

**SAFE
K:DS**
COLUMBUS



Piedmont
COLUMBUS REGIONAL

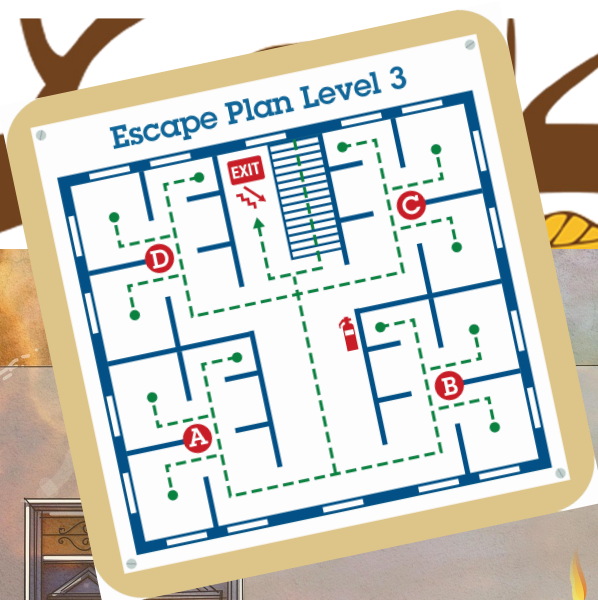
Newsletter

September 2026

Help us make every kid a safe kid

SEPTEMBER

IS EMERGENCY PREPAREDNESS MONTH



CLASSES & SERVICES safekidscolumbusga.org

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

Requires Program Application:

CLASSES & SERVICES
safekidscolumbusga.org

Upcoming dates:

SEP 1 • Oct 6 • Nov 3

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

Requires Program Application:

CLASSES & SERVICES
safekidscolumbusga.org

Upcoming dates:

Sept 15 • Oct 20 • Nov 10

**SAFE
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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
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Sponsor Spotlight



Piedmont Columbus Regional is comprised of two primary hospitals—the 583-bed Midtown Campus and 100-bed Northside Campus—the Bill and Olivia Amos Children's Hospital, John B. Amos Cancer Center, and over 35 primary care/retail and specialty practice locations. Piedmont Columbus provides a wide array of services including emergency and trauma, women and children's, pediatrics, ICU, stroke, cardiology, cancer, inpatient and outpatient surgery, imaging and diagnostics, laboratory, therapy, community health services via our Mobile Unit, and much more.

The Midtown Campus is a general acute care hospital featuring a regional Level II Trauma Center, and one of only six perinatal centers in the state with a Level III Neonatal ICU. At the Midtown Campus, a significant renovation and expansion to include 43 new ICU beds and a 15-bed nursing unit is taking place to increase critical care capacity. The Northside Campus is a general acute care hospital specializing in orthopedic, spine, bariatrics, and surgical services.

The Bill and Olivia Amos Children's Hospital is the area's only children's hospital and is Children's Miracle Network-affiliated. A dedicated, pediatric-trained care team paired with a child-friendly, therapeutic environment allows parents to take comfort in knowing their child is receiving quality care. Pediatric surgery, critical care, hospitalists services, child life services, infusion services, endocrinology and neurology are some of the key services the hospital provides patients from birth to age 18.

Piedmont Columbus is the official health care provider of the Columbus Clingstones, proud partner of Auburn University Athletics and the lead agency for Safe Kids Columbus.

SEPTEMBER 13 - GRANDPARENTS DAY

Grandparents play an important role in keeping children safe.

Whether children are visiting Grandma and Grandpa, spending the weekend with them, or being cared for by grandparents regularly, it's important for grandparents and parents to talk about safety expectations.

GRANDPARENT SAFETY CHECK:

- ⇒ **At home:**
Keep medications, cleaning products, firearms, and other hazards secured and out of children's reach.
- ⇒ **Around water:**
Provide close, constant supervision whenever children are around water.
- ⇒ **In the car:**
Use the correct car seat or booster and make sure it is installed and used according to the manufacturer's instructions.
- ⇒ **For babies and toddlers:**
Keep small objects, choking hazards, and dangerous household items away from little ones.
- ⇒ **For emergencies:**
Make sure grandparents know the family's emergency plan and important contact information.



GRANDPARENT TIP:

A safe home for grandchildren may require a few changes—but those changes can help prevent injuries.

EMERGENCY PREPAREDNESS MONTH

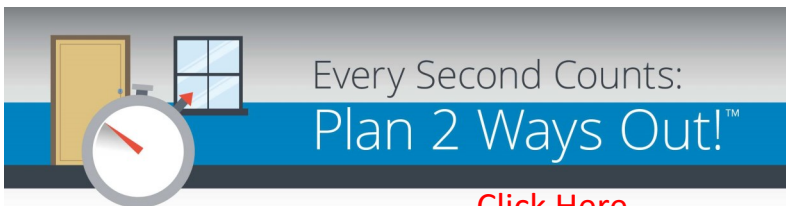
HAVE A FIRE ESCAPE PLAN

Every family should have a plan for getting out of the home safely.

Teach children to:

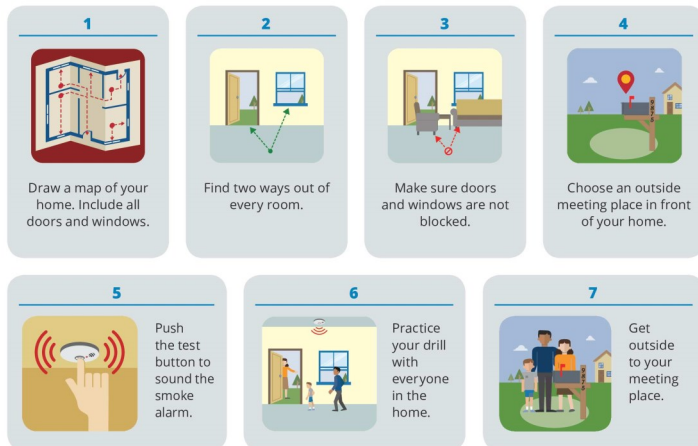
- Know two ways out of every room when possible.
- Know the family's outdoor meeting place.
- Get outside quickly when the smoke alarm sounds.
- **Get out and stay out.**
- Never go back inside for toys, pets, or belongings.

Practice the fire escape plan regularly.



How fast does fire move? Very fast. You could have less than 2 minutes to get out safely once the smoke alarm sounds.

7 steps to practicing your escape plan



For more information about escape planning, visit:
www.usfa.fema.gov and www.nfpa.org.

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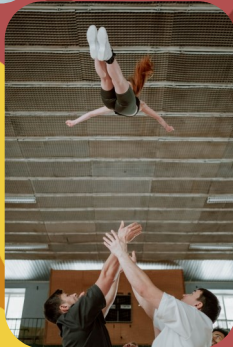
SEPTEMBER 15–21 TBI & CONCUSSION PREVENTION

A concussion is a type of traumatic brain injury that can happen after a hit, bump, fall, or jolt.

Children can experience concussions during sports, bicycle crashes, playground activities, falls, and other everyday activities.



Click on any picture



HELP PREVENT HEAD INJURIES:

- Wear properly fitted helmets when appropriate.
- Follow sports safety rules.
- Use playground equipment correctly.
- Encourage safe riding habits.

Teach children to tell an adult when they are hurt.

KNOW THE WARNING SIGNS:

- Headache
- Dizziness
- Nausea
- Confusion
- Balance problems
- Blurred vision
- Sensitivity to light or noise
- Difficulty concentrating
- Feeling sluggish or foggy

Changes in mood or behavior

WHEN IN DOUBT, SIT THEM OUT!

A child with a suspected concussion should be removed from play and evaluated by a healthcare professional.



SEPTEMBER 20–25 NATIONAL CHILD PASSENGER SAFETY WEEK

National Child Passenger Safety Week is an excellent time for families to check their child's car seat, booster seat, and seat belt use.

CAR SEAT CHECKUP:

1. CHECK THE CAR SEAT.

Look for the manufacturer's label, expiration information, and recall information.

2. READ THE MANUALS.

Read both the car seat instructions and your vehicle owner's manual.

3. CHECK THE INSTALLATION.

Make sure the seat is installed according to the manufacturer's instructions.

4. CHECK THE HARNESS.

Make sure the harness is properly positioned and snug.

5. KNOW WHEN TO MOVE UP.

Children should remain in each stage of child restraint as long as possible within the manufacturer's height and weight limits.



BOOSTER SEAT SAFETY

A booster seat helps position the vehicle seat belt correctly on a child who has outgrown a forward-facing harness but is not yet large enough for the vehicle seat belt to fit properly.

A CHILD IS READY FOR A SEAT BELT ALONE WHEN:

The lap belt fits low across the upper thighs.

The shoulder belt crosses the center of the chest and shoulder.

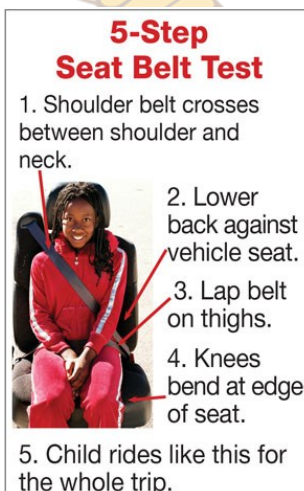
The child's back rests against the vehicle seat.

The child's knees bend naturally at the edge of the seat.

The child can remain properly seated for the entire ride.

Don't rush out of a booster seat.

The goal is not simply to reach a certain age—the seat belt needs to fit the child correctly.



[Click Here](#)

BABY SAFETY MONTH



What is Baby Safety Month? September is Baby Safety Month®, sponsored annually by the Baby Safety Alliance (formerly JPMA). This year, the Baby Safety Alliance is helping families identify hidden safety risks in everyday shortcuts and viral hacks while empowering them with trusted and verified guidance for safer choices. Together, we can make sure the most-shared advice is also the safest advice — because every baby deserves the safest possible start.

Baby Safety Month is an opportunity to focus on preventing injuries among babies and young children.

Babies grow and develop quickly, which means their safety needs change quickly, too.

SLEEP SAFETY

- Place babies on their backs to sleep.
- Use a firm, flat sleep surface.
- Keep loose blankets, pillows, toys, and other soft items out of the baby's sleep area.

Give babies their own safe sleep space.

FALL PREVENTION

- Use safety gates where appropriate.
- Never leave babies unattended on beds, sofas, changing tables, or other elevated surfaces.
- Secure furniture and televisions.

Keep stairs inaccessible to young children.

POISON PREVENTION

- Store medications, cleaning products, and chemicals out of sight and reach.
- Keep products in their original containers.
- Never call medicine "candy."

Keep potentially dangerous substances secured.

WATER SAFETY

Always provide close, constant supervision around water.

Young children can drown in only a small amount of water.

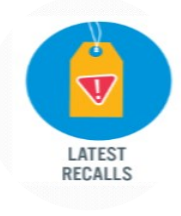
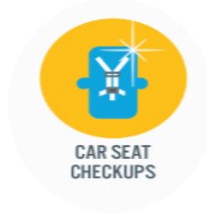
CHOKING PREVENTION

Keep small objects and choking hazards away from babies and toddlers.

Always supervise young children while they eat and prepare foods appropriately for their age.



SEPTEMBER



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1	Safe Sleep <u>Online</u> <u>Class</u>				
6	Emergency Preparedness Month						
13		15	Car Seat <u>Online</u> <u>Class</u>	SEPTEMBER 15–21 TBI & CONCUSSION PREVENTION			
20	SEPTEMBER 20–25 NATIONAL CHILD PASSENGER SAFETY WEEK						
27	SEPTEMBER 21–27 SEE TRACKS? THINK TRAIN WEEK						



Upcoming Events

Join us for a **FREE** family event

Teddy Bear Clinic

All ages welcome! Bring your favorite stuffed animal and spend a morning of learning, laughter and adventure with us.

Kids are invited to:

- Bring a teddy bear, doll or favorite stuffed friend
- Help their "buddy" through a pretend hospital visit
- Explore healthcare in a fun and welcoming environment
- Build confidence and reduce fears about doctor and hospital visits

**Saturday,
September 12**
10 a.m. – Noon

Piedmont Columbus
Midtown Conference Center

Click to
RSVP on



Piedmont
Bill and Olivia Amos
Children's Hospital



Children's
Miracle Network





Gallery of Events with Safe Kids Columbus

AUGUST BOOSTER SEATS FOR BACK TO SCHOOL



Valley Healthcare—Baby & Beyond Community Bash



Columbus Health Department Children's Healthfair & Farmer's Mkt "Under the Big Top" Event



Frank Chester Recreational Center Family United City-Wide Back to School