

### National Traumatic Brain Injury Awareness Month

- Now that winter weather will start to fade, the importance of wearing a helmet while biking, inline skating, skateboarding, or riding a scooter is back on our minds. The part of the brain just behind the forehead – controlling memory, attention, and problem-solving abilities – is the most affected by brain injuries.
  - Read [How to Get Your Child to Wear a Bike Helmet](#), watch [Helmets Save Heads](#) (AAP YouTube), learn how [Helmets Save Lives & Reduce Risk of Traumatic Brain Injury](#), and review [How to Choose the Right Size Bike & Helmet](#) Start early promoting healthy helmet habits.
  - If you or your loved one has sustained a coma, brain injury, or [concussion](#), please call the National Brain Injury Information Center (NBII) toll-free at 1-800-444-6443 for confidential information, resources, and support.
- **Learn about Shaken Baby Syndrome/Abusive Head Trauma** - also causes of traumatic brain injury: Review key facts of [Shaken Baby Syndrome](#) (Cleveland Clinic). Early Childcare Education programs can play a key role in preventing and identifying abusive head trauma. Read how to [protect infants from abusive head trauma](#).
  - Learn more from Head Start Early Childhood Learning & Knowledge Center video [Keeping Them Safe - Child Safety: Abusive Head Trauma video](#) and [Keeping Them Safe - Child Safety: Abusive Head Trauma transcript](#)

**March is National Nutrition Month** – The Academy of Nutrition and Dietetics celebrates their 50<sup>th</sup> year of their National campaign and Nutrition Month. The theme this year is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers' markets. Balanced Nutrition starts early. Click here for a list of [food banks across the state of PA](#).

**Food Allergies** – When someone develops a food allergy, everyone in the family must learn to adapt. [FARE \(Food Allergy and Research\)](#) provides information and resources. [Food Allergy 101](#) includes facts on what food allergies are and are not, how to recognize the symptoms and further testing. If you or a loved one has a food allergy, you should have a [Food and Allergy Anaphylaxis Emergency Care Plan](#). This plan outlines recommended treatment in case of an allergic reaction; it includes emergency contact information and is signed by a physician or state licensed medical provider and the parent.

**American Diabetes Alert Day** is the fourth Tuesday of March, sponsored by the American Diabetes Association, and aims to raise awareness of diabetes. Read this article about diabetes at [HealthyChildren.org](#), and access more resources [here](#).

### National Poison Prevention Week is March 17<sup>th</sup>- 23<sup>rd</sup>

- More than 2 million poisonings are reported to poison control centers each year across the United States. One-and two-year-olds experience the most poisonings.



- In the event of a poison emergency, contact your local poison control center through the toll-free Poison Help line at **1-800-222-1222**. Centers are available 24 hours a day to assist in the management of poisoning emergencies.

- To learn more about how to prevent a poisoning or respond should one occur, visit [Poison Help](#), where you can find useful poisoning [prevention tips and educational toolkits](#) to share with staff and families.

- Mr. Yuk® is a popular resource to educate about poisoning. Mr. Yuk® stickers and educational materials can be viewed at the [UPMC's Online Mr. Yuk Store](#).

- Children's Hospital of Philadelphia offers a list of [Common Exposures](#) children encounter, tips and what to expect from CHOP when [Calling the Poison Control Center](#), and specific [Poisonous Plants](#).

