

Barrow and St. Joseph's Hospital & Medical Center want you to have a safe holiday season.

Below are suggestions and information on buy toys for children that are safe and age appropriate.

Safe toys should be non-toxic, free from choking or strangulation hazards. Balloons that are broken or deflated can also be a choking hazard for children eight years and younger.¹ Always check the age-recommendation on toys and games. Toys with small parts are not recommended for children under 3 years of age. Stuffed animals for babies 1 year-old and younger, should have embroidered eyes.

AGE appropriate gifts and toys should be purchased for children (see suggestions below¹).

0-12 months	Brightly colored rattles Soft textured toys that make sounds	These toys stimulate your baby's sense of hearing and sight.
1-3 years old	Ride on toys Books with pictures	Toys for this age group help develop children's motor skills.
3-5 years old	Large piece jigsaw puzzles Books with words	Children are developing fine motor skills and cognitive problem solving abilities.
5-8 years old	Bicycles/scooters/roller skates Board games	Toys for school aged children should encourage both physical activity and inter-personal play.
8-12 years old	Skateboards/Bicycles More advanced board games 1000 piece jigsaw puzzles	Children at this age can teach younger children the rules of the games and teach a sense of responsibility.

FIND out if a toy or gift has been recalled due to safety issues by checking the Consumer Product Safety Commission (CPSC) web site www.CPSC.gov

Electronics and other battery operated devices are popular gifts during the holidays. Many devices from greeting cards, which play music, to small electronics are powered by button batteries. Take extra precautions with young children. If a young child swallows a button battery, it may get lodged in the throat. A chemical burn from these types of batteries can occur in as little as two hours and may cause long-term medical complications to the esophagus. Check the CBSC link for more information <http://www.cpsc.gov/CPSCPUB/PREREL/prhtml11/11181.html>

Remember to Helmet Your Head® during the holidays and make sure that you purchase a helmet for yourself as well as the children in your life when buying a bike, scooter, or skates as a gift.

¹ Consumer Product Safety Commission CPSC.gov