



DECEMBER 2021

Safe Toys and Celebrations Month

You should always consider the age of whomever you are giving a present. For instance, you should avoid toys with small parts when buying for a toddler, and ensure the subject matter of the gift is age-appropriate. However, some toys may still be harmful despite being marketed as appropriate for the recipient's age.

The American Academy of Ophthalmology stresses that projectile toys, especially, have the potential for scraping eyes and even causing cataracts, despite typically being sold as gifts for children ages 15 and younger. The organization acknowledges other dangers inherent with seasonal gift giving and recommends the following precautions:

- Avoid toys with sharp or protruding parts.
- Keep toys for older children away from younger siblings.
- Check toy labels for age and play recommendations.
- Make sure children are supervised when playing.

Visit www.aao.org to learn more.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (11/28-12/4) – **Create a wellness plan**

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (12/5-12/11) – **Get started**

Are you ready? Begin your plan and stick to it.

Week 3 (12/12-12/18) – **Look for improvement**

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (12/19-12/25) – **Keep going**

Are the adjustments helping? Continue with your revised plan and finish the month strong.

Week 5 (12/26-1/2/31) – **Reflect**

Did you reach your goal? Consider what worked with the plan and what should change next month.