



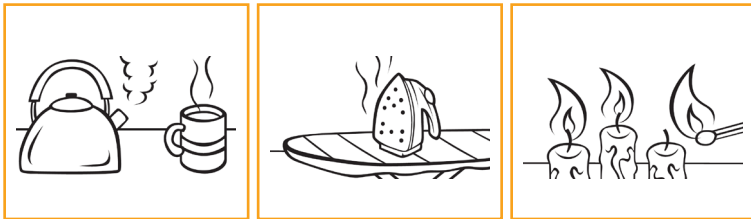
'THERE'S NO SUCH THING AS BAD WEATHER, ONLY BAD CLOTHES' — LINDA MCGURK

As much as we love to stay warm and inside over winter, there are health benefits to getting outside. Boost your Vitamin D levels by being outdoors in the sun. Get your blood flowing and body moving to give your organs much needed nutrients. Go for a brisk walk, ride a bike, run to the corner and back, jump in puddles and fight the winter blues. Wet weather brings new challenges and experiences for children, it helps their cognitive development when problem solving and noticing that surfaces are different, i.e. slippery, crunchy, soft, soggy. Remember cold weather will not make you sick!

ONE OF THE GREATEST LIFE-CHANGING INJURIES TO A CHILD IS A SERIOUS BURN.

- The most common cause of burn injury to children is scalds from hot water, drinks etc (57%) followed by contact burns (touching hot surfaces such as heaters, irons etc.) (23%) and flame (10%) injuries.
- Hot beverages are the most common cause of scald injury to children followed by water from a saucepan, kettle, jug, billy, urn or thermos and scald injury from food.
- 79% of burn injuries to children occur in the home environment.*

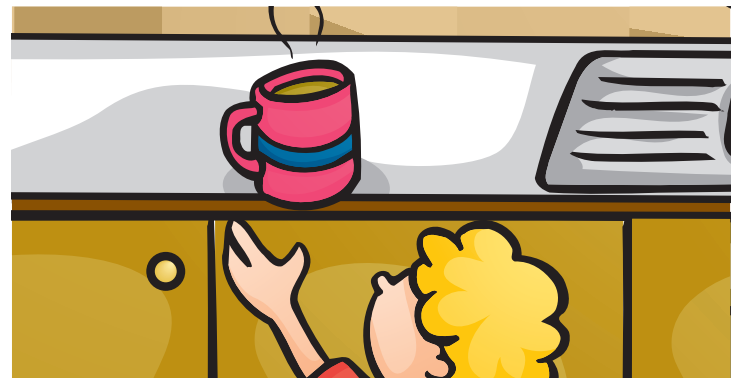
*DATA SOURCE: BURNS REGISTRY OF AUSTRALIA AND NEW ZEALAND, ANNUAL REPORT 2016/2017



THINKING SAFELY

Here are some tips to share with your children so they can keep themselves safe.

- Matches and fire lighters are not toys - they can burn you.
- Hot food and things that have hot water in them like noodles and drinks can burn.
- Stand back from the heater or open fire so your clothes don't catch on fire.
- Clothes can catch fire if you put them on top of heaters.
- If you do happen to get a burn, get a bigger person to run it under cold water for at least 20 minutes and go to the doctor if the burn is blistered or bigger than a 20c piece.



Make sure hot drinks/food are out of reach of children. Put them to the back of the bench.

MINDFULNESS



As you know a child's safety is one of the most paramount concerns for any teacher, parent or carer. Far too often so much energy goes into building a safe environment without taking into consideration other aspects of the individual. At the KIDS Foundation we take a holistic approach to safety. What we mean by this is that we believe to be safe you need to be secure inside and out. The way we react and the choices we make to means that you accept what is happening and in some way detach yourself from the situation.

Teaching children to practice mindfulness has been found to help them take responsibility for managing their emotions and the ability to self-regulate. Practising mindfulness is one way of bringing the mind and body together.

There are a lot of big words for little kids in mindfulness teaching, so it is best to keep it simple, by using words like time out, noticing things like what our ears are hearing and what are our eyes are seeing.

For some **MINDFULNESS ACTIVITIES** visit:
<https://kidsfoundation.org.au/mindfulness-activities>



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