



Puget Sound Fire understands it's a tough time for everyone right now. We realize parents have to be superheroes. Many of us are expected to do several jobs at once — follow the news, cook family meals, stay calm, care for our kids and teach the “new” math. So kids are doing what kids do when they can get away with it: Climbing on things they shouldn't be climbing on, riding bikes without helmets, doing somersaults on the backyard trampoline, throwing dangerous objects at their siblings' heads. It's a challenge to work from home and provide adequate supervision, especially for younger children— so something's got to give. That could be a broken arm, twisted ankle or, an inch-long cut to the forehead.



Doctors and childhood injury organizations worry that the new coronavirus outbreak will lead to a rise in accidents and injuries involving children during self-isolation and parent's divided attention at home. “We are anticipating that, as kids have more unstructured time at home in the coming weeks and months, and parents are focused on everything from watching their children to teleworking to constantly sanitizing, childhood injuries are likely to go up,” said Torine Creppy, president of Safe Kids Worldwide.

Puget Sound Fire would like to remind parents to take preventative steps to ensure your child's safety in a very busy time while working at home, schooling and keeping the family occupied and fed. Listed below are some helpful parent resources:

- **Safe Kids and Children's Safety Network websites provide parents with helpful safety information:**

<https://www.safekids.org/blog/parents-checklist-preventing-injuries-during-coronavirus>

<https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid19-pandemic>

- **Children restless?**

Puget Sound Fire's website has educational safety lessons, activities, and virtual tours. <https://pugetsoundfire.org>

In addition, Puget Sound Fire firefighters reading stories on our Facebook page. <https://www.facebook.com/pugetsoundfire/>

Boredom Busters: 110 Fun At-Home Activities for Families & Kids

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>



- **If a fire or medical emergency should happen: Call 9.1.1**



Puget Sound Regional Fire Authority

24611 116th Avenue SE, Kent WA 98030

253.856.4300