



TEACH YOUR CHILD TO WALK TO SCHOOL SAFELY

With the start of each new school year, it is very important to teach your children how to be safe and smart pedestrians.

Around 5,900 pedestrians are killed by automobiles each year. Almost one-third of those are under the age of 15 (source: National Safety Council). By following the tips below when walking to and from school, you can teach your children to be safe pedestrians.

- Always walk on the sidewalk. If there is no sidewalk, walk close to the curb and walk facing traffic. By walking facing traffic, you can see the cars coming and they can see you.
- The safest place to cross the street is at a crosswalk or corner where a car expects to stop. To cross, stop at the curb or the edge of the road. Look LEFT-RIGHT-LEFT before crossing the street and if a car passes, look LEFT-RIGHT-LEFT again.
- Wear white or light-colored clothing. This makes it easier for drivers to see you. At night you should also wear reflective material on your shoes, hat or jacket that reflects headlights.
- Obey all traffic signs. The "walk" signal or a green traffic signal indicates that it is your turn to cross the street but they do not mean that it is safe to cross. These signs mean look and then cross if no traffic is coming your way.
- Walk with a buddy. It is always safer to walk with a group.
- Walk only in areas that you are familiar with. Avoid short cuts through isolated areas, fields or alleys.



UPCOMING EVENTS

Call 1-800-990-8247 for more information on these and more great events.

Boo Bash

Saturday, October 25
11 a.m. to 4 p.m.
Trader's Village
7979 N. Eldridge Parkway
Houston 77054

Day of the Dead Celebration

Sunday, October 26
1 p.m. to 4 p.m.
Trader's Village
7979 N. Eldridge Parkway
Houston 77054

Get Up! Get Moving! Family Fitness Celebration

Saturday, November 1
10 a.m. to 2 p.m.
Mason Park
541 S. 75th Street
Houston 77023

GO TO AN URGENT CARE CLINIC FOR NON-EMERGENCIES

Even healthy children get hurt and sick sometimes. As a parent, it is often hard to determine if the situation needs the attention of a doctor or if you can take care of it at home.

When you know the problem is minor, it's best to go to an urgent care center, see your child's doctor or handle it at home. The more people who go to the ER with non-emergencies, the longer everyone has to wait for care.

When you can't determine whether it's an emergency or not, call your child's doctor. Even if the office is closed, someone will call you back.

Urgent care centers usually allow you to walk in without an appointment, just as you would to an emergency room. They are equipped and staffed to treat minor, non life-threatening issues.

Most urgent care clinics have evening and weekend office hours. Some are open 24 hours a day every day. Situations where you might take your child to an urgent care center include:

- Minor injuries
- Vomiting or diarrhea
- Severe ear pain
- Sore throat
- Infected bug bites
- Mild allergic reactions

Talk with your child's doctor before he or she gets sick. Ask how to handle emergencies and what the doctor's policy is on addressing medical needs after office hours. Having this information ahead of time will mean one less thing to worry about when your child is sick.

Activity Zone:

Healthy Living Word Search

Can you find all the words in the grid below? Words run forward and backward, diagonally and up and down.

Helmet Sunscreen Seatbelt Doctor Exercise
 Fruit Vegetables Snacks Water Safety
 Healthy Family School Fun Friend

Q	T	E	W	T	L	E	B	T	A	E	S
Y	S	N	A	C	K	S	S	H	P	E	A
D	O	C	T	O	R	X	E	V	S	X	F
F	N	I	E	U	N	L	L	R	H	E	E
G	U	D	R	A	M	N	B	J	E	R	T
O	F	R	I	E	N	D	A	W	A	C	Y
L	R	Z	T	C	B	G	T	H	L	I	L
S	U	N	S	C	R	E	E	N	T	S	I
P	I	O	Q	N	Z	O	G	Y	H	E	M
V	T	M	P	U	X	F	E	Z	Y	H	A
J	S	C	H	O	O	L	V	J	K	L	F

Improve your child's reading skills and understanding

If you need to improve your child's reading skills, here are some suggestions to help your child understand more of what he or she is reading.

Have your child first think about the subject he or she is going to read about. Ask your child what he or she knows about the subject and what he or she wants to learn about the subject.

Have your child skim over the section he or she is going to read. Ask your child if he or she saw anything familiar and if he or she saw anything new.

After your child has read, ask your child what he or she has learned about the subject. Ask your child what his or her overall thought or impression is of what he or she read.

Have your child recall to you what he or she has just read. As your child reads, have your child stop often and put into his or her own words what he or she has just read. At the end of each section or chapter, have your child recall or review the main ideas.