



Books

- **"Growing, Growing Strong: A Whole Health Curriculum for Young Children,"** Smith, Hendricks & Bennett. Redleaf Press, 1997.
- **"Healthy Young Children: A Manual for Programs,"** National Association for the Education of Young Children, 2002.

Web sites

- American Academy of Pediatrics, www.aap.org
- National Association for the Education of Young Children, www.naeyc.org
- Safe Kids Worldwide, www.safekids.org
- U.S. Fire Administration, www.usfa.fema.gov/kids
- I'm Safe!, www.imsafe.com

Safety and Injury Prevention

Suggested CHEC-out activities

1 Safety stories

Read "Officer Buckle and Gloria," by Peggy Rathmann (Putnam, 1995), "Dinosaurs, Beware! A Safety Guide," by Marc Brown (Little, Brown & Co., 1982) or "Fire, Fire," by Gail Gibbons (Harper Trophy Books, 1987). After discussion, create a classroom book with your own safety stories.

2 All about me

Encourage students to learn important information about themselves, including address and phone number. Talk about who they can call in an emergency. Encourage them to create a safety code for family members to use in necessary situations.

3 The safety house

Bring in empty medicine bottles, empty cleaning solution bottles, matches/lighters that are empty and one item that needs electricity. Review these items with students and talk about what they learned from the Safety House at Children's Health Education Center. Practice calling 9-1-1 on disconnected or toy telephones.

4 Seatbelt poem

I like my seatbelt nice and snug.
Around my hips like a big bear hug.
I make it click so the driver will know.
I'm buckled in and ready to go.