



December: Safe Toys and Gifts Month

With the madness of the holiday shopping season upon us, keep in mind the safety of the child when making your purchasing decisions.

Prevent Blindness America, the nation's oldest eye health and safety organization, has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to make conscientious purchasing decisions based on what is best for each individual child.

"In the excitement of the season, sometimes we may forget that not every gift is appropriate for every child," said Hugh R. Parry, president and CEO of Prevent Blindness America. "By taking a few, easy safety precautions, we can keep the holidays happy for everyone!"

According to the US Consumer Product Safety Commission (CPSC), approximately 217,000 children are treated at hospital emergency rooms for toy-related injuries each year.



Tips on How to Purchase Safe Toys and Gifts for Kids

Prevent Blindness America suggests:

- Make recommendations to family members and friends about gifts that you feel are appropriate for your child. Be diligent about inspecting these gifts before allowing your child to play with them.
- Inspect all toys before purchasing. Monitor toys that your child has received as gifts to make sure they are appropriate for your child's age and developmental level.
- For younger children, avoid play sets with small magnets and make sure batteries are secured within the toy. If magnets or batteries are ingested, serious injuries and/or death can occur.
- Gifts of sports equipment should always be accompanied by protective gear (such as a basketball along with eye goggles or a face guard with a new batting helmet for baseball or softball).
- Any toy that is labeled "supervision required" must always be used in the presence of an adult. Keep toys meant for older children away from younger ones.

Tips continued...

- Always save the warranties and directions for every toy. If possible, include a gift receipt. Repair or throw away damaged toys.
- Avoid toys that shoot or include parts that fly off.
- Inspect toys for sturdiness. Your child's toys should be durable, with no sharp edges or points. The toys should also withstand impact. Dispose of plastic wrapping material immediately on toys as they may have sharp edges.
- Don't give toys with small parts to young children. Young kids tend to put things in their mouths, increasing the risk of choking. If the part of a toy can fit in a toilet paper roll, the toy is not appropriate for children under the age of 3.

To see if a toy has been recalled for any reason, visit the [Consumer Product Safety Commission](http://www.consumerproduct.gov) website. You can also sign up for safety recall alerts by email while you're there.

By: Prevent Blindness America
<http://www.preventblindness.org/>

Recipe of the Month

Eggnog Pudding Serves 6

Ingredients:

- 4 dashes of ground cinnamon
- 2 dashes of ground nutmeg
- 2 dashes ground cloves
- 3 cups cold milk
- 1 (5.1oz) package instant vanilla pudding

Directions:

Mix dry pudding in a bowl with cinnamon, nutmeg, cloves, and ginger until well blended. Whisk in milk, stirring 2 minutes, or until no lumps remain. Pour Pudding into serving dishes and refrigerate 2 hours, or until set.

Nutritional Information:

Calories 154, Total Fat 2.8g, Cholesterol 10mg, Total Carbs 28.8g, Dietary fiber 0.6g, Protein 4.1g

