

ZIPS

Zero to age 21: Information Promoting Success  
for Public Health Professionals working with Kansas Kids



2008 Governor’s Public Health Conference  
Will Focus on Early Intervention Strategies for  
Healthy Families

Special Points of  
Interest:

- \* Nursing Licensure Matters in Provision of School Nurse Services
- \* Drug-Facilitated Sexual Assault
- \* KSNO Requesting Nominations
- \* National Poison Prevention Week



The 3rd annual Governor’s Kansas Public Health Conference, “*There’s No Place Like Home: Early Intervention Strategies for Healthy Families,*” will be held at the Wichita Hilton Apr. 28 – 30 providing information to assist public health providers with data, strategies, and resources to enhance knowledge and skills related to the provision of health promotion and prevention activities with individuals and families that ultimately protect the health of all Kansans. Early intervention strategies to address societal, economic and environmental challenges will be explored, as well as considerations for local, state, and national policy to direct resources and interventions towards Kansas prioritized 2010 Healthy People indicators that include:

- \* Physical Activity
- \* Overweight and Obesity
- \* Tobacco Use
- \* Substance Abuse
- \* Responsible Sexual Behavior
- \* Mental Health
- \* Injury and Violence
- \* Environmental Quality
- \* Immunization
- \* Access to Health Care

Keynote speakers will include Kansas Department of Health and Environment, Secretary Roderick L. Bremby, Donna

Sweet, M.D., the University of Kansas School of Medicine-Wichita; Ginger Breedlove, the University of Kansas School of Nursing Midwifery Program; and Jeremy Goodwin, WIBW-TV, as well as other distinguished speakers. There will be a panel of public health department presenters who will share their experiences with disasters in 2007 illustrating the “*Courage, Heart, and Brains*” demonstrated in each community as they worked toward recovery.



An optional training to orient staff new to maternal and child health practice, “*Your Role in Health Prevention, Promotion, and Protection of Kansas MCH Populations,*” will be available on Apr. 28 without any fee for attendees and will provide professional staff and para-professional community outreach workers recently entering the public health field or programs serving pregnant women, infants, children and adolescents, with a broad overview of Maternal and Child Health services and the framework that will enable participants to work in community settings

The conference brochure and registration will be available the second week of March on KS-TRAIN at <https://ks.train.org/DesktopShell.aspx>. The conference is sponsored by the Kansas Department of Health and Environment, the Kansas Public Health Association, Wichita State University, and the Saint Louis University Heartland Centers for Public Health Preparedness.

Inside this issue:

Women’s Health - Preconception to Birth	2
Public Health	2
Child Health - Birth to Age 9	3
Ask Ken!	3
Adolescent Health - Age 10 - 21	4
School Health	4
Events & Resources	6
The Back Page	7



# WOMEN'S HEALTH

Joe Kotsch, Perinatal Consultant



## Infant Care at Home

Oftentimes, parents come home from the hospital, after having been in the capable hands of labor and delivery, newborn nursery, or in the case of preemies, neonatal intensive care health care staff, with uncertainties of what they should do with their newborn. Hopefully, they have received developmentally suitable anticipatory guidance from their health care providers that will begin to create confidence in their ability to provide appropriate and loving care for their newborn. The purpose of this article is to present some of the more relevant areas of anticipatory guidance that parents of newborns should receive both before going home from the hospital and on an on-going basis. In this way, health care providers who see the family in the postpartum period in the clinic or in home settings reinforce the anticipatory guidance the parents have received. In addition, the parents should be provided with support, education, encouragement and facilitation of referrals to any services indicated.



Infants are totally dependent on their parents/caregivers for care. So, in order to successfully grow and develop infants have feeding, hygiene, safety and security and general health needs that must be met. Hopefully, some of these areas have been addressed with the infants' mothers during their pregnancy to make decisions about whether they will breast or bottle feed, what type of crib to obtain, abstaining from alcohol and tobacco products, avoidance of second-hand tobacco smoke and ensuring a source to obtain clothing and other necessities for a newborn infant. Other infant needs that should be addressed are: soothing

a fussy or irritable baby, ensuring proper sleep position and sleeping surface(s), staying current on immunizations and routine appointments, child-proofing the home, obtaining and learning how to properly install an infant car seat as well as a host of others. For more information go to:

[www.nlm.nih.gov/medlineplus/infantandnewborncare.html](http://www.nlm.nih.gov/medlineplus/infantandnewborncare.html)



## PUBLIC HEALTH

Children and Families Section



### SHPPS: School Health Policies and Programs Study by Centers for Disease Control and Prevention

Article Information from [www.cdc.gov/HealthyYouth/shpps/brief.htm](http://www.cdc.gov/HealthyYouth/shpps/brief.htm)



The National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health at the CDC, has posted on their Healthy Schools, Healthy Youth Web site, the *School Health Policies and Programs Study (SHPPS)*, a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels. SHPPS was most recently conducted in 2006. SHPPS also was conducted in 2000 and 1994; the next SHPPS is planned for 2012.

The School Health Policies and Programs Study (SHPPS) 2006 is the largest, most comprehensive assessment of school health programs in the United States ever conducted. SHPPS also was conducted in 2000 and 1994 and is planned again for 2012.

SHPPS 2006 describes key school health policies and practices across all eight school health program components: health education, physical education and activity, health services, mental health and social services, nutrition services, healthy and safe school environment, faculty and staff health promotion, and family and commu-

nity involvement. In Kansas, the Coordinated School Health Program (KCSH), a partnership between KDHE's Office of Health Promotion and the Kansas State Department of Education, addresses these eight components. To learn more about the KCSH program, visit [www.ksde.org/CNWPortal/CSHP/KCSH\\_Menus/KCSH\\_Home.htm](http://www.ksde.org/CNWPortal/CSHP/KCSH_Menus/KCSH_Home.htm)

The CDC conducted SHPPS 2006 between Jan. and Oct. 2006. The study design and sample size were similar to SHPPS 2000. Results for SHPPS 2006 are available in a special issue of the American School Health Association's *Journal of School Health*, October 2007, as well as online at [www.cdc.gov/HealthyYouth/shpps/index.htm](http://www.cdc.gov/HealthyYouth/shpps/index.htm) where information about the study, including archived information and data from the 2000 SHPPS is available, including:

- A four page overview (PDF—250K) fact sheet
- A four page trend fact sheet (PDF—218K)
- Topic specific fact sheets

Data regarding Kansas's school health policies and programs can be accessed at [www.cdc.gov/HealthyYouth/shpps/2006/summaries/index.htm](http://www.cdc.gov/HealthyYouth/shpps/2006/summaries/index.htm)



# CHILD HEALTH

Brenda Nickel, Child Health Consultant



## Nursing Licensure Matters in Provision of School Nurse Services



School districts do not always have a clear understanding of the licensure and practice parameters for licensed practical nurses (LPN) and professional registered nurses. There are students who arrive at school with a myriad of complex social and health issues that require the services of a professional health provider, ideally a registered nurse who coordinates services, meets health needs, provides anticipatory guidance for health / health education, as well as serving as a liaison between other resources for the school / students and their families. The professional registered nurse is responsible for the coordination of services, including the supervision of licensed practical nurses and unlicensed assistive personnel (UAP).

For public health nurses who are exploring working in the school setting or contracting for school health services, it's imperative that a thorough understanding of the statutes and regulations that govern nursing practice in any setting, and in particular the independent practice setting of school nursing, be understood. In order to meet the complex health needs of students, the school nurse needs to have a background of "substantial specialized knowledge derived from the biological, physical, and behavioral sciences is applied to: the care, diagnosis, treatment, counsel and health teaching of persons who are experiencing changes in the normal health processes or who require assistance in the maintenance of health or the prevention or management of illness, injury or infirmity; administration, supervision or teaching of the pro-

cess as defined in this section; and the execution of the medical regimen as prescribed by a person licensed to practice medicine and surgery or a person licensed to practice dentistry. (KSA 65-1113, Kansas Nurse Practice Act, page 4, [www.ksbn.org/npa/npa.htm](http://www.ksbn.org/npa/npa.htm))

The Kansas Nurse Practice Act (NPA) very specifically discusses the statutes / regulations for nurses practicing in the school setting, thus clearly defining the roles of the professional registered nurse and the role of the LPN with supervision. Unlike the aforementioned definition for the registered nurse, KSA 65-1113 defines (2) The practice of nursing as a licensed practical nurse means the performance for compensation or gratuitously, except as permitted by K.S.A. 65-1124 and any amendments thereto, of tasks and responsibilities defined in part (1) of this subsection (d) which tasks and responsibilities are based on acceptable educational preparation within the framework of supportive and restorative care **under the direction of a registered professional nurse, a person licensed to practice medicine and surgery or a person licensed to practice dentistry.**

School districts may have a LPN providing services under the supervision of a registered nurse. By statute, a licensed practical nurse is limited by his / her educational preparation, therefore a registered professional nurse must oversee school nursing activities in the school setting and is responsible for supervising the LPN and for determining what the unlicensed person may legally do to meet the health needs of students under the supervision of the professional nurse according to the Kansas NPA. (Continued on page 4—School Health)



### ELECTRONIC SUBMISSION OF DATA & CVR'S

#### Web-MCH

**Q.** Who reports a client that is pregnant?

**A.** Nurses and home visitors, otherwise the user data may not be counted.

**Q.** Do I enter the provider who performed the service when entering data?

**A.** It is important you select the correct provider when entering data, otherwise it will not be counted correctly and users will be reported improperly or not at all.

## Ask Ken!

**Q.** What if all the nurses or para-professionals aren't listed in the system?

**A.** E-mail Joe Kotsch or Ken Miller so they can be added.

**Q.** What can I do to make the system run faster when I am entering users?

**A.** E-mail Ken Miller so he can get it corrected.

**Q.** If a nurse goes to a home to visit a mother or child, is this counted as a Healthy Start visit or M&I?

**A.** It is always counted as a M&I visit. A nurse can not do a Healthy Start Home Visit, these are reported under M&I only (program 2,3 or 4).



# ADOLESCENT HEALTH

Jane Stueve, Adolescent Health Consultant



## Drug-Facilitated Sexual Assault



Sexual assault and abuse is any type of sexual activity that you do not agree to. Rape is a common form of sexual assault. It is committed in many situations—on a date, by a friend or an acquaintance, or when you think you are alone. Educate yourself on “date rape” drugs. The three most common pharmaceutical date rape drugs are GHB (gamma hydroxybutyric acid), Rohypnol, and Ketamine. The drugs often are in powder or pill form, taste salty, have no color, smell or taste and are easily added to flavored drinks. The drugs affect you quickly, and the effects can vary. GHB can cause relaxation, nausea, problems seeing, black outs, seizures, amnesia, tremors, slow heart rate, dream-like feeling, and in extreme cases coma and death. GHB is legal in the United States and is most commonly used to treat narcolepsy. Rohypnol can cause a drunk feeling, sleepiness, muscle relaxation or loss of muscle control, amnesia, problems talking, loss of consciousness, confusion, problems seeing, upset stomach and difficulty with motor movements. Rohypnol cannot be bought legally in the United States. Ketamine can cause hallucinations, loss of sense of time and identity, feeling out of control, impaired motor function, problems breathing, and convul-

sions, out of body experiences, memory problems, numbness, and loss of coordination, aggressive or violent behavior and slurred speech. Keatmine is used legally in the U.S. for anesthetic for humans and animals. Alcohol is also a drug that affects judgment and behavior and can put a person at risk for unwanted or risky sexual activity. Drinking too much alcohol can also cause blackouts, memory loss and poisoning. When alcohol is combined with the above listed pharmaceutical drugs, it can exaggerate their affects. Remember, even if a victim of sexual assault drank alcohol, they are NOT at fault for being assaulted.

Protect yourself from sexual assault by NEVER leaving your drink unattended, open containers yourself, don't accept drinks from other people, don't drink from punch bowls or common containers or that have a strange taste— no matter where you are. Try to always be aware of your surroundings. If you think you have been drugged or assaulted, go to the police station or hospital right away, get a urine test for drugs, don't wash away evidence of assault. Feelings of shame, guilt, fear and shock are normal. Call a crisis center or hotline to talk with a counselor. The National Sexual Assault Hotline is 1-800-656-HOPE.



## SCHOOL HEALTH

Brenda Nickel, Child Health Consultant  
Jane Stueve, Adolescent Health Consultant



*(Continued from pg 3—Child Health)*

It's also imperative to remember that the Nurse Practice Act that defines the practice of nursing in Kansas is there to guide the safe practice of nurses in all settings and that the purpose of the Board of Nursing is protect the public, not nurses. Therefore, it behooves nurses to fully understand the content of the NPA and the scope of practice for nurses working in schools.

This information is essential for the LPN who is seeking to work in the school setting. Any LPN who is working as a school nurse and is not being supervised by any of the licensed personnel listed in the statute 65-1113 is practicing unlawfully. Although the LPN is an employee of the school district and is being “supervised” by an education administrator, the LPN license specifically requires a licensed health professional to supervise their practice. If the district cannot find a registered nurse or other licensed medical provider to supervise, then the LPN may not provide services in the school

Schools without registered nurses supervising a LPN or whose school personnel are providing medical / nursing services to students are providing care unlawfully. There is language in the following statutes that may be helpful in defining "practice of nursing" and "unlawful acts by persons

practicing nursing" that need to be considered by school districts:

- KSA 65-1113 Definitions
- KSA 65-1114 Unlawful acts
- KSA 65-1165 Supervision of delegated nursing procedures

Regulations that need to be considered within the Kansas Nurse Practice Act under Performance of Selected Nursing Procedures in School Settings include:

- KAR 60-15-101 Definitions and functions
- KAR 60-15-102 Delegation procedures
- KAR 60-15-103 Supervision of delegated tasks or procedures
- KAR 60-15-104 Medication administration in a school setting

To view these laws, as well as other nursing statutes and regulations that defines what a registered nurse or LPN may do in Kansas, go to [www.ksbn.org/npatoc.htm](http://www.ksbn.org/npatoc.htm). For specific practice questions, contact Diane Glynn, JD, RN, Practice Specialist, at the State Board of Nursing at (785) 296-8401.

## March (MCH) Madness

As we approach Spring, many activities are occurring in local Maternal Child Health (MCH) programs across the state. One of those activities has been the process of writing and submitting the MCH semi-annual reports on the part of local staff, while MCH program staff at KDHE are reviewing the reports and providing any needed technical assistance. Simultaneously, local agencies are making application for the 2009 state fiscal year. Consequently, some questions have arisen concerning how to appropriately administer the MCH program locally.

In particular, questions surrounding the makeup of the Maternal and Infant (M & I) services health professional team have arisen. In order to address this question adequately, a definition of the makeup of the M & I services health professional team is in order.

The M & I services health professional team should consist of members with expertise in health, psychosocial and nutrition assessment and intervention. Together, this health professional team provides service coordination in such a manner as to reduce risks associated with premature labor/delivery, alcohol and substance use, low birth weight, infant deaths and child abuse. In this way, the quality of life for both mothers and infants and their families is optimized. Follow-up with M & I services based on identified risks is

available through the first year postpartum (infant age 12 months). In addition, integration with other public health services is emphasized (e.g., Family Planning, WIC, Immunization Registry, School Health, Community Mental Health Centers, etc.). Referrals to these programs are often made through the home visitation process (M & I and Healthy Start Home Visitor) both during the first year postpartum and through age 21 if necessary in order to help support and educate the family.

Specifically, some local agencies have expressed concern in covering the social services component of the M & I services health professional team. In order to fulfill the requirement on the M & I services health professional team for a social services component, an approved list of providers is provided on the Kansas Behavioral Sciences Regulatory Board (KSBSRB) Web site: [www.ksbsrb.org/](http://www.ksbsrb.org/). This is a list of various levels of clinicians regulated by the KSBSRB. The role of the local health agency (MCH grantee) is to provide assurance that psychosocial services are readily available when needed by the families each agency serves. This also holds true when considering nutrition and health services that may be needed by families. For more information on MCH services in Kansas go to: [www.kdheks.gov/bcyf/download/mch\\_2010.pdf](http://www.kdheks.gov/bcyf/download/mch_2010.pdf)



## 2008 Outstanding Healthy Start Home Visitor Award



Nominate your Healthy Start Home Visitor to be recognized at the 2008 Governor's 3rd Annual Public Health Conference at the Wichita Airport Hilton at 8 a.m. on Wednesday, Apr. 30. You may request a nomination form from Jamie Klenklen at (785)296-1234 or e-mail at [jklenklen@kdhe.state.ks.us](mailto:jklenklen@kdhe.state.ks.us).

The Kansas School Nurse Organization (KSNO) is requesting nominations for Kansas School Nurse of the Year, School Nurse Administrator of the Year, Administrator of the Year, and KSNO Organization Award. To access the nomination form and the scholarship form for school nurses advancing their education, go to the KSNO Web sites listed below.

### **School Nurse of the Year Award Nomination Form**

[www.ksno.org/  
nominating\\_procedure.html](http://www.ksno.org/nominating_procedure.html)

### **Kansas School Nurse Organization Scholarship Form**

[www.ksno.org/scholarship.html](http://www.ksno.org/scholarship.html)



## EVENTS



## RESOURCES

**SAVE THE DATE - The 3rd Annual Governor's Public Health Conference** will be held at the Airport Hilton in Wichita on Apr. 28. New MCH Staff Orientation (anyone new to Maternal Child Health is encouraged to attend) and Apr. 29-30, general conference. Contact Jamie Klenklen at [jklenklen@kdhe.state.ks.us](mailto:jklenklen@kdhe.state.ks.us) or (785)296-1234 for more information.

**2008 KDHE Health Disparities Conference** "Moving Forward" is Mar. 31 - Apr. 1 at the Capitol Plaza Hotel in Topeka. Join professionals and community champions from across Kansas to connect, learn, share and feature practices that improve the lives of our state's diverse populations. For more information, call Sharon Goolsby, (785) 296-5577, or [minority-health@kdhe.state.ks.us](mailto:minority-health@kdhe.state.ks.us).

**Kansas Nutrition Council 2008 Conference**, "Food and Youth: Finding the Tipping Point for Wellness" This workshop will be held Apr 17 at the Geary County Convention Center in Junction City and will address building health and wellness nutrition programs for children and youth. For a conference brochure and registration forms, go to [www.sne.org/KansasNutritionCouncil.htm](http://www.sne.org/KansasNutritionCouncil.htm)

**SAVE THE DATE - 6th Annual HIV/AIDS/STD and Human Sexuality Conference** is Jun. 11-13 at the Kansas City Airport Hilton. The keynote, Dr. Elizabeth Schroeder, will be speaking on Responding Effectively to Sexuality Education Opponents in the Community. For more information contact Darrel Lang at (785)296-6716 or [dlang@ksde.org](mailto:dlang@ksde.org).

**6th Annual Statewide Kansas Fatherhood Summit Fathers for a New Generation**, Apr. 2-3 at the Jack Reardon Center, Kansas City, KS. The conference will cover father's involvement in math and literacy, special needs children, non-custodial parents, military deployment, Code of Ethics, and strengthening kids of incarcerated parents. The second annual Kansas Fatherhood Achievement Award will be presented. For registration information contact Tami Alexander at [Tamara.Alexander@srs.ks.gov](mailto:Tamara.Alexander@srs.ks.gov) or (785)368-6350.



1. *Non-train Event*: Kansas Public Health Certificate Program-March 2008 Session, 3/24-25
2. KAN Be Healthy Training (Classroom style)
3. Session #8 - Mar. 12, "Update on Accreditation Status for Local Health Departments" (#1012027)

For other trainings offered see <http://ks.train.org>

**Don't Get Sidelined By The Flu** from the National Association of School Nurse's Influenza Prevention and Treatment Education Program. Children are two to three times more likely to get sick with the flu and spread the virus to others. Because flu outbreaks are a major concern to schools nationwide, NASN has launched a new campaign which is designed to help school nurses educate parents and students about seasonal influenza. To access the resources, available in both English and Spanish, please visit [www.nasn.org/Default.aspx?tabid=316](http://www.nasn.org/Default.aspx?tabid=316).

**Build your Own Care Notebook Available Now at the National Center of Medical Home Initiatives for Children with Special Needs Web Site.**

This Web site is designed to assist families in building their own care notebooks for their children with special needs. It allows parents to select different versions of care notebooks and put them together to build their own customized care notebook. The care notebook Web site is live and located at:

[www.medicalhomeinfo.org/tools/care\\_notebook.html](http://www.medicalhomeinfo.org/tools/care_notebook.html)

**Maturity begins to grow when you can sense your concern for others outweighing your concern for yourself.**

- John MacNaughton

**Free Online Course on Disaster Mental Health and Post Traumatic Stress Disorder**

In response to the shooting on the Northern Illinois University campus, FRIENDS National Resource Center for Community-Based Child Abuse Prevention, is offering through their Online Learning Center partner, Essential Learning, *Disaster Mental Health Intervention and Post Traumatic Stress Disorder*. FRIENDS is offering these courses free through Mar. 31. To access these courses go to the FRIENDS Online Learning Center at [www.cequick.com/friends](http://www.cequick.com/friends). On the left side of the screen, go to the Select Accreditation drop down menu to pick the continuing education you need or select the generic completion category. Select All Subjects for courses, and then click the View Courses button. Find the Disaster Mental Health Intervention and Post Traumatic Stress Disorder courses on the list and check the box next to the course title. Then click the Add Courses to Cart and Checkout button at the top of the page. Complete the registration information on the next page to gain access to the online courses. Remember your username and password for future reference. When you complete the course and pass the test with a score of 80 percent, you will be able to print your Continuing Education Certificate.



**The State of Kansas  
Department of Health and Environment**

Bureau of Family Health

Children and Families Section

1000 SW Jackson, Suite 220

Topeka, KS 66612-1274

Phone: 800-332-6262 (Make a Difference)

785-296-1307 (Administration)

**“Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.”**

We hope this newsletter continues to be a useful resource for you. We encourage you to give us your comments, feedback and suggestions. Previous editions of ZIPS can be found at:

[www.kdheks.gov/c-f/zips/](http://www.kdheks.gov/c-f/zips/)

For program information, contact:

**Kobi Gomel** [kgomel@kdhe.state.ks.us](mailto:kgomel@kdhe.state.ks.us)  
Admin Specialist/ZIPS Technical Editor (785)-291-3368

**Jamie Klenklen, BPA** [jklenklen@kdhe.state.ks.us](mailto:jklenklen@kdhe.state.ks.us)  
MCH Admin Consultant (785)-296-1234

**Joseph Kotsch, RN, BSN, MS** [jkotsch@kdhe.state.ks.us](mailto:jkotsch@kdhe.state.ks.us)  
Perinatal Consultant (785)-296-1306

**Ileen Meyer, RN, MS** [imeyer@kdhe.state.ks.us](mailto:imeyer@kdhe.state.ks.us)  
Director, Children & Families (785)-296-1303

**Ken Miller** [kmiller@kdhe.state.ks.us](mailto:kmiller@kdhe.state.ks.us)  
Data Specialist (785)-296-1305

**Brenda Nickel, RN, BSN** [bnickel@kdhe.state.ks.us](mailto:bnickel@kdhe.state.ks.us)  
Child and School Health Consultant (785)-296-7433

**Jane Stueve, RN, BSN** [jstueve@kdhe.state.ks.us](mailto:jstueve@kdhe.state.ks.us)  
Adolescent and School Health Consultant (785)-296-1308

Visit our Web site at [www.kdheks.gov/c-f](http://www.kdheks.gov/c-f)

## National Poison Prevention Week



The U.S. Congress established *National Poison Prevention Week* on Sept. 16, 1961. Shortly thereafter, the Poison Prevention Week Council was organized to coordinate this annual event and promote

poison prevention.

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. Poisonings are one of the leading causes of death among adults.

National Poison Prevention Week is Mar. 16 – 22. This week annually highlights the dangers of poisonings and how to prevent them. As a long time supporter of Poison Prevention Week activities, The Soap and Detergent Association shares some must-have tips for parents of young children.

### Ten Ideas For Keeping Kids Safe While Cleaning

1. Take a tour of your home. Making sure your entire home is safe for children can help avoid unnecessary trips to the emergency room later on.
2. Install childproof locks on cabinets that contain cleaning supplies. Never assume a cabinet is too high for a curious, climbing toddler.
3. Keep all household products in their original packages.

Packaging includes useful first aid information in the event of accidental exposure or ingestion.

4. Read and follow the product label directions.
5. Don't leave cleaning buckets unattended. Even those with a small amount of liquid pose a danger to "top heavy" toddlers. If the child falls into a bucket, it may not tip over and the child could drown.
6. Schedule cleaning during "down times" such as nap-time or when children are in school, or on a play date.
7. Take out only the amount of cleaning product needed for the job at hand. Store the rest away securely so there's no chance that small explorers will get their hands on it.
8. Immediately clean up any spillage.
9. Avoid distractions or interruptions when children are present during cleaning. If you answer the door, take the child with you. If the phone rings, let the answering machine do its job.
10. Post the Poison Control Center number (800)222-1222 by every phone and save it on your cell phone.

The Soap and Detergent Association has a free online brochure containing common sense tips to help keep your family safe around the home year-round. You can download "*Home Safe Home*" on their Web site, [www.cleaning101.com/health](http://www.cleaning101.com/health) and visit [www.poisonprevention.org](http://www.poisonprevention.org) for more safety information from the Poison Prevention Week Council.