

Parents' Guide To... Information and Order Forms



In an effort to educate parents and caregivers, Children's Hospital of Illinois has developed a "Parents' Guide to..." series of brochures, updated yearly. These brochures provide children's health, safety and injury prevention information in a clear and concise way. Children's Hospital of Illinois develops four new brochures each year, covering a wide variety of children's health, safety, and injury prevention topics.

Parents' Guides Include:



Cold Weather Safety

"Oh the weather outside is frightful," but a little extra effort can help make this winter delightful. Check out these suggestions for keeping your family warm and safe.



Pool Safety

When it is hot outside, pool safety is often overlooked. Review this brochure for tips on safe swimming for children of all ages. Make sure you have fun in the sun.



Halloween Safety

Keep your little ghouls and goblins safe with these handy tips and tidbits.



Summer Safety

This brochure provides specific tips for avoiding the hazards of summer and enjoying fun in the sun!



Carbon Monoxide Poisoning

In production.



Lead Poisoning

Did you know that Central Illinois has one of the highest lead poisoning rates in the country? If you live in a home built before 1978, check out our brochure on ways to protect your family from the dangers of lead poisoning.



Health & Nutrition

With fast paced schedules, it can be hard to stay focused on health & nutrition. Review these tips for help in providing a strong foundation for growing children.



Healthy Snacks

Snacks make up about 20% of a child's diet. Check out this brochure to see tips for providing healthy and fun snacks for your child.



Bullying

This is a difficult topic to discuss and even more difficult to address. Learn how to recognize and protect your child from "bullies." Understanding how to cope with them will aid in your child's healthy development.



Internet Safety

Kids these days have access to information like never before. Do what you can to protect them while surfing the "net" and read through these simple suggestions for on-line safety.



Depression

Is it more than just the blues? Not sure what to do? Refer to this handy guide on what you can do about it. No one should suffer in silence.



ATV Safety

All terrain vehicles are quite a thrill; however, they can be dangerous. Check out these ATV safety tips before allowing your child to experience the ride.



Bicycle Safety

Riding a bicycle is not only great fun, but great exercise as well. Before your child sets off on bicycling adventures, review this guide to make sure that he/she is doing so safely.



Child Passenger Safety

Approximately 4 out of 5 car seats are used improperly. This brochure contains tips to help you ensure you child is properly and safely restrained.



Infant Car Seats

Expecting? Learn what to look for when choosing the car seat that best fits the needs of you vehicle and soon, your baby.



Alternative Medicines

Are you considering giving natural supplements or herbal remedies to your child? Before you do, consult this pamphlet for guidance and information.



Hygiene

Help your children grow up healthy and strong by teaching them good hygiene practices. Refer to this brochure for hygiene tips, and a helpful chart to keep hygiene top of mind in your little one.



Immunizations

Keeping up with current requirements can be mind-boggling. Keep your child's shot records on track with this brochure of current immunizations.



Medical Treatment Consent Form

When your child is in the care of others, this form provides all vital medical information and a parental consent form for care in case of emergency.



Pedestrian Safety

Walk this way! There is more than just "look both ways" advice before crossing the street these days. Read about many other safety concerns to keep in mind when you and children are walking to your next destination.



Playground Safety

Sending your little ones to the park to play? Find out what hazards and safety features to look for on the playground to ensure that your child is safe.



Preventing Falls

Falls are dangerous at any age and can lead to further complications or severe injuries. This guide offers ideas to prevent falls for everyone, especially little ones taking their first steps.



Medical Resources on the Web

Not all medical websites are created equal! Find out how to navigate the web for health information you can trust.



Medication Management

Medication can be tricky! This guide walks you through a step-by-step process to ensure that your child's medications are used safely and correctly.



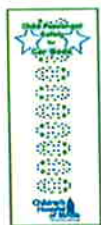
Stop the Spread of Infection

You've read the newspaper articles, heard the reports on TV, can you prevent infection? Whether visiting a family member or being a patient yourself, this information can help you reduce the risk and be a partner in your family's safety.

Additional guides on back...

Additional Guides Include:

Special Needs Child Passenger Safety



Car Bed

Low birth weight and other medical conditions may require a traveling position different from that provided by a conventional infant car seat. The restraints described in this brochure have been specifically developed to address this issue.



Large Medical Restraints

Children with neuromuscular disorders may require additional support, not offered by a conventional car seat. The restraints described in this brochure have been specifically developed to address this issue.



Orthopedic Condition Restraints

Hip Spica cast and other orthopedic devices can make it impossible for a child to use a standard car seat. The restraints described in this brochure have been specifically developed to address this issue.



Special Needs Resource Center

Does your child have low birth weight, orthopedic conditions, neuromuscular disorders or respiratory conditions? If so, check out some tips about proper Child Passenger Safety.

Grandparent's Guide



Car Seat Safety

Are you a grandparent who occasionally transports your grandchildren? If so, refer to this brochure for tips on properly restraining your grandchildren.

Be A Buckle Buddy!



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When you see an unrestrained, or improperly restrained child in a motor vehicle, Be A Buckle Buddy! This brochure describes Children's Hospital of Illinois' innovative approach to saving the lives of children.