

# December Is Safe Toys and Gifts Month

In the United States, emergency rooms treated **251,800 toy-related injuries**, according to the report issued last year from the U.S. Consumer Product Safety Commission (CPSC). 44% of the injuries were to the head and face area. An estimated 84,400 of all toy-related injuries, or 34%, happened to children younger than 5 years of age.



**Prevent Blindness** has declared December as Safe Toys and Gifts Awareness month and offers the following tips to keep the kids in your life safe:

- ▶ Avoid toys that shoot or include parts that fly off.
- ▶ Ask yourself or the parent if the toy is right for the child's ability and age. Consider whether other smaller children in the home that will have access to the toy.
- ▶ Avoid purchasing toys with sharp, spikes, rods, or dangerous edges.
- ▶ Buy toys that will withstand impact and not break into dangerous shards.
- ▶ Look for the letters "ASTM." This designation means the product meets the national safety standards set by ASTM International (American Society for Testing and Materials).
- ▶ 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 any part of a toy can fit in a toilet paper roll, the toy is not appropriate for children under the age of three.
- ▶ Do not purchase toys with long strings or cords, especially for infants and very young children as these can become wrapped around a child's neck.
- ▶ Always dispose of uninflated or broken balloons immediately.
- ▶ Magnets, like those found in magnetic building sets and other toys, can be extremely harmful if swallowed. Seek immediate medical attention if you suspect a child may have swallowed a magnet.
- ▶ KidsHealth.org recommends that bicycles, scooters, skateboards, and inline skates should never be used without helmets that meet current safety standards and other recommended safety gear, like hand, wrist and shin guards.
- ▶ Read all warnings and instructions on the box.

### **Before letting children play with toys:**

- ▶ Inspect toys for safe, sturdy construction.
- ▶ Explain how to use the toy.
- ▶ Fix or throw away broken toys.

For more information on safe toys and gifts for children, please visit [preventblindness.org/safe-toy-checklist](http://preventblindness.org/safe-toy-checklist). For more information on sports eye protection and safety, please visit [www.preventblindness.org/sports-eye-safety](http://www.preventblindness.org/sports-eye-safety).

## Quick Takes

Knowing what to do for an eye emergency can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injury first aid:

### **Be Prepared**

Wear eye protection for all hazardous activities and sports at school, home and on the job that could lead to an eye injury.

**DO** stock a first aid kit with a rigid eye shield and commercial eyewash (make sure it is not expired) before engaging in activities where an eye injury could occur.

**Cuts and Punctures of Eye and Eyelid**  
**DO NOT** wash out eye with water or any other liquid.

**DO NOT** try to remove an object that is stuck in the eye.

Seek emergency medical care immediately.

### **Chemical Burns**

Immediately flush the eye with water or any other drinkable liquid. Hold the eye under a faucet, shower or pour water into the eye using a clean container. Continue flushing for at least 15 minutes.

**DO NOT** assume that any eye injury is harmless. When in doubt, see an eye doctor promptly.

# Holiday Stress? Try These 5 Tips for a Heart-Healthy Holiday Season



He's a mean one, alright. If the Grinch has stolen your healthy holiday, check out these tips from Richard Stein, professor of medicine and cardiology at the New York University School of Medicine in New York City and a spokesman for the American Heart Association.

## 1. Go in with a plan.

For example, make a pact with yourself during the holidays: "For these three weeks I will get at least 30 minutes of activity per day, I'll have a reasonably healthy breakfast and lunch and limit the sweets. And I'll leave my meds out on the dresser so I won't leave the house without having taken them."

## 2. Beware of party perils.

Special holiday events often serve up extra helpings of high-fat foods. If you're a guest, plan on eating a healthy snack before you go and consciously choose to eat less at the event. If you're the host, challenge yourself to whip up a delicious and heart-healthy menu. Your guests will probably thank you!

## 3. Stay active—even in the hustle and bustle of the season.

Sprinkle in some healthy behaviors with your daily activities. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. When the kids are home from school, squeeze in some active chores and trips to the park.

## 4. But not too active.

Give yourself the gift of peace. Control your own schedule and don't overbook yourself.

## 5. Lay out a plan for January, February and beyond.

Your poinsettia's pooped and the eggnog's gone. Now what? It's great that you want to start doing healthy things—like exercising 30 minutes a day or making an appointment to get your blood pressure checked—but don't go dashing through your to-do list too fast or you might not stick to your plan. Lay out realistic steps for the months ahead. For example, instead of joining a gym, you might want to start a vigorous walking program first. It's free, and it's a great way to fit in more physical activity.

(source: [heart.org](http://heart.org))

## SAVE THE DATE

**Our Lunch-N-Learn is on Thursday, December 15. The topic is "Keeping Your New Year's Resolutions."**

## Recipe: Light Scalloped Potatoes With Roasted Chiles

### INGREDIENTS

- 1 medium poblano chile pepper, halved and seeded
- 2 tablespoons unsalted butter, plus more for the baking dish
- 1/2 small onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 2 teaspoons chopped fresh thyme
- 2 pounds Yukon Gold potatoes, peeled and sliced 1/8 inch thick
- 2 1/2 cups low-sodium chicken broth
- Kosher salt and freshly ground pepper
- 1/4 cup grated parmesan cheese
- Mexican crema or sour cream, for topping (optional)



### INSTRUCTIONS

1. Preheat the broiler. Put the poblano cut-side down on a baking sheet and broil until the skin is browned in spots, about 5 minutes. Transfer to a bowl, cover with plastic wrap and let cool 5 minutes. Peel the skin off the poblano under cold running water, then chop into small pieces.
2. Preheat the oven to 400 degrees F. Lightly butter a 2-quart baking dish. Heat 2 tablespoons butter in a large skillet over medium-high heat. Add the onion, garlic and thyme and cook, stirring frequently, until the onion is soft, about 5 minutes. Add the potatoes, chicken broth, 1 1/2 teaspoons salt, and pepper to taste and bring to a boil. Reduce the heat to medium and cook, stirring gently, until the potatoes are tender, 10 to 12 minutes.
3. Arrange half of the potato-broth mixture in the prepared baking dish in an even layer. Sprinkle with half each of the roasted poblano and parmesan. Repeat with the remaining potato-broth mixture, poblano and parmesan. Bake until bubbly and slightly golden, about 35 minutes. Let stand 15 minutes before serving. Thin some crema or sour cream with water and serve alongside for topping.

### NUTRITION INFO

Makes 6 servings | Calories per serving: 168 | Carbohydrates: 22 g | Protein: 7 g | Total Fat: 5.5 g | Saturated Fat: 3 g | Sugars: 2 g  
Dietary Fiber: 3 g | Cholesterol: 11 mg | Sodium: 183 mg