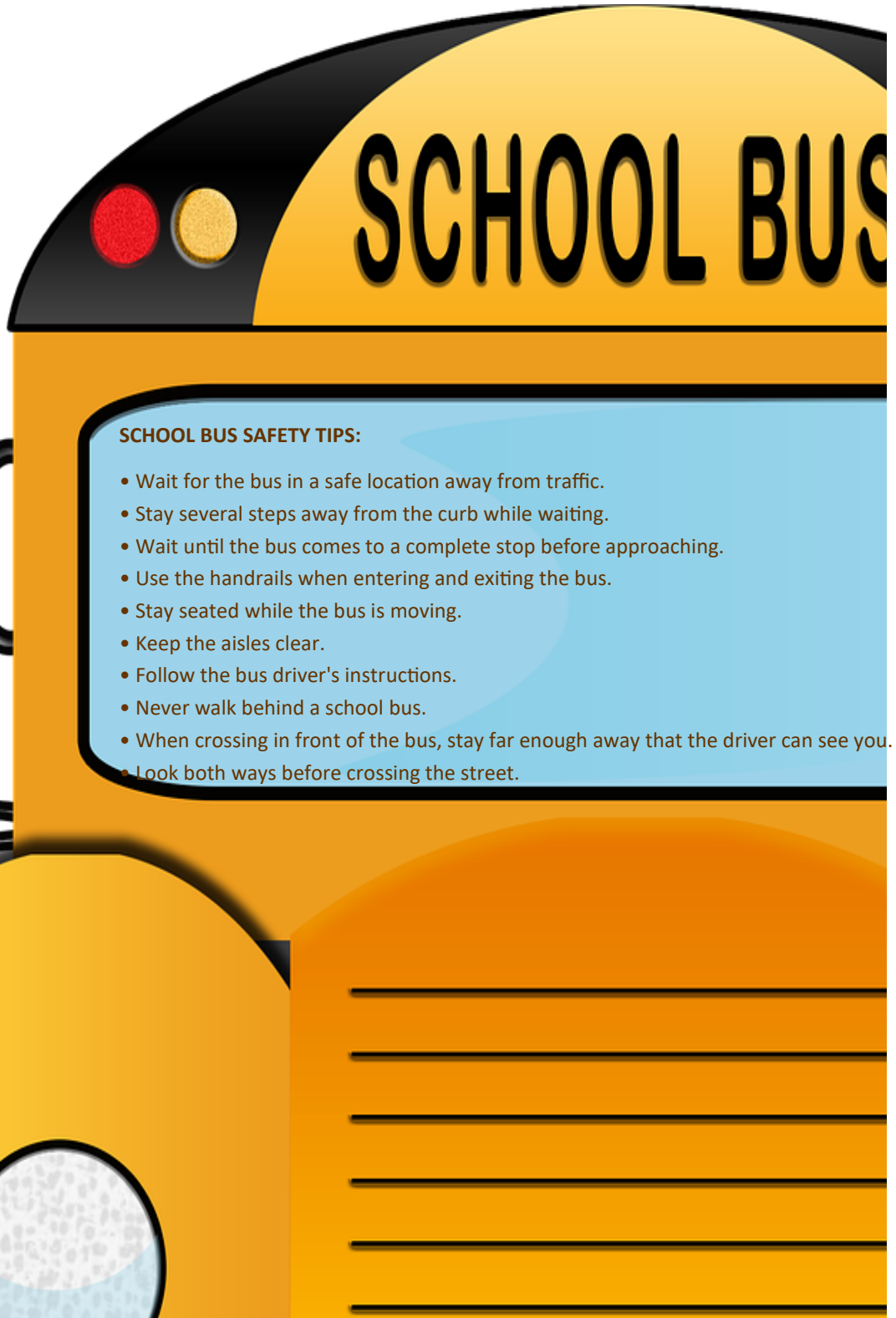
When a school bus stops with its red lights flashing and stop arm extended, drivers must stop as required by law.

Watch carefully for children around school buses, bus stops, and residential streets.

[Click Here](#)



School buses are one of the safest ways for children to travel to and from school, but children still need to practice safe behaviors around buses.

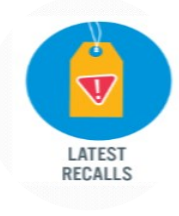
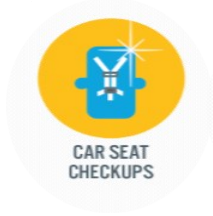


SCHOOL BUS SAFETY TIPS:

- Wait for the bus in a safe location away from traffic.
- Stay several steps away from the curb while waiting.
- Wait until the bus comes to a complete stop before approaching.
- Use the handrails when entering and exiting the bus.
- Stay seated while the bus is moving.
- Keep the aisles clear.
- Follow the bus driver's instructions.
- Never walk behind a school bus.
- When crossing in front of the bus, stay far enough away that the driver can see you.
- Look both ways before crossing the street.



OCTOBER



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1		
SUDDEN INFANT DEATH SYNDROME (SIDS) AWARENESS MONTH						
4	←	6 Safe Sleep Online Class	7 WALK TO SCHOOL DAY	FIRE PREVENTION WEEK		
11			14 HOME FIRE DRILL			
18	←	20 Car Seat Online Class	NATIONAL TEEN DRIVER SAFETY WEEK			
				NATIONAL SCHOOL BUS SAFETY WEEK		
25						

Gallery of Events with Safe Kids Columbus

CHILD PASSENGER SAFETY WEEK SEPTEMBER 20—26, 2026



Safe Kids Columbus assisted the Governor's Office of Highway Safety with checking the Growing Room Child Development Center's Multi Function Activity Buses. Wow! What a great job they are doing with Child Passenger Safety!



Car Seat Check
with the Department of
Public Health

