

ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT



JéWana Grier-McEachin. Photo: Pro16 Productions

Safe Toys & Gifts Month

By JéWana Grier-McEachin, Executive Director

Ensure You and Your Children Have a Happy and Safe Holiday Season.

As we conduct our Annual Toy Drive, it is a perfect time to highlight Safe Toys and Gifts Month. Prevent Blindness America provided tips on how to purchase safe toys and gifts for kids, and advocated for Safe Toys & Gift Month on November 22, 2011. They included the following information in a formal press release.

Children Should Spend the Holidays with Friends and Family, Not in the Emergency Room

The holiday shopping season is already in full swing for retailers as well as shoppers who are eager to begin purchasing everything on their lists. But, when it comes to toys and gifts, the lowest sale price may not be the safest for children.



The US Consumer Product Safety Commission (CPSC) estimated in its most recent report that hospital emergency rooms treated 251,700 toy-related injuries in 2010 throughout the United States. Of that number, 72% of injuries were to those less than 15 years of age. Additionally, the CPSC found that 46% of the estimated 251,700 ER-treated injuries occurred to the head and face area. Lacerations, abrasions, and contusions made up most of these injuries.

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!"

Safe Toy Guidelines

- 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 children 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 kids away from younger ones.
- 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 on toys immediately 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 kids under the age of 3.

For more information on safe toys and gifts for children, as well as general children's eye health topics, please contact Prevent Blindness America at 1-800-331-2020, or visit preventblindness.org.



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Tax deductible donations can be made by sending a check to ABIPA, PO Box 448, Asheville, NC 28802; or online at www.abipa.org. Thank you for your support!



Kelly White, MHE, MPH. Photo: Pro16 Productions

Wrapping It Up

by Kelly White, MHE, MPH,
ABIPA Health Education Program Manager

To wrap something up means to complete something, or it could mean to settle and finalize something.

Over the last few months, I have put much thought into how I would like to wrap this year up and bring things to a close for both my personal and work lives. The older I get, I think about how nice it would be to begin every year in a way that enhances my life, or just doing things that would give myself and my family a better quality of life.

If you are like myself and most other Americans, every December around the end of the month, many of us reflect on the things we were going to do, the things we are planning to do, and the things we need to do in order to get where we would like to be. While the suggestions here are not an exclusive list, they could be the starting point you need ahead of the ball drop at midnight. Get focused on how you plan to wrap up the year.

One of the first things you could do is to identify your stressors and make a plan to get rid of the "low hanging fruit." These are things that may not take much effort to get rid of—the stressors that cause a disruption in your daily workflow. Take on the major stressors one at a time.

Avoid procrastinating and things that are bound to slow you down or put you off task. If you are someone who procrastinates a lot, think about the root cause of why you may not be motivated to complete a specific task. Work on holding yourself accountable for the things that you say you are going to do and get them done. (Remember to pat yourself on the back once the task is complete!)

Lastly, think about how you can begin to balance your work and home life in a way that doesn't leave you feeling constantly burnt out. Work will be work, so try to think about ways you can make it enjoyable during the time you are there. Also, think about activities you can do outside of work, and the things that help revitalize and breathe life back into you.

Remember to give yourself grace if you are not able stay the course because sometimes things happen that are out of our control. It's whether we pick back up where we left off that matters the most!

Source: dailybulletin.com

Listen to ABIPA's Body & Soul Radio Show on WRES 100.7 FM, Tuesdays and Thursdays at 10:30 a.m. on wresfm.com.

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Our Annual Toy Drive

We don't have formal funding and rely on gift and monetary donations to support of our Annual Toy Drive. Last year ABIPA served more than 200 children and we anticipate serving more this year.

If you would like to drop off gifts, please stop by Stefanie's Design Studio located at 5 Regent Park Blvd., Asheville, NC 28806. We ask that gifts include characters of color. You can also make a

donation online by going to abipa.org, scan the QR code shown here, or mail it to PO Box 448, Asheville, NC 28801. Thank you in advance for your support.



Happy Holidays!