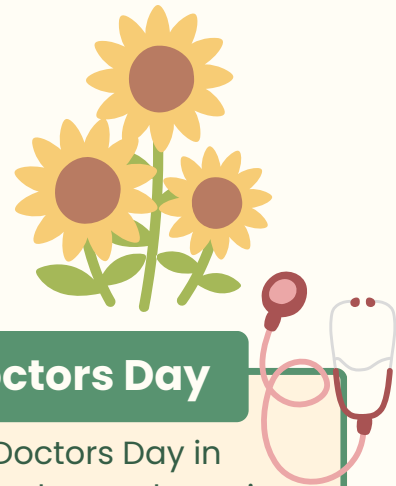


MARCH NEWSLETTER

WITH THE HEALTH TEAM



National Poison Prevention Week March 16–22



A week dedicated to poison prevention, by learning more about poison safety. During NPPW, California Poison Control highlight the dangers of poisoning and promote poison prevention in our community.

About CPCS

CPCS is the designated and accredited Poison Center for the state of California Call Poison Control at 1-800-222-1222 (number is the same in all states) for questions about poison encounters.

Trained pharmacists, nurses and other providers are available to help 24 hours a day, seven days a week. Language translation in over 200 languages. The service is free, confidential and interpreters are available.



Resources

California Poison Control:

<https://calpoison.org/>

Facebook:

<https://www.facebook.com/calpoison/>

Youtube:

<https://www.youtube.com/@californiapoissoncontrol>

Daily Poison Text Tips:

Receive daily poison text tips.
Text **TIPS** to **20121** for English



National Doctors Day

We celebrate National Doctors Day in America on March 30 each year, honoring the dedication and compassion displayed daily by more than one million physicians providing healthcare to patients nationwide.
<https://nationaldoctorsday.org/about/>

Red Cross Month

The American Red Cross is a charitable organization, not a government agency. We depend on volunteers and the generosity of people like you to deliver our mission services. Every March, we honor people like you who make the lifesaving mission of the American Red Cross possible – the individuals across the country who turn compassion into action, helping others in times of crisis. Our Red Cross Month celebration has been an annual tradition since 1943.

<https://www.redcross.org/>

Toilet Training Resources

Children are typically successful at toilet training at around 2 to 3 years old. For more information, please visit:

https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/default.aspx?_gl=1*1o5izku*_ga*MTQ3MDUwMTYzLjE1OTYyMDIzOTc*_ga_FD9D3X_ZVQQ*MTc0MDYyOTM2Ny4xMC4wLjE3NDA2MjkzNjc0MC4wLjA
<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/potty-training/art-20045230>



MARCH NEWSLETTER

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Dr. Seuss's birthday! is National reading month



In honor of Dr. Seuss's birthday, March is designated as National Reading Month, aiming to motivate people of all ages to read every day! It serves as a reminder of the benefits of reading and its role in education and personal development. We highly encourage you to take part of this fun and festive activity. Click on the links below to learn tips to encourage and cultivate the love of reading to your children.



<https://blog.allaboutbooks.org/national-reading-month-the-importance-of-reading>
[Contact Info](#)

Springtime allergies

Seasonal allergies are caused by different allergen that peak during other seasons

- **Spring:** tree pollen is released into the air
- **Summer:** grass pollen peaks
- **Autum:** weed pollen, particularly ragweed
- **Winter:** most outdoors allergens lie dormant

Coming into contact with allergen causes an immune system reaction that can inflame the skin, airways, or digestive system.

For severe allergic reactions, called anaphylaxis, call 911 or your local emergency number! Click on the links below to be informed.

<https://www.calallergy.com/allergy-and-asthma-info>

<https://www.medicalnewstoday.com/articles/allergy-season-calendar>



How to navigate daylight saving time as a family

- According to pediatricians, daylight saving can be tricky for children as they need to adjust to the new sleep schedule.
- It makes a big impact on children as the morning gets darker, and the evenings stay light longer.
- This can throw off children's sleep-wake schedule, which affects the whole day.
- Also, children can thrive on predictable routines.

If you like to learn more great tips to help your children adjust to daylight saving time, please click on the links below.

[5 Ways to Prep Your Kids for Daylight Saving Time](#)

[How to Navigate Daylight Saving Time as a Family - Stanford Medicine Children's Health Blog](#)

[Sleep Chart by Age: Babies, Toddlers, and Children](#)



FIRST 5

According to the experts in child development, every time you read or tell stories to your child, your helping their young brain develop and grow strong! Click on the link below to learn more about how to read with your child at every development stage.

<https://www.first5california.com/en-us/articles/how-to-read-with-your-child-at-every-age-preschooler/>

