



# Grandparents Corner

*January 2018*

## *Winter Safety Tips, Part 2*

***Continued from last month...here are some additional Winter Safety Tips for safe winter sports and activities.***

Set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.

### **Sledding**

- Keep sledders away from motor vehicles.
- Children should be supervised while sledding.
- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Consider having your child wear a helmet while sledding.
- Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow (not ice), not be too steep (slope of less than 30 degrees), and end with a flat runoff.
- Avoid sledding in crowded areas.

### **Snow Skiing and Snowboarding**

- Children should be taught to ski or snowboard by a qualified instructor in a program designed for children.
- Never ski or snowboard alone.
- Young children should always be supervised by an adult. Older children's need for adult supervision depends on their maturity and skill. If older children are not with an adult, they should always at least be accompanied by a friend.
- All skiers and snowboarders should wear helmets. Ski facilities should require helmet use, but if they do not, parents should enforce the requirements for their children.
- Equipment should fit the child. Skiers should wear safety bindings that are adjusted at least every year. Snowboarders should wear gloves with built-in wrist guards. Eye protection or goggles should also be used.
- Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
- Avoid skiing in areas with trees or other obstacles.

### **Snowmobiling**

- The American Academy of Pediatrics recommends that children under age 16 not operate snowmobiles and that children under the age of 6 never ride on snowmobiles.
- Do not use a snowmobile to pull a sled or skiers.
- Wear goggles and a safety helmet approved for use on motorized vehicles like motorcycles.
- Travel at safe speeds.
- Never snowmobile alone or at night.
- Stay on marked trails, away from roads, water, railroads and pedestrians.

*Source: American Academy of Pediatrics - [www.healthychildren.org](http://www.healthychildren.org)*

Keeping the person with Alzheimer's disease healthy will also help them maintain a positive emotional balance. Illness and pain can lead to a depressed and anxious mood. The person's doctor will know if a physical illness might account for a sudden change in mood or other emotional symptoms. Read the issue and answer True or False to the questions below.

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1. *There is no need or benefit to following the person's usual routine and to follow the same routine from day to day. T F*
2. *People with Alzheimer's disease may get upset when somebody touches them. T F*
3. *A person's behaviors are messages about ideas, feelings, and needs the person is telling you about in the best way he or she can. T F*
4. *A safe, comfortable home can help a person with Alzheimer's feel more relaxed and less overwhelmed. T F*
5. *If people always had a high standard of personal hygiene, they will always have that high standard. T F*
6. *People in the middle stage are more confused, cannot plan their activities or make such previously simple choices as to what to wear. T F*
7. *A few minutes a day petting or visiting with an animal lowers the stress hormone of cortisol and increases the feel-good hormone of serotonin. T F*
8. *When helping a person with an activity, it may be effective to combine a verbal cue with a gesture so that the person can get the information in more than one way. T F*
9. *When trying to understand the person's behavior, always ask yourself "What are they trying to say by doing this?" T F*
10. *Control water temperature in the sink, tub and shower to prevent accidental burns. T F*

**KEY:** 1. F 2. T 3. T 4. T 5. F 6. T 7. T 8. T 9. T 10. T