



Parenting Clips

Kohl's A Minute for Kids Parenting Clips offers practical information on common child health and safety issues from the experts at Dayton Children's.

As the region's pediatric referral center, Dayton Children's is the only hospital in the region with a full-time commitment to the health care needs of infants, children and teens. Our pediatric expertise is also offered at locations in Springboro, Middletown, Springfield, Troy, Lima and Vandalia.

Call 937-641-3666 or visit our website at www.childrensdayton.org for more information.

Experts you trust, caring for the children you love.

Protecting children from scalds

Scalds — or burns from hot liquids, steam or food — can often be prevented.

“Water scalds are extremely painful, but burns from hot food can be even more devastating,” says Cindy Asher, RN, clinical nurse specialist at The Children's Medical Center of Dayton. “We've treated children who have taken hot foods, such as noodles, out of a microwave and the bowl tipped onto them. Noodles tend to sit on the victim causing a deeper, more serious burn.”

The Regional Pediatric Trauma and Emergency Center at Dayton Children's admitted 142 children with burn-related injuries in 2007. Of those treated, 43 percent suffered scalds from hot water or food.

“Children, especially those 4 and younger, do not perceive danger. They are very curious about their environment and explore their world by touching and tasting. Small children often lack the ability to escape a life-threatening situation,” adds Asher.

Parents and children should remember that the kitchen and bathroom can be dangerous and they will need to be extra careful when in those areas.

Kitchen safety

- Keep hot foods and drinks away from the edge of tables and counters. Do not put them on a tablecloth that little hands can yank.
- If you're holding something hot, don't hold your child too.
- When you cook, keep your child away from the stove. Tell children that when you are cooking, you are not to be bothered.
- Turn pot handles toward the back of the stove. If possible, use rear burners.
- Watch for dangling appliance cords.
- Don't use the microwave for snacks if children cannot be supervised.
- Test heated food and liquids before serving children.

Bathroom safety

- Test how hot your hot water is. Turn on the hot water at the tub faucet. Let it run for three to five minutes. Measure the temperature with a hot water gauge or mercury thermometer. (Liquid crystal bath

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To receive more health and safety tips from the experts at Dayton Children's, join our online community today. Go to www.childrensdayton.org, click on E-newsletter on the left.



Kohl's A Minute for Kids Parenting Clips are published monthly by Dayton Children's for parents and families in the region.

For more information or to be removed from our mailing list, call 937-641-3620.

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- thermometers are available for a few dollars.)
- For safe bathing, set the water heater's thermostat to low, warm or 120° F. Wait a day. Test the water again.
- Install anti-scald devices in your shower and bathtub fixtures that stop the water flow when the temperature exceeds 120° F.
- Always check the water temperature before placing your child in the tub. A child's skin burns more easily than an adult's.

- Supervise kids in the tub. Young children can turn the hot water on by themselves. Older children can scald a younger child.

If your child is burned

- Remove hot, wet clothing. Don't forget an infant's diaper if it has absorbed hot liquid.
- Cool the burned area immediately with room-temperature tap water.
- Gently dry the area and cover with a clean, dry bandage or towel. Do not use butter, first aid ointment or burn cream.

- Get medical help. Call your child's doctor about any burn.
- Keep the burned child warm while going to the doctor, hospital or waiting for EMTs.

Visit kohlsminutes.childrensdayton.org for more information on the four types of burns and more first aid tips if your child is burned. You will also find a podcast and other health and safety information.

ABOUT OUR EXPERT



Cindy Asher, RN, is a clinical nurse specialist at Dayton Children's. She earned her Bachelor of Science degree in nursing from Wright

State University and her Master of Science degree in nursing from the University of Cincinnati. Cindy is a board member of the Society of Pediatric Nurses and Association of Pediatric Surgical Nurses. She is a certified Pediatric Advanced Life Support regional faculty member and is certified as an Advanced Burn Life Support Provider. Cindy has worked at Dayton Children's since 1989.

Other resources

- ▶ American Burn Association – www.ameriburn.org
- ▶ Safe Kids Worldwide – www.safekids.org
- ▶ Home Safety Council - www.homesafetycouncil.org/

PEDIATRIC EXPERTS IN YOUR NEIGHBORHOOD

Dayton Children's

- 1 937-641-3000 One Children's Plaza
Dayton, Ohio 45404-1815

Urgent Care Centers

- 2 **Dayton** — Dayton Children's Campus.
937-641-5995
Conveniently located just off Route 4 on Valley St.
Hours: Mon-Fri 5:00 to 10:00 pm
Sat-Sun Noon to 8:00 pm
- 3 **Outpatient Care Center — Springboro**
937-641-5725
3333 West Tech Road
Conveniently located just off Route 741
Urgent Care Hours:
Mon-Fri 3:00 pm to 10:00 pm
Sat-Sun 11:00 am to 8:00 pm
Lab/Imaging Hours:
Mon-Fri 8:30 am to 9:00 pm
Sat 8:30 am to 7:00 pm
Sun 11:00 am to 7:00 pm
Rehabilitative/audiology services, lab and medical imaging (x-ray, fluoro, etc.) available at this location

Outpatient Testing Center's

- 4 **Beavercreek** — The Midtown Shoppes of Beavercreek 937-641-5770
3224 Dayton-Xenia Road, Suite 100
- 5 **Kettering** — Lamplighter Square
937-435-6063 5583 Far Hills Avenue
- 6 **Vandalia** — Off Northwoods Boulevard
937-641-5765 810 Falls Creek Drive

Specialty Centers

- 7 **Lima - St. Rita's Med Care Clinic** —
939 West Market Street 937-641-3000
Hours: Vary by clinic
Specialty clinic visits with physician referral. Ask operator for specific clinic.
- 8 **Specialty Care Center — Warren County 100**
Campus Loop Rd. Suite A
Conveniently located near the new Atrium Medical Center, on the Premier Health Campus — Middletown.
513-424-2850
Hours: Mon-Fri 8:30 am to 5:30 pm
Sat 8:30 am to 12:30 pm
Specialty clinic visits, lab and medical imaging (x-ray, etc.) with physician referral

