

Heatly Newsletter

Issue 8

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Green Island

Contact Our Office!

Need more information on fire safety?

Are you concerned that your child may have difficulty processing the recent traumatic events?

Feel free to visit our office for additional resources!

Contact Our Office!

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Fire Safety and Your Child

With the recent traumatic events that shook our community, your child may have many questions about fires and other accidents. Many parents that by re-visiting traumatic events, it will only cause further damage. However this is not always the case. Younger children especially need time to process information and events. This can only be accomplished through repetition.

Use this opportunity to make a fire plan- where will members of the household meet if there is an emergency, practicing emergency phone calls with each other, etc. Make sure all fire detectors have batteries and are working properly. Firefighter usually suggest checking each fire alarm at the start and end of daylight savings

time.

Answer all questions and concerns honestly, yet in an age appropriate manner. After discussing your child's questions, be sure that you are available for additional concerns that



may arise after your conversation.

In some cases, your child

may process his or her feelings internally. This internal processing may cause emotional, mental or somatic symptoms. Emotional symptoms may take the form of outbursts of anger or sadness. Anxiety may occur in mental processing.

Somatic symptoms may take the form of headaches, stomachaches or fatigue. If your child exhibits alarming symptoms after a tragic event, they may be processing the event internally. Discuss this with

your child and your child's doctor to determine an optimal solution.

Important Fire Safety Information for Families

Smoke detectors are crucial life saving devices. Have at least on every floor of your home. Check the batteries often and change them twice each year (usually at the start and end of daylight savings time).

Be aware of fire-starting appliances and objects. Unplug hair tools, cooking appliances and other electronic devices when not in

use. Never leave candles burning unattended, especially when there are pets or children around. Space heaters should always be used with caution. Keep them away from flammable materials and turn them off when not in use.

Keep matches away from children. Do not allow your children to light candles unsupervised. Discuss with your child that matches are

not toys and to give them to an adult if found.

If smoking occurs in the home, be absolutely sure that all cigarettes are out in ashtrays and garbage cans. Unsafe smoking habits are a very common cause of home fires.

Plan a family day to visit the fire station for information and a tour!