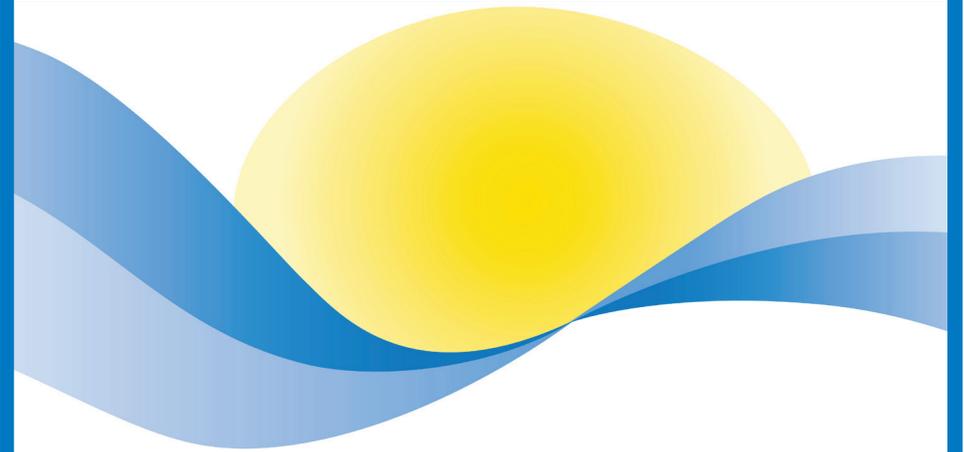


I CAN BE  
**LEGENDARY.**



**BE THE END.**  
**END Child Abuse**  
visit [www.suncoastcenter.org](http://www.suncoastcenter.org)

P.O. Box 10970 • St. Petersburg, FL 33733  
Client Services: (727) 388-1220 • Administrative Offices: (727) 327-7656 • TTY: 711  
24/7 Rape Crisis Hotline 727.530.RAPE



*Suncoast Center, Inc.*

*Children's Advocacy Services*

# CHILD SAFETY TODDLERS

**BE THE END.**

**END Child Abuse**

visit [www.suncoastcenter.org](http://www.suncoastcenter.org)

December 2015 edition



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This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health, or the health of his/her child and particularly with respect to any symptoms that may require diagnosis or medical attention.

## Local Agencies Providing Services

### **American Heart Association**

Provides CPR classes for parents and caregivers to ensure they are prepared for emergency situations.

Contact: 727-563-8000

### **American Red Cross**

Provides maintenance and safety information for home pool or hot tub owners, foster or adoptive parents, health advocates, child service organizations, and parents to understand pool concerns and prevention steps.

Contact: 719-540-9119

### **Florida Suncoast SAFE KIDS- All Children's Hospital**

Provides in-home safety checks and water safety classes to educate pool owners to go beyond the minimum requirements and install the five layers of protection to protect children around water.

Contact: 727-767-8581

### **Morton Plant Hospitals**

Provides infant and newborn CPR classes for parents and caregivers.

Contact: 1-877-692-2922

### **St. Petersburg General Hospital**

Provides Infant and child CPR class taught by a certified instructor and includes home safety, rescue breaching, choking and CPR techniques for infants and children.

Contact: 727-341-4055

### **YMCA Swimming Lessors**

The YMCA offers swim lesson for all ages, family swim, and many kinds of swim programs for kids with special needs so all kids can safely enjoy fun in the water.

Contact: 1-800-872-9622

## Toddlers Water Safety

### General Information

- Never leave your child unattended around water. Children can drown in as little as one inch of water. Avoid cell phone use while supervising young children in water. Give young children your complete attention when they are near or around water. Empty all tubs, buckets, containers, and wading pools immediately after use.
- Keep toilet lids closed and use toilet seat locks to prevent drowning. It's also a good idea to keep doors to bathrooms and laundry rooms closed.
- Teach your children to swim after age 3.
- If you have a pool, install a four-sided fence that is at least 4 feet high to limit access to the pool. The fence should be hard to climb (not chain-link) and have a self-latching, self-closing gate. Families may consider pool alarms and rigid pool covers as additional layers of protection, but neither can take the place of a fence.
- Do not use air-filled swimming aids (such as inflatable arm bands) in place of life jackets. They can deflate and are not designed to keep swimmers safe.
- All children should wear a life jacket when riding in a boat. Small children and nonswimmers should also wear one at water's edge, such as on a river bank or pier.

### Local Agencies Providing Services

Florida Suncoast SAFE KIDS  
c/o All Children's Hospital  
Florida Safe Pools.org

## *Suncoast Center, Inc. Services*

Taking care of a child presents all sorts of challenges and concerns regarding health and safety. There are many things parents and caregivers can do to protect children from injuries or health concerns. By being observant and having educational tools, parents and caregivers can be prepared for the many situations that arise while caring for children.

Healthy families are the foundation for a healthy community. Suncoast Center is committed to educating parents and caregivers about child health and safety throughout Pinellas County

**Contact:**  
**Children's Advocacy Center**  
**2960 Roosevelt Boulevard**  
**Clearwater, FL 33760**  
**727-388-1220**



Limited English Proficiency and sign language interpreters will be made available at no charge to the client, including utilization of 711 Relay. Suncoast Center assures accessibility to clients and companions who have disabilities. For assistance contact (727) 388-1220.

### General Information

Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water. Supervisors of preschool children should provide "touch supervision— be close enough to reach the child at all times.

Drowning occurs quickly and quietly, adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children, even if lifeguards are present.

Parents should learn CPR to be prepared in case of an emergency. Local hospitals, fire departments and recreation departments offer CPR training.

### For Other Resources, Call:

211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

### SERVICES

- Initial medical treatment/exam
- Follow-up medical services
- Multi-Disciplinary Team development of a quality plan for your family
- Assistance in accessing community resources
- Services provided home or in the office
- Trauma counseling for children
- Assistance in parenting skills
- Counseling for personal and family problems
- Parent to Parent mentoring program
- Learn home management skills
- Benefits application assistance
- Coping with crying
- New parent support
- Early childhood services (ages 2 to 6 with behavioral problems)
- SAFE...Sexual Awareness Family Education
- Emergency financial assistance



Parents and caregivers may be overwhelmed when a child won't stop crying. Try these tips to help calm the child:

- Check the comfort of the baby: does he or she need changing or feeding, warmer clothes, cooler clothes? Is he or she teething?
- Call your doctor if you suspect your child may be ill.
- Try to calm the child by
- Holding the child against your chest and walking or rocking the child.
- Talk, sing or play.
- Take the child for a walk or a ride in the car.

**For Other Resources, Call:**

211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

## Toddlers Coping with Crying

Children are wonderful when they are happy, but parents and caregivers face a serious challenge when a child will not stop crying. It is important to think about and have a plan for what to do when a child won't stop crying.

Crying is the main trigger for an adult to violently shake a child. **NEVER shake a child.** Shaking a small child will cause Abusive Head Trauma.

When a caregiver shakes a child, the brain will shift back and forth inside of it's skull, resulting in permanent brain damage or death. If a child survives the violent shaking, he or she may be left with cerebral palsy, vision problems, hearing problems, seizures, learning difficulties, and/or behavioral difficulties

**Try to keep yourself calm by:**

- Put the child in a safe place such as a crib, and leave the room.
- Call a friend for support– someone you know and trust to come over and sit with the baby so you can get some space.
- Try listening to some music.
- Refuse to judge yourself as a failure.
- Reassure yourself that it is normal for babies to cry.
- Feel your control returning.

## Local Agencies Providing Services

### Early Childhood Services

For parents of children ages 2-6 years old to strengthen parent-child relationships. Parents will learn positive and nurturing parenting skills, improved communication skills and meet with other parents with similar concerns.  
Contact: 727-388-1220

### Early Learning Coalition

Goal is to prepare all children to enter kindergarten ready to succeed. The coalition supports a child's skills in physical health, approaches to learning, social and emotional development, language and communication, literacy, and motor development.  
Contact: 727-400-4411

### Home Instruction for Parents of Preschool Youngsters

A free weekly home visiting program for parents with children ages 3-5 to help parents be their child's first educator. To be eligible, parents must participate in Temporary Assistance for Needy Families (TANF). Provides education materials and curriculum to families for a year.  
Contact: 727-570-5841

### Pinellas Head Start/ Early Head Start

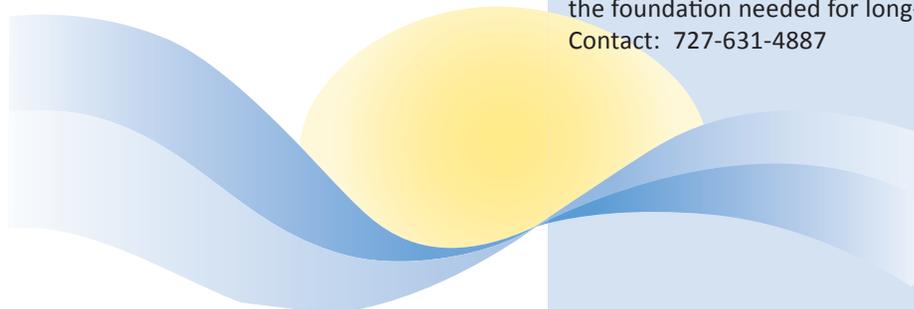
Federally funded, community-based program for low-income families with infants and toddlers designed to enhance the development of young children and to promote healthy family functioning. EHS provides comprehensive, year round child and family development services for low-income families with children.  
Contact: 813-877-9303

### RClub Child Care

Provides several programs to provide child care for children with behavioral issues, drug-exposed children or children with disabilities or developmental delays.  
Contact: 727-578-5437

### Lew Williams Center for Early Learning

Providing children with the opportunity to enter kindergarten ready to learn with the foundation needed for long-term school success.  
Contact: 727-631-4887



## Toddlers School Readiness

A child's learning does not begin when children start school, it begins at birth. The first few years of a child's life are crucial to a child's development. By age three, children are already laying the foundation for the skills and abilities to help them succeed in school. Children at this age are actively exploring their environment, asking questions and trying new ways of doing things. By ages 2-3, children will insist on making some choices and may want to do favorite activities over and over again.

For children at this age, school readiness means supporting and protecting the developing brain to prepare children to enter kindergarten. Infants and young children develop the best when parents and families are able to surround them with love and support and opportunities to learn and explore their world. Communities are most effective when they provide social support for parents, learning opportunities for children, and services for families in need.

### Tips for Parents of Toddlers:

- Give the child opportunities to explore and try new activities safely.
- Respond to the child's questions patiently, even though he or she asks them multiple times.
- Ask the child questions about his or her explorations and activities.
- Give the child time to keep at an activity.
- Encourage your child to play pretend and be creative
- Use as wide a vocabulary as you can while talking with your child.
- Speak in complete sentences.
- Read books or tell stories often, then ask your child about the stories.
- Help your child take turns listening and talking in conversations.

## Local Agencies Providing Services

### Active Parenting Now- Suncoast Center

A court-approved six-week program designed to help parents of children of all ages build positive family relationships. Parents will discover and practice enhanced communication skills and techniques.

Contact: 727-327-7656 ext. 4160

### Coping with Crying- Suncoast Center

This training program is designed to teach parents and other caregivers the dangers of violently shaking a baby or young child to prevent Shaken Baby Syndrome/ Abusive Head Trauma.

Contact: 727-327-7656 x 8137

### Early Childhood Services- Suncoast Center

Provides specialized services for young children from ages 0-6 who have been exposed to violence or trauma and/or are experiencing social/emotional or behavioral difficulties. Services are provided in the family's home or in a classroom setting.

Contact: 727-388-1220

### Peaceful and Powerful Parenting- Suncoast Center

Parents will learn their temperament and their child's temperament. Caregivers and parents will also learn to identify and practice coaching a child's emotions. The class will also teach parents and caregivers to explore the goals of positive and negative behaviors, while learning core discipline basics.

Contact: 727-327-7656 ext. 4160

### Pinellas Nurse-Family Partnership

Home-visiting program intended to promote well-being of first-time, low income mothers and their children. Services include home visiting by trained nurses to provide parenting education, assist with referrals to community resources and promote family enrichment and self-sufficiency.

Contact: 727-542-4410

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.

Contact:

Ridgecrest: 727-588-4018

Pinellas Park: 727-549-6633

Midcounty: 727-538-7278

St. Petersburg: 727-824-6986

### General Information

A child's readiness should be addressed across five distinct but connected areas:

- Physical well-being and motor skills.
- Emotional and social development.
- Approaches to Learning.
- Language Development.
- Cognition and General Knowledge.

### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Toddlers Nutrition

**Depending on their age, size and activity level, children at this age need approximately 1000-1,400 calories per day.**

- Choosing healthy snacks will help balance out the diet of children who are picky eaters or who are not eating much in one sitting.

### Importance of Calcium and Vitamin D

- Toddlers should have significant amounts of calcium and vitamin D every day to help build strong bones.
- Calcium sources include milk, calcium fortified soy beverages, calcium-fortified juices, fortified breads and cereals, cooked dried beans, and dark green vegetables like broccoli, bok choy, and kale.

### Importance of Iron

- Toddlers should have at least 7 milligrams of iron each day.
- Cow's milk is low in iron therefore children who consume large amounts of milk may be at risk for iron deficiency. Milk also decreases absorption of iron.
- Iron deficiency can affect growth and may lead to behavioral and learning problems, as well as anemia.
- Prevent iron deficiency by limiting milk intake to 24 ounces per day. Serving iron-rich foods along with foods rich in Vitamin C will also prevent iron deficiency because Vitamin C aids in iron absorption.

***Never give your child a vitamin or mineral supplement without first discussing it with your doctor.***

### General Information:

- At this age, your child should be eating similar food to you at the same time and using child-size utensils.
- Supervise your children closely because choking is still a hazard as your child has not yet mastered chewing and swallowing.
- Avoid hard candies and cut foods into small pieces.
- How to improve nutrition and encourage healthy habits:
- Have regular family meals.
- Serve a variety of healthy foods and snacks.
- Be a role model by eating healthy yourself.
- Avoid battles over food.
- Involve kids in the process.

### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

Suncoast Center– 727-388-1220

### Active Parenting Now- Suncoast Center

A court-approved six-week program designed to help parents of children of all ages build positive family relationships.

### Coping with Crying– Suncoast Center

This training program is designed to teach parents and other caregivers the dangers of violently shaking a baby or young child to prevent Shaken Baby Syndrome /Abusive Head Trauma.

### Early Childhood Services

Provides specialized services for young children who have been exposed to violence or other traumas and/or are experiencing social/emotional or behavioral difficulties. Services are provided in home or in office.

### Intensive Family Services– Suncoast Center

Provides an urgent, intensive response to families with children who require on-site intervention due to a mental health issue impacting their stability.

### Parent Aide

Provides peer-to-peer counseling and mentoring for parent education, emotional support, home management, support groups, and referrals to additional resources and child development workshops.

### Peaceful & Powerful Parenting– Suncoast Center

Parents will learn to understand a child's temperament, practice core discipline basics and explore goals of positive and negative behaviors.

### Sexual Awareness Family Education (SAFE) Training

Parents will learn how to add layers of sexual safety around a child, how to recognize behaviors of a child molester, how to safely set limits for a child's safety and how to hope a lifelong conversation about healthy sexuality.

### Total Family Strategy– Suncoast Center

Provides in-home, family-centered therapy and family social networking/ support activities to families at risk for dependency. Includes personalized case management, home& life management skills and other resources to promote stability and self-sufficiency.

### All Children's Hospital– Community Education

Educational programs on child health, child safety, parenting skills, child development and childhood injury prevention.  
Contact: 727-767-4188

### Dr. Martin Luther King Jr. Neighborhood Family Center

Provides parenting classes, resources, support groups for moms, and life skills classes.  
Contact: 727-442-5355

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.  
Ridgecrest- 727-588-4018 Midcounty- 727-538-7278  
Pinellas Park- 727-549-6633 St. Petersburg- 727-824-6986

### Healthy Start Coalition of Pinellas

Provides pregnant women, infants, and young children services promoting healthy pregnancies and healthy babies, including breastfeeding education and support, childbirth education, parenting support, nutritional care. Contact: 727-507-6330

### High Point Community Family Center

Parents receive child care resources, parenting classes, food assistance and youth programs to improve literacy skills.  
Contact: 727-533-0730

### Hispanic Outreach Center (Intercultural Advocacy Institute)

Provides support to families through counseling, advocacy, referrals, education, and positive parenting classes.  
Contact: 727-445-9734

### Lutheran Services Florida Pinellas- Early Head Start

Provides education, health, nutrition and parent involvement services.  
Contact: 727-547-5979

### Operation PAR Motivating New Moms

Assisting mothers to decrease or eliminate use of alcohol and illicit drugs and strengthening parent/child bonds by parenting education.  
Contact: 727-432-3416

### Parents as Teachers+ (PAT+)

Home-visiting parent education program offered for pregnant women or families with children with a history of drug or alcohol misuse.  
Contact: 727-350-5900

### Pinellas Nurse-Family Partnership

Home-visiting program intended to promote well-being of first-time, low-income mothers and their children including home visits by trained nurses, assist with referrals to community resources and promote family enrichment and self-sufficiency.  
Contact: 727-542-4410 ext. 7863

### WARM Line

Information on child care centers, developmental screenings, parental rights/responsibilities.  
Contact: 727-400-4456

## Toddlers Parent Education

New parents or parents who are having difficulties understanding certain aspects of raising a child can benefit from the preventative aspect of an educational program. Parenting classes can help parents gain the problem-solving techniques that are necessary to deal with situations that they might face when it comes to raising a child in a healthy way.

### General Information

Parenting classes can cover a variety of topics such as positive discipline techniques, general child development, expected milestones according to age, appropriate uses of play, or finding and utilizing available community or social services. These types of classes can benefit parents in how they understand and interact with their children on a daily basis, as well as helping them focus on positive and age-appropriate practices.

When parents have a history of possible child neglect or family abuse, parenting classes can help head-off negative behavior and future legal issues.

Additionally, parenting classes are often a prerequisite for parents going through a divorce. These classes might focus on parenting without a partner or parenting in a new family. State requirements for parenting classes in relation to a divorce vary.

### Tips for Parenting Toddlers

- **Be consistent**— Toddlers do best when they know what to expect in regards to routine and discipline. As much as you can, keep regular routines. Also, make sure you and your partner decide together how to react to your child's behaviors and respond consistently.
- **Allow children** to solve problems on their own— Some parents are too quick to help a child problem-solve. Offering too much help can sabotage a young child's ability to be self-reliant.
- **Discipline, don't argue**— Once you tell a child to do something, don't argue with him or her. If the child disobeys, give a brief verbal warning or count to three. If the child continues to disobey, give a time-out or other immediate consequence.
- **Expose children to new foods to avoid picky eating**— Encourage your child to try new foods. Many children are willing to try a new food if they see their caretakers enjoying it. Some children need to try a new food several times before they enjoy it.
- **Avoid allowing too much screen time**— Toddlers who watch large amounts of TV have more trouble learning later on. Keep your toddler busy with reading and other creative pursuits.

## Local Agencies Providing Services

### Community Health Centers

Community Health Centers at Clearwater 727-824-8181  
Community Health Centers at Largo 727-821-8181  
Community Health Centers at Pinellas Park 727-824-8181  
Community Health Centers of Pinellas at Johnnie Ruth Clarke Center 727-824-8181  
Community Health Centers at Tarpon Springs 727-824-8181  
Community Health Centers at Bayfront 727-824-8181  
Community Health Centers at Suncoast Center High Point Neighborhood 727-824-8181

### Lutheran Services Florida Pinellas- Early Head Start

Provides education, health, nutrition and parent involvement services to children and families.

Contact: 727-547-5979

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.

Contact:

Ridgecrest: 727-588-4018

Midcounty: 727-538-7278

Pinellas Park: 727-549-6633

St. Petersburg: 727-824-6986

### Healthy Start Coalition of Pinellas

Provides pregnant women, infants, and young children services that promote healthy pregnancies and healthy babies. Services include breastfeeding education and support, childbirth education, parenting support, nutritional care. These services can be provided in the family's home or in an office setting.

Contact: 727-507-6330

### Pinellas Nurse-Family Partnership

Home-visiting program intended to promote well-being of first-time, low income mothers and their children. Services include home visiting by trained nurses to provide parenting education, assist with referrals to community resources and promote family enrichment and self-sufficiency.

Contact: 727-542-4410 ext. 7863

### WIC

A federally funded nutrition program for women, infants, and children that provides healthy foods, nutrition education, nutrition counseling, breastfeeding support, and referrals for healthcare.

Contact: 727-824-6913



It is normal for children to cry at bedtime because they feel scared when a parent leaves the room. Establishing a bed time routine with quiet activities together will help lessen fear and stress. When putting children to bed, give them some time to fall asleep on their own.

If crying continues, check in on your child, but do not pick your child up. Instead, rub your child's tummy and talk softly to help them fall asleep.

**For Other Resources, Call:**

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Toddlers Sleep Safe

### General Information

- For many children this age, it's time to leave the crib and move to a bed.
- Make the transition exciting by talking about the new bed and the items that will be with it (stuffed animals, bedding etc.)
- Stick to the same bedtime and continue with your normal bedtime routines. Letting children go to bed too late at this age cause overfatigue. When children are overtired, they have a harder time falling asleep and staying asleep. Over-fatigued children will also get up earlier than if they were put down at an appropriate time.
- Explain to children that once they are put in bed, they are not to get out. If your child gets out of bed, quietly and calmly take him or her back to bed until he or she learns to stay there.
- Using decorations with bright colors, rotation, sounds, and lights can be too much distraction when a parent is trying to get a toddler to sleep. To maximize sleep, put toddlers to sleep in nearly pitch dark rooms. Older children can have a soft night-light but should have no bedtime entertainment.
- Toddlers at this age will begin to change their napping routines. Each toddler has his own sleep schedule. Most children start out taking morning and afternoon naps of about an hour each. Later, most toddlers will transition to one longer afternoon nap of two hours or more. Other toddlers may not nap at all but go down for bedtime earlier in the night.

## Local Agencies Providing Services

### Car Seat Safety Check Locations

Clearwater Police Department 727-562-4142

East Lake Fire 784-8668

Lealman Fire Rescue District 727-526-5650

Oldsmar Fire Rescue 813-749-1200

Palm Harbor Fire Rescue 727-784-0454

Pinellas park Fire Department 727-541-0713

Sunstar EMS (Largo & St Petersburg area) 727-582-2056

Tarpon Springs Fire Rescue 727-938-3737

### Florida Department of Health in Pinellas

Provides Child Passenger Safety Classes dedicated to teaching technical guidance and education regarding the safest practice of transporting children in all types of motor vehicles. Classes are conducted by a National Child Passenger Safety Technician and will detail common misuse and proper installation.

Contact: 727-824-6900

### Florida Suncoast SAFE KIDS Coalition- All Children's Hospital

This informative and interactive class is designed to show you how to use and properly install your child's car seat in your vehicle. If you are unable to purchase a car seat for your child at retail prices, convertible seats (for children birth to 4 years) are \$20 and booster seats (for children 4 years to approximately 8 to 10 years old) are \$10.

Contact: 727-767-8581

### Morton Plant Hospitals

Provides car seat inspections.

Contact: 1-877-692-2922

### Things to Remember:

- All locations by appointment only.
- Provide the age & weight for each child under 8 when scheduling the appointment.
- It is recommended that you bring the child with you using the child's current car seat.
- Allow at least 20 – 30 minutes for each car seat to be checked.
- Bring the vehicle owner's manual to the appointment.
- Bring the child restraint instructions to the appointment.

## Toodlers Car Safety

### Rear-Facing Only Seats

These seats are used for infants up to 22 to 40 pounds, depending on the model. They are small and have carrying handles (and sometimes come as part of a stroller system). These seats usually come with a base that can be left in the car. The seat clicks into and out of the base so you don't have to install the seat each time you use it. Parents can buy more than one base for additional vehicles. Should be used only for travel.

### Installation Tips- When using a rear-facing seat, keep the following in mind:

- Place the harnesses in your rear-facing seat in slots that are at or below your baby's shoulders.
- Ensure that the harness is snug and that the harness clip is placed at the mid-chest level.
- Make sure the car seat is installed tightly in the vehicle. If you can move the seat at the belt path more than an inch, it's not tight enough.
- If you are using a convertible or 3-in-1 seat in the rear-facing position, make sure the seat belt or lower anchor and tether is routed through the correct belt path.
- Make sure the seat is at the correct angle so your infant's head does not flop forward. All rear facing seats have built-in angle indicators.

All infants and toddlers **MUST** ride in a rear-facing car seat until they are at least two years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.

All children should ride in a car seat or booster seat until age 6.

Never place a rear-facing car seat in the front seat of a vehicle that has an active front passenger air bag. If the air bag inflates, it will hit the back of the car seat, right where your baby's head is, and could cause serious injury or death.

### For Other Resources, Call:

211 Tampa Bay Cares: 211

DCF Florida: 1-866-762-2237

Medicare: 1-800-633-4227

Child Help USA: 1-800-422-4453

## Local Agencies Providing Services

### Active Parenting Now- Suncoast Center

A court-approved six-week program designed to help parents of children of all ages build positive family relationships. Parents will discover and practice enhanced communication skills and techniques.

Contact: 727-327-7656 ext. 4160

### Coping with Crying- Suncoast Center

This training program is designed to teach parents and other caregivers the dangers of violently shaking a baby or young child to prevent Shaken Baby Syndrome/ Abusive Head Trauma.

Contact: 727-327-7656 x 8137

### Pinellas Nurse-Family Partnership

Home-visiting program intended to promote well-being of first-time, low income mothers and their children. Services include home visiting by trained nurses to provide parenting education, assist with referrals to community resources and promote family enrichment and self-sufficiency.

Contact: 727-542-4410 ext. 7863

### Healthy Families Pinellas

Services include assessment of risk factors, parent education, medical care including immunizations, well-baby care and prenatal visits.

Contact:

Ridgecrest: 727-588-4018

Midcounty: 727-538-7278

Pinellas Park: 727-549-6633

St. Petersburg: 727-824-6986

## Toddlers Heat Safety

### Tips for Parents & Caregivers

- Touch a child's seat and safety belt before placing a child in the car seat to make sure it is not too hot.
- NEVER leave a child unattended in a vehicle, even with the windows down, for any amount of time.
- Teach children to not play in, on, or around cars.
- Always lock car doors and trunks, and keep keys out of child's reach.
- Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat.
- Always make sure children have left the car when you reach your destination.
- Don't leave sleeping infants in the car.
- Make arrangements with your child's day care center or baby sitter that he or she will always call if your child is not there on schedule.
- Put something you need, such as your phone, purse, ID or bag on the floor of the backseat to ensure you open the back doors before leaving the vehicle.

### Look Before You Lock

Get in the habit of always opening the back door of your vehicle every time you reach your destination to make sure no child has been left behind.

Each year, dozens of children die from being left in parked cars. Temperatures inside of cars can rapidly rise to a dangerous level for children and even adults. Leaving windows open is not enough to prevent the temperature from rising to dangerous levels.

If you see a child alone in a car, get involved! If they are hot or seem sick, get them out as quickly as possible. Call 911 to get help.

#### For Other Resources, Call:

211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453

## Toddlers Dog Bite Prevention

### Fast Facts for Parents & Caregivers

- ~ Children under the age of 6 are at the highest risk for dog bites.
- ~ Most dog bites were from dogs known to the family.
- ~ More than half of dog bites to children occur in the home.

Across all age groups, the most common cause of dog bites is inappropriate behavior by the child including:

- Interacting with the dog while its eating
- Taking a dog's chew toy
- Playing too roughly with the dog
- Moving the dog against its will

### Tips for Preventing Dog Bites

- NEVER leave a child unattended with a dog, even the family pet.
- Do not leave your dog on a chain for long periods of time because they are more likely to bite.
- Follow leash laws and do not let your dog roam freely.
- See a veterinarian promptly if your dog is sick or injured. Illness and pain can make a dog more likely to bite.
- Child should never approach or play with dogs unless supervised by an adult.
- Do not disturb a dog if it is eating, sleeping or caring for puppies.
- Teach a child how to react if a dog knocks the child over-roll into a ball, cover his or her face and stay still.

Before getting a dog, seek the advice of a veterinarian or animal shelter about which dog is right for your family and your lifestyle.

#### For Other Resources, Call:

211 Tampa Bay Cares: 211  
DCF Florida: 1-866-762-2237  
Medicare: 1-800-633-4227  
Child Help USA: 1-800-422-4453



When you leave your child with a caregiver, you assume they will care for your child like you would, but that is not always the case.

Spend time observing a caregiver with your child before leaving them alone together. Make sure you and your child are comfortable and the interaction is appropriate.

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## Toddlers Who is really watching your child?

**More than 25% of child abuse investigations involve a non-relative caregiver as the cause. Parents are encouraged to know the backgrounds and parenting skills of anyone who is watching their child.**

**There are steps any parent can take to lower the risk of harm when leaving your child with a secondary caregiver. Ask yourself:**

Does the caregiver..

- Treat other people with disrespect?
- Get angry or impatient when your child cries or has a tantrum?
- Call your child bad names or put them down?
- Make all the decisions for you and your child?
- Put you down or tell you that you are a bad parent or that you shouldn't have your kids?
- Pretend you are to blame when he or she hurts your child?
- Pretend it is not an issue when he or she hurts your child?
- Tell you your child is a nuisance or annoying?
- Scare or threaten your child by using guns, knives or other weapons?
- How does the caregiver treat and interact with other children?

**If you say yes to any of these questions, your child could be at risk. Seek other forms of child care or work with other parents in your area to provide safe child care. Suncoast Center classes can help.**



*Suncoast Center, Inc.*

# ABOUT US

## **ABOUT THE AGENCY**

Suncoast Center, Inc. is a 501 (c)(3) nonprofit organization offering multiple levels of evidence-based care for children, adults and families in Pinellas County, with select services available in surrounding counties. Suncoast Center is dedicated to helping more than 28,000 children, adults and families each year ... “through strengthening, protecting and restoring lives for a healthy community.”

## **ACCESSIBILITY & FLEXIBILITY**

Our doors are open to the community, offering professional, accredited services, when and where we are needed. Flexible appointments are available across a variety of community sites, as well as in clients’ homes.

Suncoast Center accepts private pay, Medicare, Medicaid, private insurance, and contributions. Reduced fees or no-cost services and classes may also be available to those who qualify.

## **OFFERING A WIDE RANGE OF CARE FOR CHILDREN, FAMILIES AND ADULTS:**

- Child Abuse Prevention & Advocacy
- Medical Foster Care
- Family & Individual Counseling
- Financial Counseling & Education
- Substance Abuse Services
- Trauma Services
- Healthy Families/School Partnership
- Parent Aide Mentoring Program
- Mental Health & Psychiatric Services
- Early Childhood Services
- Total Family Strategy
- Forensic Outreach

## **PINELLAS COUNTY’S only:**

- Certified Rape Crisis Center
- Child Protection Team

Visit our web site and learn about the many opportunities to partner in our mission, including:

- Employment
- Volunteer Service & Internships
- Donations
- Community Fund Raising Event
- Corporate & Event Sponsorships

