

Make Your Fall Fun and Safe

Raking Leaves

Raking piles of leaves and letting kids jump in is a great fall activity. But each year, tens of thousands of people get hurt raking leaves.

Take steps to have fun and avoid injury.

- Warm up – do some stretches. You use different muscles when you rake.
- Wear gloves and use a rake that is sized for you.
- Avoid raking when leaves are wet and slippery.
- Rake toward you and not away.
- Remove big sticks, stones and debris.
- Drink plenty of water.
- Take it slow. Take breaks.

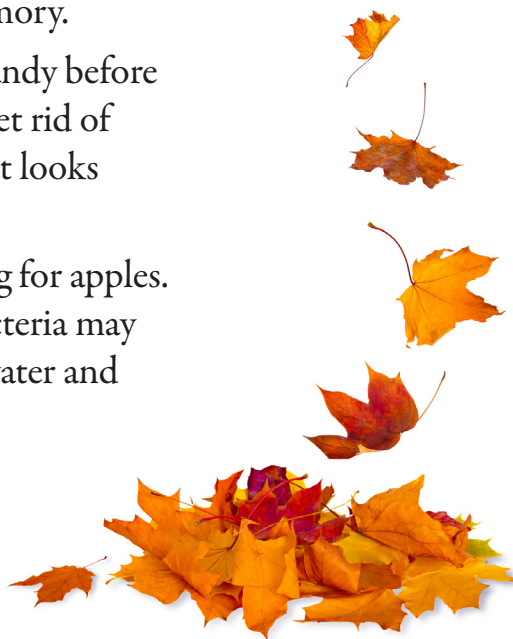
Trick or Treating

Halloween fun includes some risks. Make it a safe and healthy holiday for your child.

- Choose a costume that is ankle length or above so *she does not trip*.
- Make sure he *can see his surroundings* if he wears a mask.
- Feed her a healthy meal before trick or treating. Make it something special that you always serve on Halloween night. It will be a fun memory.
- Check his candy before he eats it. Get rid of anything that looks unsafe.
- Skip bobbing for apples. Harmful bacteria may lurk in the water and container.

- Trick or treat with her. Ask other parents and kids to go with you. Make it a group activity.
- Discuss allergies with your allergic child. Look for treats that may contain allergens. Do not allow him to eat a home-baked treat.

Enjoy the cool fall weather *with your family*. Look for local events to attend. Take walks. Celebrate the holidays!



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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