

Kids Korner



Snow on Christmas Day brought plenty of old-fashioned fun for families: Snowball battles, sled rides, football games in the snow, snow tag, and much more. The Christmas snow was ideal for building snowmen, snow forts, and snow sculptures.



Readers, if you have a sharp photo of your kids or family having winter fun, send it to Lancaster Farming, Attn: Lou Ann Good, P.O. Box 609, Ephrata, PA 17522. Please identify people and activity pictured in the photo to be reprinted on Kids Korner page during upcoming issues. Include your name and complete address so that the photo can be returned to you.

Sledding Safety:

LEESPORT (Berks Co.) — Swooshing downhill atop a crisp, new snow can be an irresistible temptation for people of all ages. You will find equipment ranging from toboggans to snow disks.

Keep in mind, however, that all sledding equipment is designed to be used in a certain position — either lying down or sitting upright. To help keep snow play safe, follow these simple safety reminders.

- A sledder should ride lying down. Snow disks and plastic sliders are designed for upright use. No one should ever ride while standing up.

- Children ages 5 to 9 are the most susceptible to sledding injuries, and parents of young children should not let them sled alone.

- Make sure the sledding path does not cross traffic and is free of hazards, such as large trees, fences, rocks, wire or bare spots. Check to see that the incline is not too steep or icy, and that there is a level run-off at the end so that the sled can come to a halt safely. Teach older children to check for hazards.

- Do not sled on or around frozen lakes, streams or ponds. The best place to toboggan is a sledding hill in a park.

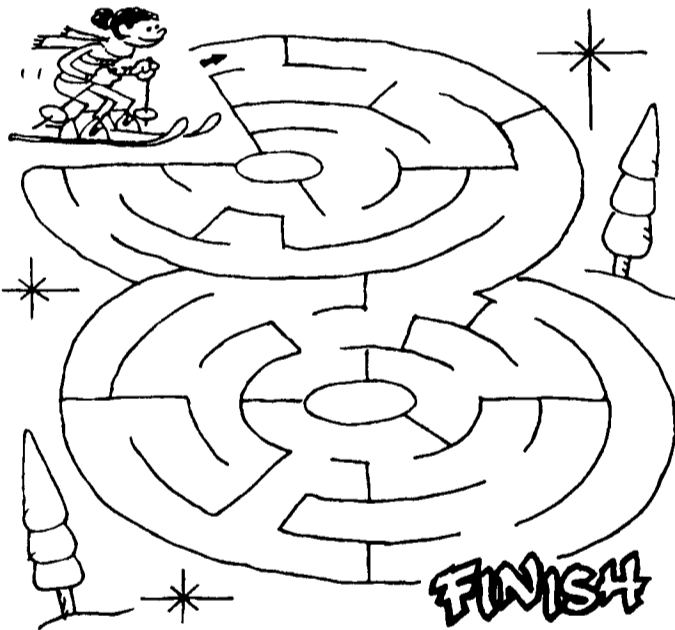
- Sledders should wear protective head gear, thick gloves or mittens, and protective boots. If you sled downhill head first, you greatly increase the risk of head injury.

- NEVER hitch a ride behind a moving vehicle while on sledding equipment. The results can be deadly.

This sledding safety tip comes courtesy of the University of Missouri TASK (Teaching Agricultural Safety to Kids) project.

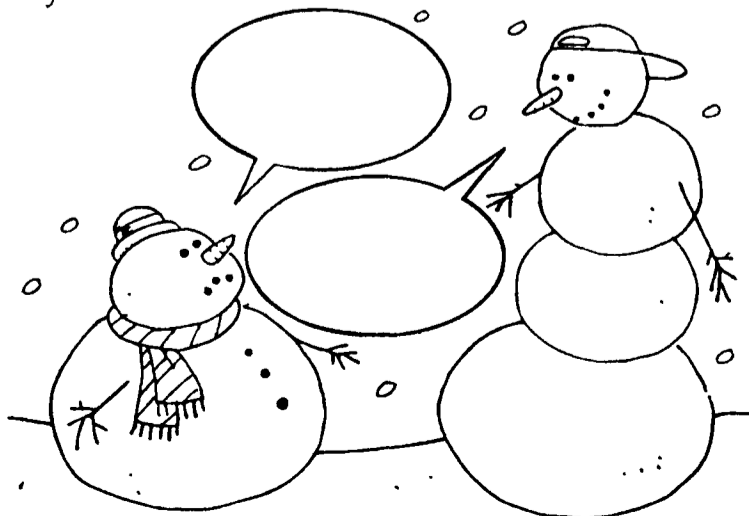
A-Maze-Ing

Find your way down the hill—but don't ski into the walls!



What's Happening Here?

These two snowmen are having a conversation. Make up the words they are saying to tell a story of your own.



Frostbite Do's And Don'ts

LEESPORT (Berks Co.) — Prolonged exposure to cold, wind and moisture can increase the risk of frostbite — when skin and underlying tissues freeze, turning skin pale, numb, glossy and hard to the touch. Frostbite primarily affects the cheeks, feet, nose and ears.

To Prevent Frostbite:

- DON'T stay outdoors if the temperature approaches 5°F and 0°F windchill.
- DO dress in layers of natural fibers, making sure especially that hands, ears, feet and faces are covered.

Choose waterproof mittens over warm gloves if your child is playing in the snow. Lace plastic bags over socks and under shoes or boots to keep dry.

- DO drink plenty of fluids, eat a hearty meal or snack before going outside.

DO know the warning signs of frostbite and come indoors if wet or at the first sign of numbness.

- DO bring a child indoors for a change of clothes immediately if child gets wet.

Warning Signs of Frostbite:

- Ice crystals form on the skin.
- Sufferer feels pain and burning sensation as skin begins to thaw.
- Skin turns red, pale or white.
- Skin blisters and/or dark patches form under the skin.

To Treat Frostbite:

DO come indoors at once. Do cover the affected areas with extra clothing, a warm, wet washcloth or blankets. As re-warming occurs, you should feel a tingling and burning sensation and the skin should turn red.

DO seek medical attention if the skin blisters, if you see dark blue or black areas under the skin or if the skin remains numb and/or painful after 15 minutes of warming.

DO dry the affected areas. Wrap in sterile dry dressings, separating fingers and toes if you can't see a doctor right away.

DON'T apply heat from heating pads, which could burn numb skin.

DON'T rub sensitive frostbitten skin, which can cause further damage.