



JANUARY

**New Year, New Beginnings
To protect what matters most
- our children**

CLASSES & SERVICES
safekidscolumbusga.org

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

Requires Program Application:

[CLASSES & SERVICES \(safekidscolumbusga.org\)](http://CLASSES & SERVICES (safekidscolumbusga.org))

Upcoming dates:

Jan 6 • Feb 3 • Mar 3

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

Requires Program Application:

[CLASSES & SERVICES \(safekidscolumbusga.org\)](http://CLASSES & SERVICES (safekidscolumbusga.org))

Upcoming dates:

Jan 20 • Feb 17 • Mar 17

What's Inside

* Winter & Teen Driving Safety

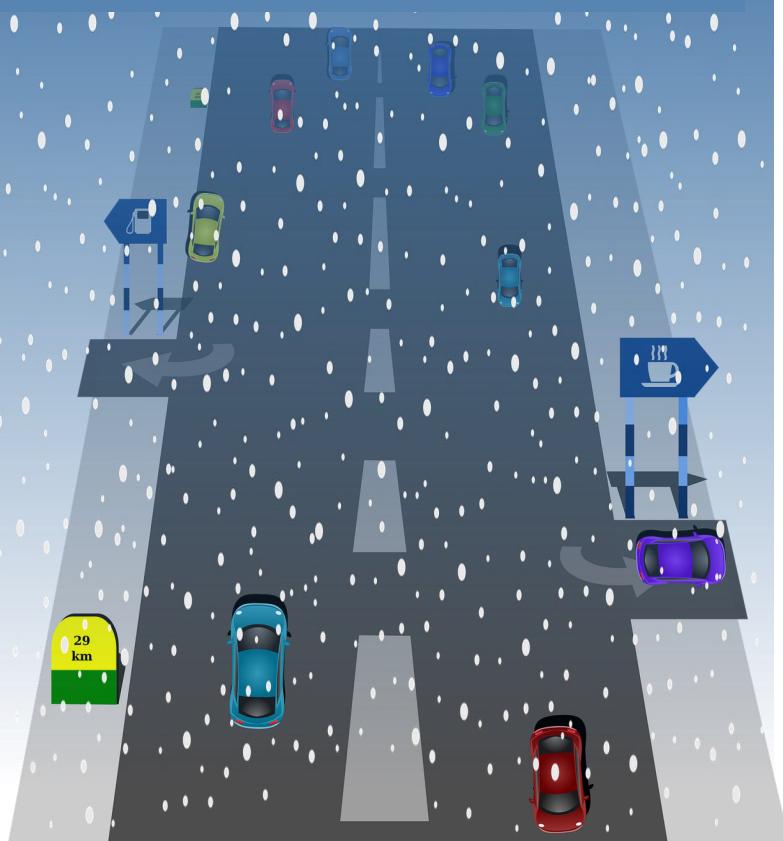
* Fireplace Safety for Kids

* Child Passenger Safety

* Safe Sleep for Babies

Winter Driving & Teen Safety

Winter weather brings new risks - but safe choices keep families protected



Teen Driver Safety

- Buckle up — every ride, every time
- Follow speed limits
- Avoid distractions and peer pressure
- Parents: model safe driving habits

Safety Tip:

Winter driving safety starts before the car moves,
preparation saves lives.



NATIONAL
Child Passenger
Safety Board
an NSC managed program


Winter Driving Tips for Families

- Slow down & give extra space — wet or icy roads require more stopping distance.
- Always dress kids in warm layers, *not* bulky coats under car-seat harnesses which can reduce safety, use blankets after buckling.

Distracted Driving Awareness

- Put phones away before driving
- No texting, scrolling, or calling while driving
- Set music and GPS before starting the car



Fireplace Safety Tips

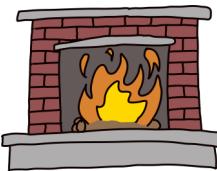
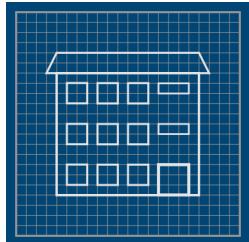
**Winter warmth is cozy
— but fire risks
are serious.**

**Keep kids safe around
fireplaces:**

- * Use hearth gates to block curious hands and feet.
- * Install and test smoke alarms on every level of your home.
- * Never leave children unsupervised near fireplaces, wood stoves, or space heaters.
- * Teach kids that fire is not a toy — sparks, embers, and hot surfaces can burn.

Fire Escape Plan:

Create and practice a home fire escape plan with two exits from every room.

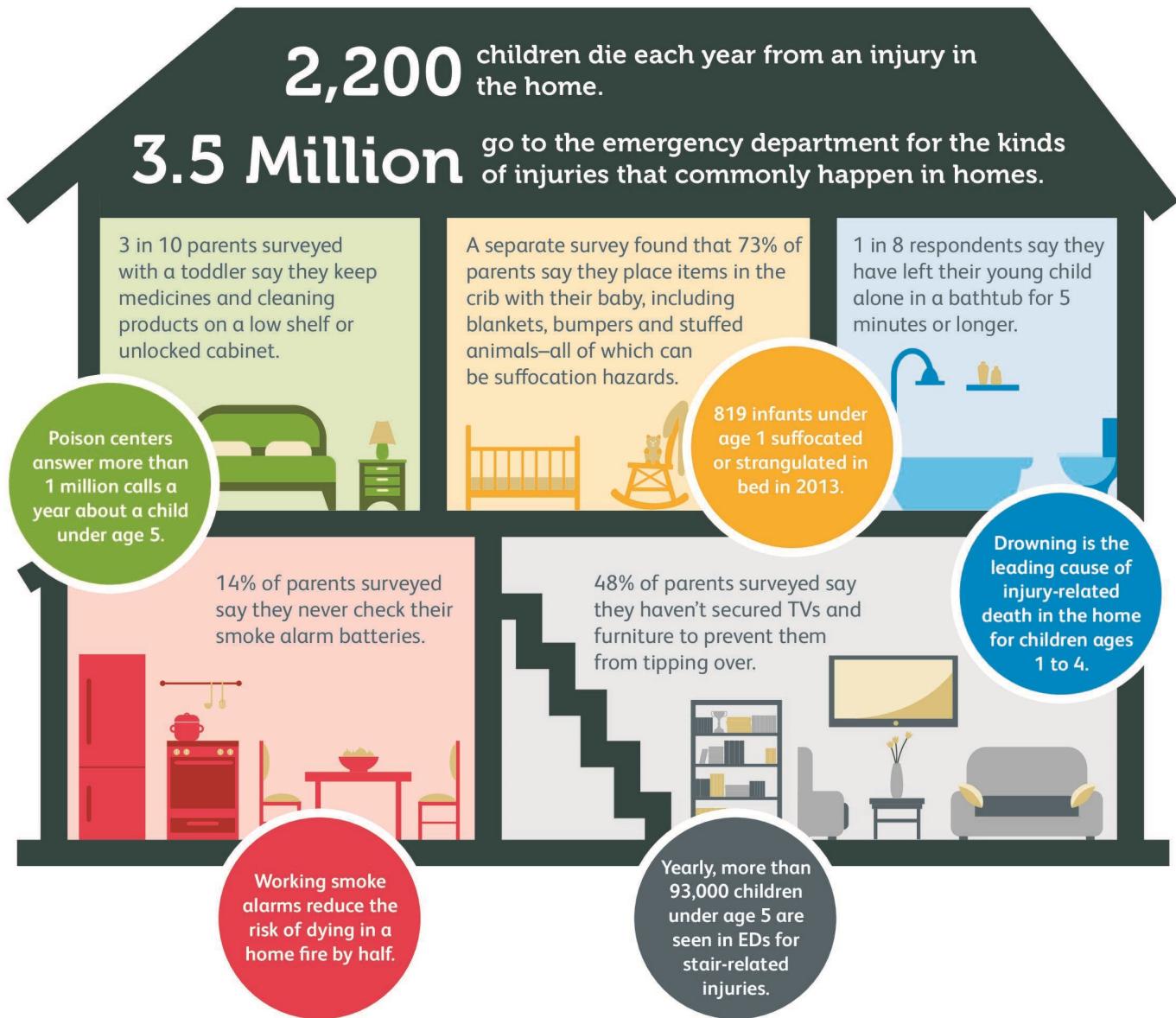


Fun and Learn

Color the picture below with your child. Talk about what is unsafe in the picture.



Protecting Children in Your Home: The Facts



Top Tips for a Safe Home

- Give young children your full and undivided attention when they are in the bathtub or around water.
- Check smoke alarm batteries every six months to make sure they are working.
- Keep cribs clear of objects, and make sure babies sleep alone, on their backs, and in a crib every time they sleep.
- Install safety gates to keep children from falling down staircases and window guards or stops to prevent falls from windows.
- Keep all medicine up and away, even medicine you take every day. Be alert to medicine stored in other locations, like pills in purses, vitamins on counters, and medicine on nightstands.



Child Passenger Safety & Heatstroke Awareness



Child Passenger Safety Basics

- ◊ Use the *right car seat* for your child's age, height, and weight.
- ◊ A properly installed seat and harness make all the difference, consider local car-seat checks.
- ◊ Children should remain in appropriate restraints *every* trip, no matter the distance.

Heatstroke in Cars — Act Now!

Even cold weather cars can heat up quickly — cars can become dangerous inside in minutes.

Tips to Prevent Heatstroke:

- ⌚ **A — Avoid** leaving a child alone in a vehicle, even “just for a minute.”
- 🎒 **C — Create** reminders: place a stuffed toy in the front seat when your child is in the back.
- 📞 **T — Take Action:** if you see a child alone in a car, call 911 immediately.

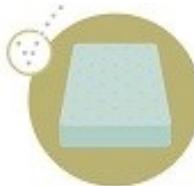
👉 Heatstroke can happen in any season — vigilance keeps kids safe.



Safe Infant Sleep Checklist



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.



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

SAFE KIDS
WORLDWIDE.

Safe Sleep Myths

Myth: *Babies with reflux are safer in an inclined position because they could choke on spit-up.*
Put simply, inclined sleeping is never safer for babies. Infants' gag reflexes naturally protect them as they sleep, and the inclined position actually increases the risk of a blocked airway.

Myth: *Bumper pads make a crib safe.*

Bumper pads can lead to suffocation, strangulation or entrapment. That's why it's important to keep any soft bedding or toys out of your little one's crib.

Myth: *Letting babies sleep in their car seat (outside the car) or swing is completely safe.*

Sleeping in a car seat outside the car (i.e., outside of its base) or in a swing positions your baby at an unsafe incline. At an incline, baby's airway can be blocked, making it hard or impossible to breathe.

JANUARY



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Safe
Sleep
Online
Class

**Winter Driving &
Teen Driving Safety**

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Fireplace Safety

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**Child Passenger Safety &
Heatstroke Awareness**

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Safe Sleep for Babies



We are deeply grateful for your support of Safe Kids Columbus in 2025.
Because of you, more children are safer in our community.
Happy New Year!

2025 END OF YEAR WRAP UP MEETING



Piedmont
COLUMBUS REGIONAL

Aflac

Kiwanis
CLUB OF COLUMBUS, GA



GROWING ROOM
CHILD DEVELOPMENT CENTERS



HUGHSTON CLINIC
Research • Education • Treatment

Georgia Power

