

TEACHER'S GUIDE



This Guide provides Head Start Center teachers with suggestions for Sleep Safe program activities to be implemented during the school year. These activities can be implemented in the classroom, during October Fire Safety Week, and/or through the distribution of Head Start Center Newsletters.

Note: This entire Guide should be photocopied or printed from CD and distributed to the teachers to use in conducting in-classroom activities.

Related Head Start Performance Standard: 1304.22(d)(1)

Center Activities:

In addition to the in-class activities that are part of the *Children's Training Guide*, the following activities can also be implemented by Head Start Center Teachers:

- Let the community know about the Sleep Safe program by sending out a letter (see Announcement letter on page 5).
- Keep a reminder for the Head Start Center and Sites to conduct and document at least 10 fire drills per school year, with two drills taking place during the first two weeks of classes. Invite parents and caregivers to come to the center to practice a fire drill with the children.
- As part of the fire drills conducted at the center, work with children to develop or demonstrate an escape plan for the classroom/center. This is a good opportunity to reinforce to students the need to make escape plans at home with their families. Use the Plan to Get Out Alive Handout and Home Fire Escape Plan Worksheet in the *Childcare Provider's Training Guide*.

- Give reminders twice a year for parents and childcare providers to practice a fire drill at home.
- Conduct and document bus fire drills with the same frequency as building fire drills.
- Mark one day every month as a reminder for parents and childcare providers to check the smoke alarms in their homes.
- Give a reminder to parents and childcare providers to change the batteries in their smoke alarms on New Year's Eve or other important days in the year.
- Incorporate Sleep Safe educational materials into Head Start home visits. For example, from the *Staff & Childcare Provider's Training Guide*, use the Fire Fact Sheet Handout to present some information about the problem of fire injuries and the Home Fire Escape Plan Worksheet to help each household develop their own fire escape plan.
- Make a plan of fire safety activities to conduct with students, staff, and parents during **National Fire Prevention Week** – October 5-11, 2008). Visit the following website to learn more about fire prevention week activities: www.firepreventionweek.org . Two sample Action Plans are provided below, which can be used "as is" or modified by individual centers.

Fire Prevention Week Activities					
	Monday	Tuesday	Wednesday	Thursday	Friday
Sample 1	Children learn/ practice what to do in case of a fire	Children help to develop an escape plan for the classroom/ center	Conduct Head Start Center fire drill Conduct Parents' night education session	Firefighters visit Head Start Center or children visit Fire Dept.	Children continue to practice skills Children create thank-you card for Fire Dept.
Sample 2	Firefighters visit Head Start Center or children visit Fire Dept.	Children learn/ practice what to do in case of a fire	Children help to develop an escape plan for the classroom/ center	Conduct Head Start Center fire drill Conduct Parents' night education session	Children continue to practice skills Children create thank-you card for Fire Dept.

- Decorate a bulletin board at your Center or in the community with fire safety artwork during Fire Prevention Week or at other times of the year.
- Have children create thank-you cards for firefighters or other individuals who visit the center during Fire Prevention Week.
- Take photographs of the Sleep Safe Program activities that are conducted, particularly those conducted during Fire Prevention Week in October. Publish these pictures in your newsletters, and send them to National Coordinator Harold Cully.
- Copy the 12 newsletter sample articles (pages 6-10) for inclusion in your Head Start Center newsletters on a monthly basis.
- Photocopy the clip art images on pages 11-12 and use them for newsletter articles, project displays, etc. These images are also located in the Teacher's Guide file located on the Sleep Safe Program File CD provided with the Sleep Safe Curriculum. You are also encouraged to use other clipart you find on the Internet or in software packages.
- In an awards ceremony, present certificates to families who have completed the Sleep Safe activities (see page 14 of this Guide for a sample certificate).

Additional Resources

For information on other fire safety curricula, please refer to the listings in the *Resource Guide*.

Program Announcement Letter

Use or modify the sample Announcement Letter on the next page to let the community know about the Sleep Safe Program.





Big Bear Head Start

Sleep Safe Program

PO Box 2150

Happy Town, MN

1-888-679-0000

Dear Parent or Childcare Provider:

Did you know that the leading cause of death for children in the home is fire? To address the high risk of fire/burn injury and death in children, Head Start has teamed up with Indian Health Service and the United States Fire Administration to create the **Sleep Safe Program**. The goal of the **Sleep Safe Program** is to reduce fire/burn injuries in children through a combination of education and the installation of smoke alarms in Head Start Center family homes.

Head Start will be using the special **Sleep Safe Program** to educate children, parents, and childcare providers on the dangers of fire, and how to prevent injury and death. Working smoke alarms double the chances of surviving a house fire. Free smoke alarms will be installed in homes of Head Start families. These smoke alarms have been specially selected to be less sensitive to false alarms from cooking.

Head Start staff will begin this program during National Fire Prevention Week, October 9-15, 2005, when we will start our first quarter home visits. We encourage you to participate in this exciting program, to ensure that our children **Sleep Safe!** Please call me if you would like more information about this program.

Sincerely,

A handwritten signature in cursive that reads "Denise". The letter "i" in "Denise" has a small smiley face drawn above it.

Denise Straw
Sleep Safe Coordinator
Big Bear Headstart

Newsletter Articles

Include the following articles in your monthly Head Start Center Newsletters.



Protect Yourself and Your Loved Ones With Smoke Alarms

Most fatal house fires start at night when people are sleeping. Poisonous carbon monoxide gas produced by the flames puts people into a deeper sleep. A working **smoke alarm doubles your chances** of surviving a house fire. Make sure you have at least one smoke alarm for every level of your home. Test alarms monthly, keep them clean, and change the battery once a year or when the alarm "chirps." Even if you have an alarm with a 10-year, long-life battery, you should test it monthly. The battery may outlast the smoke alarm itself!

Tip: a quick way to install smoke alarms

A quick way to install smoke alarms is to apply **Industrial Grade Velcro adhesive strips** to the alarm, available at a local home supply or hardware store, then simply stick the alarm to the ceiling. You can use a toilet plunger to put it up! You will need to apply pressure for five minutes to ensure that the adhesive sticks well. Note: this won't work if you have spray-textured ceilings, but you can install the smoke alarm on a wall instead.

What should I do if my smoke alarm goes off when I cook?

Don't disconnect it! A smoke alarm cannot protect you from fire if it doesn't work! Instead, **make sure to install a smoke alarm at least 20 feet away from the stove**. If you can't get it that far away, you can put up a "photoelectric" model. This kind of smoke alarm is more expensive than the more common "ionization" model, but it is less sensitive to cooking vapors, and will not false alarm as often. The Sleep Safe Program supplies photoelectric smoke alarms.

Preventing Scalds

Young children are at high risk for scald burns. Checking whether water temperature is too hot by touching it is not recommended because adults have thicker, less sensitive skin than children. What feels pleasantly warm to an adult can cause a burn in a child. Check the temperature of the water coming out of your tub and sink faucets by turning the hot water on for three minutes, then taking the temperature with a thermometer. **If the temperature is above 120°F, it is too hot, and the water heater needs to be turned down**. Or you can install an anti-scald device on the tub. These are available at hardware stores for about \$15, and automatically shut the water off if it is too hot.

Using a Fire Extinguisher

There are four steps that you need to know in order to operate most portable fire extinguishers. Together, these steps are called the **PASS method**.

- P** P stands for PULL the pin. This will unlock the handle and allow you to discharge the extinguisher.
- A** A stands for AIM. You should aim at the base of the fire.
- S** S stands for SQUEEZE the operating handle. This will release the fire-fighting agent.
- S** S stands for SWEEP from side to side. Aiming along the base of the fire, sweep back and forth across the fire.

Fire extinguishers will only work for 6-8 seconds, so do **not** attempt to fight a fire unless it is small and you have a clear way out of the area. Always stand as far away from the fire as possible. If you are unable to put out the fire, leave the building and close the doors behind you to slow the spreading of flames and smoke. Make sure to check your fire extinguisher monthly and have it checked by a licensed contractor annually. This will ensure that the extinguisher is fully charged and ready for use.

Making an Escape Plan

Home fires can start and spread very quickly. **Planning escape routes ahead of time and practicing them** with family members will increase your chances of survival. **There is evidence that some children may sleep through the sound of a smoke alarm. Research suggests that if a family familiarizes young children to the sound of a smoke alarm by practicing fire drills – the children are more likely to wake up in the event of a real fire.**

Here's what to do:

- Plan at least two ways out of every room in your home.
- Agree on an outside meeting place in front of your house or building.
- Practice the escape routes at night, since that's when most deadly fires occur. You should practice every six months.
- Teach family members to (1) feel doors before opening them in case there is fire behind; (2) cover their nose and mouth with a damp cloth, and (3) crawl low under the smoke.

Do not stop to call 911 before getting out. Instead, call from a neighbor's house. Tell a firefighter if someone is missing. Never re-enter a burning building!

Preventing Fires in the Home

Household fires have many different causes – cooking, heating equipment, cigarettes, and so on. A few common sense strategies can help reduce the risk of many different kinds of fire.

When cooking, never leave a hot oven or stove unattended. Avoid wearing clothes with long, loose-fitting sleeves that could come into contact with burners. Make sure all electrical appliances, cords, and plugs are in good condition. If you have a space heater, leave three feet of space around it and unplug it when not in use. If you smoke, do not smoke in bed and do not leave lit cigarettes unattended. Keep ashtrays away from curtains and upholstery, and do not empty smoldering ashtrays into the trash. Keep matches, lighters, and other flammable items out of children's reach. Childproof lighters are recommended if you have small children.

Quick Quiz: Grease Fires

You're cooking in the kitchen when a grease fire erupts in the pan. What do should you do?

- a. Use your fire extinguisher to put out the fire
- b. Throw water on the flames
- c. Slide a lid over the pan to smother the flames, then turn the burner off

Answer: C. A lid on the pan will limit the amount of oxygen available to fuel the fire and will extinguish the flames. Don't throw water on the fire, because this may splatter the grease and spread the flames. A fire extinguisher will only work if it is rated B, which means that the fire-fighting agent is not water-based. Answer c is the best.

Carbon Monoxide

Carbon monoxide (CO) is an invisible, odorless, colorless gas created when fossil fuels (such as gasoline, wood, coal, propane, oil and methane) burn incompletely. House fires, improperly vented heating and cooking equipment, and vehicles running in an attached garage are all possible sources of carbon monoxide. Too much carbon monoxide is very dangerous. **Mild CO poisoning feels like the flu, but at higher doses, carbon monoxide can cause difficulty breathing and even death.**

Protect yourself and your family from CO poisoning by inspecting all household heating equipment for cracks, blockages, or leaks, and by removing your vehicle from the garage immediately after starting it. Space heaters should be well ventilated. You may also consider installing a CO alarm that will provide early warning of mounting carbon monoxide levels.

Facts on Fireworks

The 4th of July is a popular time for fireworks. Unfortunately, this means that the 4th is also a popular time for fires and burn injuries. Here are some quick facts about fireworks:

- Fireworks are unpredictable. Even sparklers, which many people consider harmless, can reach temperatures of up to 1,200° F.
- Bottle rockets and other rocket-type fireworks are especially dangerous. The spent rockets can land on rooftops or wedge into other structures, and they still retain enough heat to start a fire.
- Fireworks that have been ignited and fail to immediately explode or discharge can cause injury because they may still be active. Never let children pick up used fireworks.
- In 1997, an estimated 20,100 fires involving fireworks were reported to fire departments. These fires killed three people, injured 68 others, and caused \$22.7 million in direct property damage.

This year, consider attending public fireworks instead of creating your own!

Preventing Fires from Portable Heaters

Heating equipment fires are the second leading cause of fire deaths in homes and the biggest fire culprit December through January. Space heaters and other portable heaters are particularly dangerous. The National Fire Protection Association offers the following advice for the safe use of portable heaters.

Portable and space heaters can be either electric-powered or fueled by gas, liquid fuel (usually kerosene), or solid fuel (usually wood). **All types should be kept at least 3 feet from anything that can burn**, including furniture, bedding, clothing, pets, and people. Space heaters must not be left operating when you are not in the room or when you go to sleep. Children and pets should be supervised at all times when space heaters are in use. Make sure that everyone in the house knows not to dry clothing or other items over the heater, since this creates a very high risk of fires. If you have an electric space heater, check each season for fraying or splitting wires or overheating. Have all problems repaired by a professional before operating the space heater.

Outdoor Fire Safety

Fires that start outside the home can be just as dangerous as indoor fires. In rural areas, where trees, grasses, and other vegetation provide ready fuel for fires, it is particularly important to be aware of possible fire hazards. Here are a few tips that will help you reduce the risk of fire on your property:

- Keep lawns trimmed, leaves raked, and roof and rain gutters free of debris such as dead leaves and branches.
- Stack firewood at least 30 feet away from your home.
- Store flammable materials, liquids, and solvents in metal containers outside the home, and at least 30 feet away from structures or wooden fences.
- If possible, create a defensible space by thinning the trees and brush for 30 feet around your home.
- In the West and Southwest, use succulents as foundation plantings vs. the use of woody shrubs.

Certificate of Achievement

Use the Certificate of Achievement on the next page to show appreciation and recognition for families who have completed activities as part of the Sleep Safe Program.





Certificate of Achievement

Awarded to:

for successfully completing the
activities in the
Sleep Safe Program

Date