

# Helping **You** and **Your Family** *Stay Healthy and Safe*



Norton Children's Prevention & Wellness is dedicated to helping families be their healthy best. We invite you and your children to join us for these events held throughout the year.

## Growing Cooks

This series of online cooking classes is for teens ages 14 and older. Participants will learn how to cook healthy recipes and get tips on kitchen safety, health and wellness. Parents and guardians are encouraged to attend. This class is free, but you'll need to have ingredients on hand.

## N-O-T: Not On Tobacco

This free seven-week class series is designed for teens ages 14 to 19 who use tobacco. Created by the American Lung Association, the evidence-based program was created specifically for this age group to aid in quitting use of vapes, cigarettes and other forms of tobacco.

## Safe Kids, Safe Storage

This free online class teaches parents and guardians how to safely store firearms and medicine in the home. Attendees will learn how to choose a safe location for firearms and how to safely store medications, gummies and other supplements that look like candy. The class offers the most up-to-date storage recommendations and how to talk to other adults in the home about what they can do to keep kids as safe as possible. After the class, participants will receive injury prevention items, including a gun lock and medication safety bag.

## Safe Sitter Essentials

This in-person class prepares students in grades 6 to 8 to be safe when they're home alone, watching younger siblings or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students learn safety skills, child care skills, first aid, and life and business skills. There is a \$30 fee for this class.

## Safe Baby Essentials

This free online class is for families with babies up to 6 months old. Learn about safe sleep environments, the importance of tummy time, how to choose and use the right type of rear-facing car seat, sudden infant death syndrome (SIDS) and preventing child abuse.

## Safe Toddlers

Designed for parents with children ages 6 months to 3 years, this free online class focuses on the leading causes of injuries and how to prevent them. Learn about proper use of car seats, preventing potential poisoning and burns, bike safety and water safety.

## Safe Grandparenting

This is a one-of-a-kind safety class just for grandparents. Learn the best practices in safety for infants, toddlers and elementary school-age children. This free online class will include a multitude of tips and tricks on various safety topics, such as safe sleep, child passenger safety, childproofing, water safety, fire safety and preventing falls. Interact with other grandparents and learn important safety practices that have changed since your kids were little.

## Car seat checks

Car seat checks are offered year-round by certified car seat technicians. They can help you install a safety seat or check whether yours has been properly installed. Child passenger safety technicians are available at several Norton Healthcare locations to help you feel confident about the car seat you are using. Techs are certified in conventional and special needs car seats and can help identify counterfeit car seats. Make an appointment for a free car seat check by calling (502) 629-7358.



To register for classes, visit [NortonChildrens.com/Classes&Events](https://www.nortonchildrens.com/Classes&Events). To learn more about our educational resources, scan the **QR code** or visit [NortonChildrens.com/Prevention](https://www.nortonchildrens.com/Prevention).



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