



# DECEMBER 2022

## Is National Safe Toys and Gifts Month

The holidays are upon us! Now is the time to gather with loved ones, eat comfort food and share thoughtful gifts. Unfortunately, sometimes even the most well-intentioned gifts can come with unforeseen risks. December is National Safe Toys and Gifts Month, making it the ideal time to really think about a gift before you give it.

One of the biggest risks during this time of year is giving young children toys with potentially dangerous components, such as small parts that can be swallowed. Here are some general tips for selecting appropriate gifts:

- Check toy labels to see what age ranges they're intended for and follow those guidelines.
- Consider avoiding toys with small parts that can be swallowed or projectiles that have the potential to injure or cause blindness.
- Avoid toys with heating elements and other potential fire hazards.
- Avoid toys with ropes or long elements that can cause choking.
- Ensure any art supplies given say "nontoxic" on the packaging.

Additionally, if you intend to gift sporting equipment or similar gear, it's also important to provide protective gear, such as helmets and knee pads.

Reach out to us today for more well-being and lifestyle resources.