SAFE KIDS COLUMBUS | Piedmont COLUMBUS REGIONAL

Newsletter

November 2026

Help us make every kid a safe kid

NOVEMBER

PREPARE. PREVENT. PROTECT.



As we enter the holiday season, Safe Kids Columbus encourages families to make safety a part of their everyday routines. From checking alarms and buckling up to preventing falls and kitchen injuries, every precaution helps create a safer environment for children.

DAYLIGHT SAVING TIME ENDS – NOVEMBER 1



CLASSES & SERVICES
safekidscolumbusga.org

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

Requires Program Application:

CLASSES & SERVICES (safekidscolumbusga.org)

Upcoming dates:

Nov 3 • Dec 1 • Jan -TBA

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

Requires Program Application:

CLASSES & SERVICES (safekidscolumbusga.org)

Upcoming dates:

Nov 10 • Dec 8 • Jan - TBA

National Seat Belt Day November 14

SAFE KIDS COLUMBUS | Piedmont COLUMBUS REGIONAL

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

HUGHSTON CLINIC

Research • Education • Treatment

Since we were founded in 1949, Hughston Clinic has sought to provide the most advanced orthopedic services available to men, women, and children of all ages and all walks of life. Today, Hughston Clinic comprises a number of leading institutions for the diagnosis and treatment of orthopedic conditions, as well as orthopedic research, education, and training. We are responsible to ensure that our patients receive only the highest level of quality treatment for musculoskeletal injury and disease. This responsibility includes the understanding of all aspects of human performance; the application of techniques and procedures learned through sports medicine, research, education and training focused on improving the quality of life for everyone.

FALL BACK AND CHECK YOUR SMOKE ALARMS!

When clocks fall back one hour, use the time change as a reminder to check your home's smoke alarms and carbon monoxide (CO) alarms.

FIRE SAFETY TIPS:

- Test smoke alarms to make sure they are working.
- Install smoke alarms on every level of your home, inside bedrooms, and outside sleeping areas.
- Replace batteries according to the manufacturer's instructions.
- Replace smoke alarms according to the manufacturer's recommended service life.
- Review your family's fire escape plan.
- Make sure everyone knows at least two ways out of each room when possible.
- Choose an outdoor meeting place and practice your escape plan.



NOVEMBER 3– 9 CARBON MONOXIDE SAFETY

DANGER!

CARBON MONOXIDE (CO) POISONING



Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

CO DETECTORS
- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

OIL & GAS FURNACES
- Have your furnace inspected every year.

PORTABLE GENERATORS
- Never use a generator inside your home or garage, even if doors and windows are open.
- Only use generators outside, more than 20 feet away from your home, doors, and windows.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CLICK HERE



CLICK

Carbon Monoxide Safety

TIPS FOR PARENTS

CHECK CARBON MONOXIDE ALARMS
- ☐ Make sure there is a working carbon monoxide (CO) alarm on every level of your home and near sleeping areas.
- ☐ Test CO alarms every month to make sure they are working correctly.
- ☐ Replace CO alarms according to the manufacturer's instructions.

PREVENT CO POISONING
- ☐ If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not leave the engine running even i the garage door is open.
- ☐ Generators and grills should be used outside the home, away from windows and doors.
- ☐ On the outside of your home, make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

IN AN EMERGENCY, LEAVE THE HOME IMMEDIATELY
- ☐ If the CO alarm sounds, immediately leave the home.
- ☐ Call 911 or the fire department after you are outside the home. Remain outside until emergency personnel arrive.

SAFE KIDS WORLDWIDE

PROTECT YOUR FAMILY





CARBON MONOXIDE REMINDER:

As temperatures drop, families may begin using heating systems and other fuel-burning appliances more frequently. Make sure your home has working CO alarms on every level and outside sleeping areas.
Never operate generators, grills, or camp stoves inside a home, garage, or other enclosed space.
If a CO alarm sounds, get everyone outside to fresh air and call 911 or the appropriate emergency service. Do not re-enter until authorities say it is safe.

Learn more:
Safe Kids Worldwide — Carbon Monoxide Safety
https://www.safekids.org/carbon-monoxide

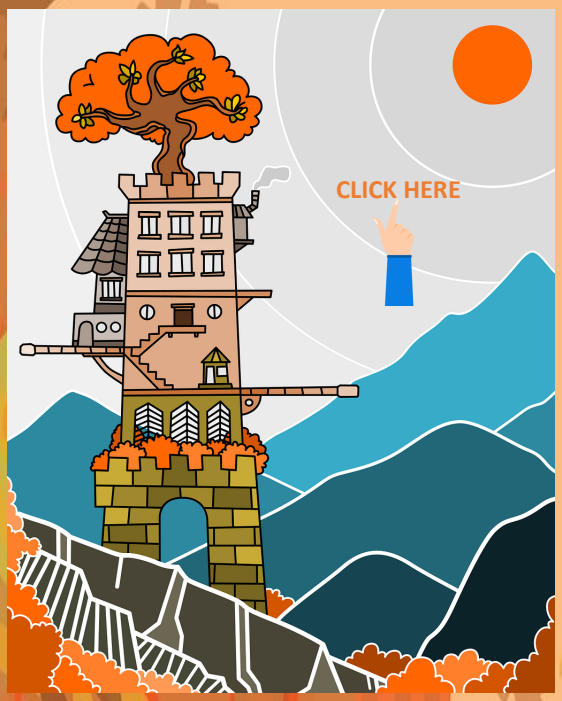
NOVEMBER 10–16 STAIR SAFETY AND PLAYGROUND SAFETY

Falls are a common cause of childhood injuries. Stairs can be especially dangerous for babies, toddlers, and young children who are still developing balance and coordination.

PARENTS AND CAREGIVERS CAN HELP BY:

- **Installing safety gates at the top and bottom of stairs when appropriate.**
- **Using hardware-mounted gates at the top of stairs.**
- **Keeping stairs free of toys, shoes, and clutter.**
- **Making sure stairways are well lit.**
- **Teaching children to walk rather than run on stairs.**
- **Holding a young child's hand when using stairs.**
- **Never leaving babies unattended on elevated surfaces.**

As children grow, continue reviewing stair safety. Even older children can fall when running, carrying objects that block their view, or playing on stairs.





Click Pictures for Fall Prevention Tips



PLAYGROUND SAFETY: LET'S PLAY SAFELY!

Playgrounds help children develop strength, coordination, and social skills. However, falls and unsafe equipment can lead to injuries.

BEFORE PLAY BEGINS:

- **Check that playground equipment is in good condition.**
- **Choose playgrounds with appropriate shock-absorbing surfaces beneath and around equipment.**
- **Look for hazards such as broken equipment, sharp edges, exposed bolts, and unsafe surfaces.**
- **Make sure children use equipment designed for their age and abilities.**
- **Actively supervise children during play.**
- **Teach children to take turns and use equipment as intended.**
- **Make sure children use appropriate protective gear for activities such as cycling and skating.**

PARENTS: Stay close enough to help when needed, especially with younger children.

Learn more:
Safe Kids Worldwide — Playground Safety
https://www.safekids.org/playgroundsafety

NOVEMBER 14 NATIONAL SEAT BELT DAY

BUCKLE UP EVERY TIME!

Seat belts are one of the most important ways to protect vehicle occupants during a crash. Every family member should buckle up on every trip, no matter how short the drive.

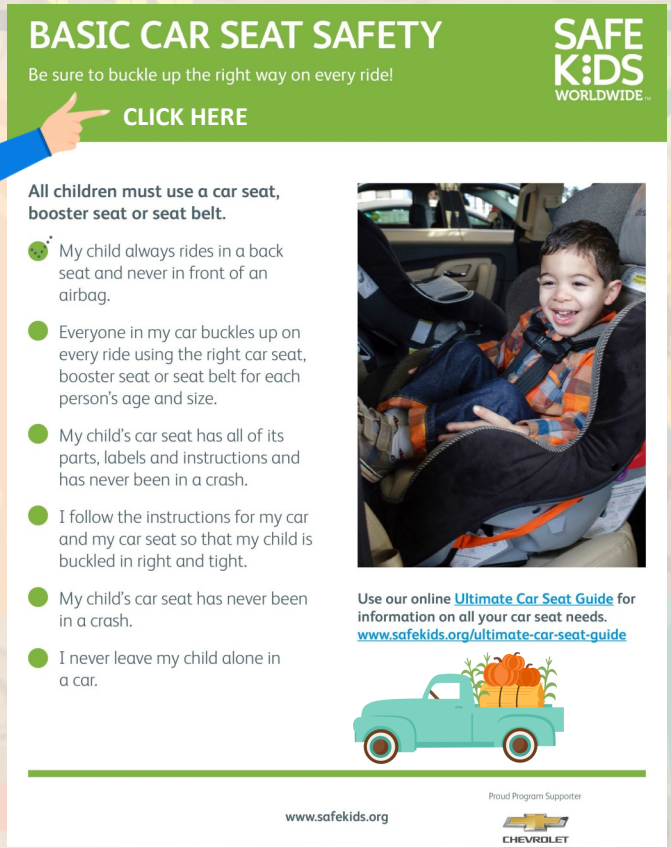


CHILD PASSENGER SAFETY REMINDERS:

- **Keep children rear-facing as long as possible within the car seat's height and weight limits.**
- **Use a forward-facing car seat with a harness when a child has outgrown the rear-facing limits.**
- **Use a booster seat until the vehicle seat belt fits the child correctly.**
- **Make sure the lap belt fits low across the upper thighs and the shoulder belt crosses the chest and shoulder.**
- **Keep children in the back seat until they are ready to ride safely in the front according to age, size, and vehicle recommendations.**
- **Follow both the car seat manufacturer's instructions and your vehicle owner's manual.**

ADULTS: Set a good example. Buckle up before starting the vehicle and make sure every passenger is properly restrained.

For help with a car seat or booster seat, find a certified Child Passenger Safety Technician:
https://cert.safekids.org/find-a-tech







safekidscolumbusga.org

SAFE KIDS COLUMBUS | Piedmont COLUMBUS REGIONAL

NOVEMBER 18 NATIONAL INJURY PREVENTION DAY

National Injury Prevention Day raises awareness about preventable injuries and encourages individuals, families, healthcare professionals, and communities to take action.

Childhood injuries can occur at home, at school, on playgrounds, on the road, and during sports and recreation. Many risks can be reduced through education, supervision, safe environments, and appropriate safety equipment.



Click On Flyer

WAYS TO PARTICIPATE:

- **Check smoke and carbon monoxide alarms.**
- **Review your family's emergency plans.**
- **Make sure children use appropriate car seats, booster seats, and seat belts.**
- **Store medications, cleaning products, and other hazardous substances securely.**
- **Practice water, playground, and sports safety.**
- **Share reliable injury prevention information with friends and family.**
- **Encourage your community to make safety a priority.**

National Injury Prevention Day is an opportunity to remind everyone that prevention matters and that small actions can make a meaningful difference.

NOVEMBER 20 WORLD CHILDREN'S DAY

World Children's Day is an opportunity to celebrate children, listen to their voices, and renew our commitment to protecting their health, safety, and well-being.

Every child deserves a safe place to live, learn, play, and grow. Families, schools, healthcare providers, and community organizations all have a role in creating safer environments.



Click On Picture

HOW FAMILIES CAN HELP:

- **Listen to children's concerns and take them seriously.**
- **Teach children how to recognize unsafe situations.**
- **Help them identify trusted adults they can turn to for help.**
- **Create safe opportunities for children to learn, explore, and play.**
- **Advocate for safe streets, playgrounds, schools, and neighborhoods.**
- **Make sure children know that their safety and well-being matter.**

This World Children's Day, let's work together to build communities where every child can thrive.

Learn more:
UNICEF — World Children's Day
https://www.unicef.org/take-action/campaigns/world-childrens-day

NOVEMBER 24–30 KITCHEN SAFETY

KEEP LITTLE HANDS SAFE IN THE KITCHEN

As families prepare holiday meals and gather with loved ones, kitchens can become especially busy. Hot surfaces, sharp utensils, boiling liquids, and household appliances can create hazards for curious children.

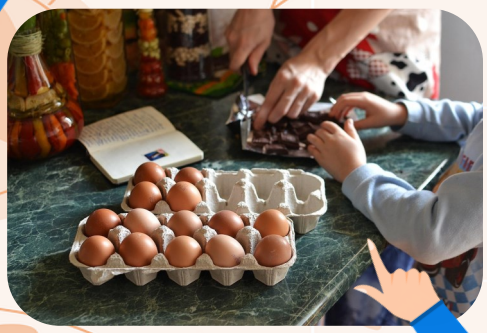
PREVENT BURNS:

- Keep children away from hot stovetops, ovens, and cooking appliances.
- Turn pot and pan handles toward the back of the stove.
- Keep hot drinks and foods away from the edges of counters and tables.
- Use the back burners when possible.
- Keep children out from underfoot while carrying hot liquids or dishes.
- Establish a child-free zone around active cooking areas.



PREVENT CUTS AND OTHER INJURIES:

- Store knives, scissors, and other sharp utensils out of children's reach.
- Keep plastic bags and small objects away from young children.
- Secure cleaning products and other chemicals in locked or inaccessible storage.
- Keep appliance cords away from counter edges.
- Supervise children closely when they help with age-appropriate food preparation.
- Keep electrical appliances away from water.



PREVENT FOOD-RELATED INJURIES:

- Supervise young children while they eat.
- Prepare food in age-appropriate sizes and textures to reduce choking risks.
- Keep small, hard foods and other choking hazards away from young children.
- Wash hands before preparing and eating food.
- Keep raw meat separate from ready-to-eat foods.
- Refrigerate perishable foods promptly.



Click On Any Picture for Cooking Safety Checklist

HOLIDAY COOKING REMINDER:

Children can participate in family cooking traditions when activities are appropriate for their age and closely supervised. Give younger children safe tasks away from hot surfaces, sharp knives, and other hazards.

A little preparation can help make holiday gatherings safer and more enjoyable for everyone.

Additional child safety resources:
https://www.safekids.org/

NOVEMBER

CAR SEAT CHECKUPS | ULTIMATE CAR SEAT GUIDE | LATEST RECALLS | BE A WATER WATCHER | SAFE INFANT SLEEP | PARENT PEP TALK PODCAST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings Ends Fall Back Check Smoke Alarms		3 Safe Sleep Online Class	Carbon Monoxide Safety			
8		10 Car Seat Online Class	Fall Prevention Week			14  National Seat Belt Day
15						
22				26 		
29			Kitchen Safety Week			

SAFE KIDS COLUMBUS | Piedmont COLUMBUS REGIONAL

Gallery of Events with Safe Kids Columbus

Columbus Parks and Recreation Spooktacular







Cascad Hills Trunk or Treat for Special Needs Families



