

#PAIN_KILLER_SECURITY_TIPS

By Abdul Hanan Mohammed El-Saeed

Now that daylight savings time is over and the clocks have turned back an hour, it's getting darker earlier outside. With winter fast approaching soon it will be dark before dinnertime! However, changes in daylight do not change your daily routine. Soon you may find yourself walking home in the dark.

The Kingston Police Department have some great resources on their website with all kinds of security tip sheets. Their Personal Safety/Street Proofing tip sheet is what we're sharing with you today.

What Is Personal Security?

Personal security involves taking steps to keep yourself safe, and protecting yourself from situations that are potentially violent or criminal. Personal Security is important because property can be replaced, but you are irreplaceable.

Like other methods of crime prevention, personal security

Personal Security Tips for When You're Home Alone or Walking at Night

involves recognizing, anticipating, and assessing the risk of a crime occurring.

Be aware of your surroundings at all times, and do not place yourself in situations which might jeopardize your safety. When in doubt, call the police for assistance.

In Your Home:

- Answer your door with it closed and locked. Learn to speak through the closed door. It's not impolite; it is safer.
- Install good locks and use them. Avoid using chain locks. They present little deterrent to an aggressive person.
- Your door should be equipped with a door viewer.
- Don't hide keys outside. Leave it with a trusted neighbour.
- Secure all windows. Draw window shades or drapes

after dark and don't leave accessible windows open while you sleep.

- Never open the door to strangers. Verify identification of visitors, sales and service people. Check with the company to see if they sent a representative.
 - Should a stranger request to use your phone, do not allow the person to enter your home. Offer to make the call for them. Even if it's a woman, don't unlock your door.
 - Don't reveal personal information to anyone on the phone or at your door.
- On the Street:*
- Plan your route and avoid short cuts through parks, vacant lots or unlit areas.
 - Know where after hours stores are located.
 - Avoid being alone if you



can. Get a friend to accompany you. If they can't, let them know the route you're taking. Call when you arrive.

• Don't talk to strangers and report suspicious persons to

the school, parents or police.

• Don't carry large sums of money or unnecessary valuables. Use cash alternatives such as debit cards.

TEETHLICIOUS TOOTHDAY

The Baby Shark Brushing Edition

Kids would always be kids: running around the house, chasing their siblings up and down the stairs and accidentally kicking the ball into the next door neighbour's house. It is all fun and games, until it is time to brush their teeth.

Most new parents have a hard time brushing their toddlers' teeth. No amount of scolding would make these bubbly kids open their mouths for brushing. Some older kids would even place their brush under running water and come up to you with a wet brush, telling you that they have brushed when in actual fact they haven't, just to avoid scolding. It is quite tough so to help, I put down 6 simple tips you could try at home:

1. Role playing: Kids love role playing! You need to come to their level at all times. Start by brushing whilst your toddler is watching. Now, sit your child on your lap and allow him/her to brush your teeth for you and attempt to brush theirs afterwards. He or she would develop that trust in you when you both take turns to brush for each other. At the initial stages, it would seem a tad difficult but they would pick up on the 2nd or 3rd try; so do not lose hope.

2. Get them a toothbrush with their favorite cartoon character on it: Kids light up whenever they see their favorite cartoon. My

nieces could stare at the TV for hours whenever they saw the cartoon "Frozen." When I realized this, I got them Elsa and Anna characters from "Frozen" only to arrive home and return to the shop to buy only Elsa (who was the main character) for both of them. It was a long trip, trust me. Talk to them and find out what they like. Seeing the character alone puts a smile on their face before brushing.

3. Get them their toothpaste of choice: Toothpastes on the market come in different forms. Kids have specific preferences for toothpastes. It could be the taste, color, minty nature, gel form, packaging, smell, etc. Allow them to pick their favourite whenever they tag along to the supermarket. For kids from birth to 3 years of age, their teeth should be brushed by an adult using a minimal amount (a portion the size of a grain of rice) of fluoridated toothpaste. For children from 3 to 6 years of age, only a small portion (a portion the size of a green pea) of fluoridated toothpaste should be used during brushing. Children in this age group should be assisted by an adult when brushing their teeth.

4. Play music whilst brushing: To make brushing fun, play them their favorite song whilst they brush. It could be the popular "Baby Shark" or probably a song they dance to at school. Most of

these songs on YouTube last 2-3 minutes and that is the average time for brushing. Consequently, they need to keep brushing till the song is done playing. You could also develop a dance routine for brushing so they always look forward to brushing twice daily.

5. Story time: If your toddler likes stories, you could make up any story about brushing in your local dialect. One example is narrating to them a tooth brushing story about tooth monsters attacking their teeth at night if they refuse to brush twice daily. To make it more interesting, you could add that the only way to fight those tooth monsters is to use their toothbrush (which has their favorite character on it) to combat all the monsters in their mouth in the morning and evening.

6. Gum massage: The use of a clean towel soaked in lukewarm saline water to massage toddlers' gums has been proven to be effective at providing soothing relief during cleaning of the child's teeth. Toddlers teething would not allow you to brush their teeth because their gums would likely be slightly inflamed during that period. In your attempt to avoid brushing those areas, plaque deposits keep accumulating in their mouth

and this worsens their plight even to the extent that the pain prevents them from eating properly. Hence, massaging those affected areas before brushing allows the gums to recuperate and also alleviates the pain.

Dentistry is not expensive; negligence is.

Thanks for reading and thanks in advance for taking action towards your oral health

and making a pledge in 2020 to make a change to do better. As we celebrate Ghana's Independence Day tomorrow, enjoy the long weekend

Stay connected to the vine, Stay Gorgeous & Stay Professional.

Credit: Dr Michael Awua-Mensah (@Dr_Awua on Instagram)

Claron Health International

