



Bundling Up

During the cold-weather months, it is not weird to get a little stir crazy with your baby. Being outdoors is healthy for you and the baby. It helps babies acclimate to the seasons and the day-and-night cycle while you get some fresh air and exercise.

- Dress baby in layers and check them regularly. Feel their head, hands and feet to make sure they are not cold or sweaty.
- Always remove jackets and layers before buckling them into car seat. Extra layers can cause slipping or suffocation.
- Baby should only be outside for short durations, 15 minutes is a good rule of thumb.

Burns

Holidays are full of cooking, baking, and spending time with family, but November and December have the highest rate of burns and house fires. Keep your family safe by following these tips:

- Implement a 3 foot kid free zone around the stove.
- Use the back burners to prevent burns and spills.
- Avoid placing food on open oven doors.
- Blow out candles and keep matches and lighters out of reach of children.
- Water Christmas tree regularly.

