



Sam the Safety Dog says...

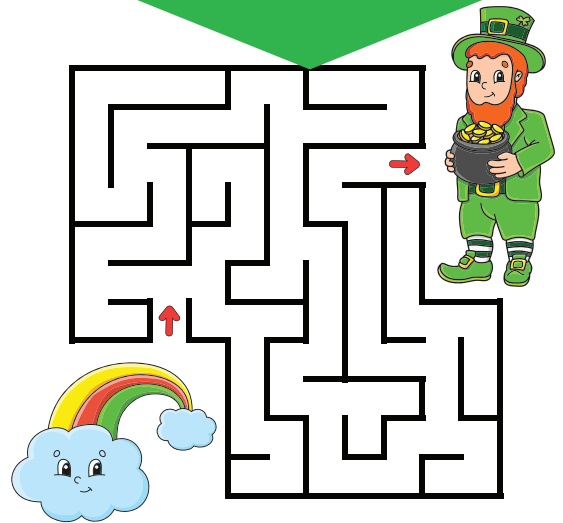
The NSC Safety Dog, Sam, is here to talk about safety with kids like you! This time, Sam has a special message about "spring cleaning":

"When winter is over, adults may do a big cleaning of their home! Some cleaning products are strong and can hurt you, so stay away from them."



Lucky pot of gold!

March 17 is St. Patrick's Day. Can you help the rainbow get to the leprechaun and his pot of gold?



Do you want to start your own garden? You can!

First, decide what type of vegetables you want to grow and ask for permission. Then, learn about the type of seed, soil and sunlight the vegetables need. You also should find out how often you'll need to water the soil. Ask an adult to help you with the planting. Once your vegetables are fully grown, you can share your healthy snack with friends and family!



BONUS: Send us a picture of your garden! We'll post it on Instagram, Facebook and Twitter! Email familysafety&health@nsc.org.