

Parenting 101 Presents Care-Giving Tips

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St. Charles County, Missouri – Through grant funding from the Community and Children's Resource Board of St. Charles County (CCRB), the St. Charles County Department of Community Health and the Environment offers eligible guardians care-giving/safety tips. Individuals who successfully complete the department's free Parenting 101 classes — and who meet specific income/residency criteria — are also qualified to receive car safety seats through this popular program.

Open to parents, grandparents, foster parents and other primary guardians, the two-hour program will discuss many aspects of infant, child and parental safety. Topics covered will include injury prevention, appropriate discipline practices, child development, medical care and more. At the conclusion of the class, eligible participants will receive a brand new COSCO® Convertible Child Safety Seat and instruction on the proper installation of this life-saving device. Compliant with Missouri state law, this safety seat will fit infants and toddlers weighing five to 40 pounds and those 19 to 43 inches tall.

Three Parenting 101 programs are planned this fall at the health department office (1650 Boone's Lick Road in St. Charles), and additional sessions are routinely offered by Health Education personnel. Upcoming classes are Friday, Oct. 18 (1 to 3 p.m.), Thursday, Nov. 14 (9:30 to 11:30 a.m.) and Tuesday, Nov. 19 (9:30 to 11:30 a.m.). Advanced registration is required, as class sizes are limited. To register or to learn the dates and availability of future programs, interested participants should contact Brittany Camacho by email at bcamacho@sccmo.org or by phone at 636.949,7400, ext. 6255.

According to the National Highway Traffic Safety Administration, thousands of children are killed or injured in automobile crashes each year — mainly because three out of four children are not properly secured. Research by the Missouri Department of Transportation shows that proper use of child safety seats will reduce death by 71 percent for infants (under age 1) and 54 percent for toddlers (age 1-4).

Through three divisions — Public Health, Environmental Public Health and Protection, and Humane Services — the St. Charles County Department of Community Health and the Environment coordinates with federal, state, and local organizations to provide a wide range of services that have a profound impact on the health and well-being of St. Charles County's residents and visitors. To discover ways that the department assists this region or to learn about volunteer opportunities with any of the divisions, please visit <http://health.sccmo.org> or call 636.949.7400.

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