Healthy Tips for Moms

Pediatric nurse practitioners (PNPs) and other pediatric-focused advanced practice registered nurses (APRNs) are healthcare providers with advanced education and training dedicated to improving the health and wellness of your child. PNPs/APRNs have provided quality healthcare to children and families for over 40 years. They spend significant one-on-one time with patients and families to answer their questions about pediatric issues.

Below are germ prevention and safety tips that can help you keep your family safe and healthy.

Germ Prevention

- Teach your children to properly wash their hands at an early age. You should wash your hands for at least 20 seconds, lathering soap and rinsing with warm water.
- Wash your hands in between cooking raw meat and preparing other foods.
- Wash hands always before eating! Carry hand sanitizer if possible to wash with when water is not available.
- Wash your hands after treating wounds, giving medicine or caring for a sick or injured person.
- Wash your hands after touching animals, toys, leashes or waste.
- Clean all counter surfaces with a disinfectant after preparing each meal; Keep floors cleaned for creeping and crawling toddlers.
- Clean toys once a week with a disinfectant (Lysol or disinfectant wipes).
- Make sure to store cleaning agents up high and out of the reach of children.

Other household safety tips:

- Follow your state car seat laws to keep infants and children safely restrained in your vehicle.
- Store all sharp objects out of reach of toddlers and school age children.
- Position pot handles towards the back of the stove.
- Remove dangling cords out of view of children (household appliances) and place window blind cords out of reach.
- Lock all bathroom cabinets and toilet lids for infants and toddlers.
- Cover all electrical outlets with childproof covers.
- Check smoke and carbon monoxide detectors once per month to ensure functionality.
- Teach children what to do in case of a house fire.
- Children should wear helmets for bike and scooter riding, and other protective gear based on the sport. Young children should never be outside unsupervised!

For additional child health and wellness tips visit www.napnap.org