

# Help “Keep Kids Safe, Healthy, and Happy!”



## **TOXIC STRESS**

Challenges children face in school and with their health are often symptoms of Adverse Childhood Experiences (ACEs) —a distressed childhood. Take their worries and concerns seriously. Encourage them to expect great things in their future. Promote times of rest and relaxation. And, never say, “What’s wrong with you?” Instead ask, “What happened? How can I help you?”

## **SAFE SLEEP**

Every year, 3,500 babies in the U.S. die unexpectedly while sleeping, often due to sudden infant death syndrome (SIDS) or accidental death from suffocation or strangulation. When it comes to babies, room share but don’t bed share. Infants should be placed on their backs in cribs with firm mattresses covered by tight-fitting sheets. Make sure to remove pillows, blankets, crib bumper pads, and stuffed toys.

## **CAR SAFETY**

Never leave a child unattended in a motor vehicle. Not when dropping off another child to day camp or summer school. Not if you’ve left the air conditioning on, and not even on a cool day. Children can be injured or die inside a car due to heat stroke. When driving with multiple people, offer to be the “Chosen Child Checker” to ensure no child is accidentally left in the car.



The more aware the community,  
the safer all children will be!

**Volunteer as a Raise Awareness Ambassador!**

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