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# Choosing Safe Toys

www.communitybridges.org

Toys generally offer children an opportunity to develop their imaginations, learn principles of sharing and working together and often help children improve their motor skills. When buying toys this holiday season keep in mind the ages and abilities of the children you are shopping for. Look for toys that are durable, appealing, interesting and suitable for the social and mental development of the children.

- Toys made of fabric should be labeled fire resistant or flame retardant and stuffed toys should be washable.
- Toys should be free of glass or metal parts that could become sharp when chipped or broken.
- Hanging toys or toys with cords attached can cause entanglement and strangulation. Hang mobiles out of reach and avoid toys with strings and cords longer than 7 inches.
- Toys with small parts that are removable or can be pulled off can be a choking hazard. Toys should be large enough, at least 1 ¼ inches in diameter and 2 ¼ inches in length, so that they cannot be swallowed or lodged in the windpipe. Avoid marbles, coins and games with small balls.
- Art materials should be labeled non-toxic. Crayons and paints should say ASTM D-4236 on the package which means that they've been evaluated by the American Society for Testing and Materials.
- Projectiles and other flying toys can cause serious eye injuries.
- Battery operated toys should have battery cases that secure with screws so that kids cannot pry them open. Batteries and battery fluid pose a serious risk, including choking, internal bleeding and chemical burns.
- Most riding toys can be used once a child is able to sit well unsupported. Check with manufacturer's recommendation for ages.
- Toys with loud sounds, especially if the toy can be held directly up to the ear, can cause hearing damage.
- Painted toys should be lead free.
- Avoid older toys including hand-me-downs from friends and family and garage sale toys. Older toys may not meet current safety standards and may be worn down enough to break and become hazardous. Keep toys clean to decrease the spread of germs. Many plastic toys for young children can be run through the dishwasher or spot cleaned with soapy water and rinsed off.

Source: Roundtable Nutrition Edition 43. Adapted from Child Care Health Connections and kidshealth.org

## Are you a web-claimer?

**Have you been a web claimer for a long time? Or are you a recent switcher?** Either way, we would love to hear from you. Share your experience so that others can benefit.



**Have you been considering switching but still unsure?**

Join us for a group training session. Held in Aptos each 3<sup>rd</sup> Wednesday of the month at 6:45-7:30 pm.



## Program Reminder: Infant Food

Commercial baby foods are **ONLY** reimbursable if the ingredients are as follows:

- To count as Fruit/Veg., the ingredients can only have fruit/veg. For example: "apple", or "peas & carrots"
- To count as a Meat/Meat alt., the ingredients can only have meat. For example: "Chicken", or "beef & pork"



Commercial baby foods are **NOT** reimbursable if:

- Fruit/veg. has ingredients other than fruit/veg. For example: "sweet potato & chicken". It also is not reimbursable if it says "pudding" or "dessert"
- Meat cannot be mixed with a non-meat. For example "beef & rice"

If you make "HM baby food" you should **NOT** add sugar, fat, or salt.

