

INSIDE THIS ISSUE:

Anchor Your Furniture	Page 2
Safe Sleep Environment	Page 2
Safe Sleep Environment	Page 2
Furniture Straps	Page 3
What Falls On Them?	Page 3
Anchor Straps	Page 3
Help for Families-24/7	Page 4

**Limited Supply
Free Furniture and
TV Safety Straps**

**Safety Store
Blank Children's Hospital
1200 Pleasant Street
Des Moines
515-241-6706**

Hours

**Tuesday and Thursday
10-2:00 pm**

**Wednesday 10-1 pm
2:30-4:00 pm**

**DANGERS OF FURNITURE
TIP OVERS**



Securing furniture and televisions are an important step in keeping your child safe.

Children can tip drawers with very little effort. The same is true with bookshelves, televisions, and other furniture. A little climber can get into a lot of trouble when climbing an unsecured piece of furniture. Make sure that all of your furniture stays in place.

- ⇒ Fasten heavy furniture to a wall.
- ⇒ Keep heavier items on low shelves.
- ⇒ Children frequently reach for remote controls on top

of TVs.

- ⇒ Put the most used items on the lowest shelf.
- ⇒ Put toys on low shelves.
- ⇒ Mount flat-screen TVs on low, stable pieces of furniture.
- ⇒ Do not place items that you do not want your child to have within their sight.
- ⇒ Over 25,000 children per year are injured because of furniture and television tip overs.

For more information go to:
www.safekids.org
www.anchorit.gov

What does a safe sleep environment look like?

Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

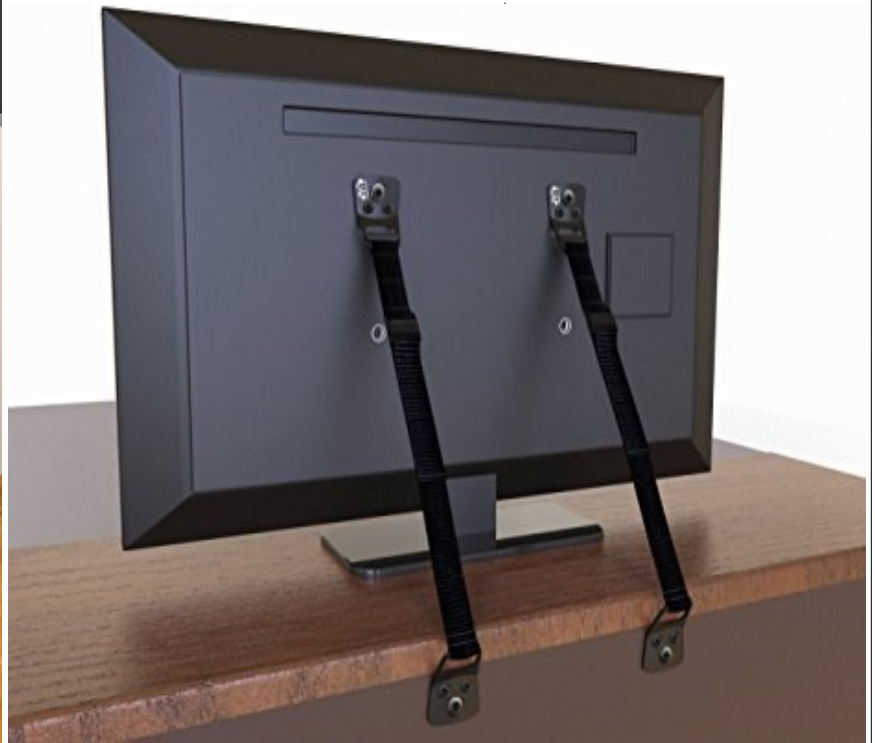
Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



Our **furniture straps** help you to **protect** your child against **tip over** accidents.



What falls on them?



Televisions and furniture



Furniture: dressers, tables



Appliances, etc.

Injuries: about **3** per hour **71** per day **2,117** per month **25,400** per year

Anchor straps are inexpensive to buy and can save a child's life.

Drake University Head Start

3206 University
Des Moines, Iowa 50311

Phone: 515-271-1854
Fax: 515-271-2199

www.drakeheadstart.org



1-800-327-4692

**All families receive
free 24-hour
telephone and in
person help!**

Are you wondering what to do during the winter as you face day to day challenges and stress?

All Head Start and Early Head Start families receive free 24 hour telephone and in person help.

Families receive help with concerns such as:

- Stress
- Family Problems
- Emotional Problems
- Parenting

- Balancing Work & Family
- Sadness
- Single Parenting
- Divorce
- Alcohol
- Drug Use

In Des Moines call
244-6090

Outside Des Moines
1-800-327-4692

dear stress,
let's break up.