Tammy Lewis (Training Activity Specialist) 918-732-7670 tlewis@MuscogeeNation.com

October Training Schedule

Oct. '26

For help with navigation to cecpd/okregistry call 405-799-6383 www.okregistry.org/cecpdonline.org/

Check out CECPD's Online Training Opportunities @ the website listed above

ELG's-Nutrition-Social & Emotional Education-Trauma Responsive Environments and more.....

OKC Area Trainings

Rainbow Fleet CCRR 405-525-3111 or 1-800-438-0008 jahood@rainbowfleet.org

Tuesday, October 6, 2026-Safe Sleep (SPANISH)-Online-6:30-8:30pm-Free Reg. @ cecpd.org

The 3rd Saturday of each Month-Pediatric CPR & First Aid-OKC,OK-9am-5pm-$70-Call 405-521-1826

Pediatric CPR - First Aid

October 2026 Dates-17,24,29,2026-(OKC,OK) 10,2026(MWC,OK) 24,2026-(Norman,OK)

Check Times-$72-Reg. @ cecpd.org

Instructor Contact-Ines Vinson-888-261-8813 or email ivcprandfirstaidtraininginstitute.com / Check Times

AHA Pediatric FA-CPR-AED-Edmond,OK-Life Pro Safety-$65-Contact Lesley Norman @ 918-994-1312 for details

Othe Child Development Trainings in the OKC Area

Thursday, October 8, 2026- Supervise to Thrive-Online-6:30-8:30pm-$15-Reg. @ cecpd.org

Saturday, October 10, 2026 -Teaching Strategies (Autism)-OKC,OK-10:30am-12:30pm-$20-Reg. @ cecpd.org

Monday, October 19, 2026-Classroom Management:Self Regulation-Ada,OK-6:30-8:30pm-Free-Reg. @ cecpd.org

Monday, October 19, 2026-Classroom Environments-Edmond,OK-6:30-8:30pm-Free-Reg. @ cecpd.org

Tuesday, October 20, 2026-Engaging Staff-OKC,OK-5:00-8:00pm-Free-Reg.@cecpd.org-

Tuesday, October 20, 2026-Period of Purple Crying(Babies)-OKC,OK-9:00am-12:00pm--Free-Reg.@cecpd.org

Thursday, October 22, 2026-CCP-Success with QRIS-Online-12:30-2:30pm-Free-Reg. @ cecpd.org

Saturday, October 24, 2026-Building Secure Relationships(Virtual)-1:00-3:00pm-$15-Reg. @ cecpd.org

Tulsa Area Trainings

www.tulsatech.edu CDA's(1,2,3,4) Call Teresa @ 918-828-5000

October Topics: Compentencies 1,2,3,4,5,6 CDA Portfolio Review Director's Trainings

Do Boys & Girls Learn Differently-Children & Autism Spectrum Disorder-Autism & Positive Behavioral Supports

Pediatric CPR-First Aid

CPR and First Aid Institute-$72-Call Ines Vinson @ 888-261-8813

Life Pro Safety-Adult & Pediatric CPR -FA-AED-Broken Arrow, OK-$65-Reg. @ cecpd.org-918-594-1312

Other Child Development Trainings in the Tulsa/Bartlesville Areas

Saturday, October 10, 2026-Early Education Workshop-B.A., OK-8:00am-4:00pm-$135-Reg. @cecpd.org

Saturday, October 10, 2026-Hope in the Classroom-Bartlesville,OK-9:00am-4:00pm-Free-Reg. @ cecpd.org

Tuesday, October 20, 2026-Engaging Staff-Tulsa,OK-5:45-8:45pm-Free-Reg. @ cecpd.org

Tuesday, October 20, 2026-Quality Improvement for Providers-Tulsa,OK-1:00-3:00pm-Free-Reg. @ cecpd.org

Saturday, October 24, 2026-Hope In the Classroom-Broken Arrow,OK-9:00am-4:00pm-Free-Reg. @ cecpd.org

Muscogee Creek Nation Trainings

Pediatric CPR - First Aid-AED

Trainings held inside Muscogee Nation Complex-Child Development Building-Okmulgee, OK

For Active Contracted Child Care Providers (Only) Please Call Tammy @ 918-732-7670 for more details

Other Online Training Opportunities

Excellent Online Opportunities Penn State Extension Pro Solutions.org AIR Training Solutions

Applebaum Live/Online Ti CyberWorkz okaeyc earlychildhoodeducationandconsulting zerotothree.org

Total Attached Documents (12) Mvto (Muh Doe) Thank You!



CLASSROOM MANAGEMENT

Self-Regulation

Free Professional Development Opportunity!

This course will cover strategies that can be used to promote healthy self-regulation for childcare providers in direct care of children. You will cover such topics as: how to manage classroom stress, the importance of co-regulation and how partnering with families can positively impact classroom management. The course includes hands-on activities, peer discussion, and real-world examples to help educators effectively manage their emotions and model appropriate behaviors for children.

Date: October 13, 2026

Time 6:00pm to 8:00pm

Location: Muskogee Public Library, 801 W Okmulgee, Muskogee

Register here: https://okregistry.org/v7/trainings/search/(slider-new:344425/detail)

Reach out for help with registration:

Trainer Name: Stacy Blankenship

Email: stacy.blankenship@okdhs.org

Telephone: 405-290-8615



Sponsored by Child Care Services

OKLAHOMA Human Services

Training(s)for the Month

Title: Safe Sleep (Spanish)

Where: Virtual/Online

When: Tuesday, October 6, 2026

Time: 6:30-8:30pm

Cost: Free

To Register: www.cecpd.org

Title: (Director's Training) Supervise to Thrive

Where: Virtual/Online

When: Thursday, October 8, 2026

Time: 6:30-8:30pm

Cost: $15

To Register: www.cecpd.org

Title: Classroom Management: Self-Regulation

Where/When/Time: Tulsa, OK-10-1-2026-6:00-8:00pm

Where/When/Time: Ada, OK-10-19-2026-6:30-8:30pm

Cost: Free

To Register: www.cecpd.org



IMPORTANT TRAINING UPDATE!

To receive credit for trainings:

-Active participation is required

-Each participant must pre-register

-Each participant must login in on their own device

-You may not sign-in another participant

-Your camera must remain on

-Each trainer will give you specific directions at the start of each class

If a Training if (FULL), you can be added to the waitlist by Sending-Name-Registry#-Training Name-Center Name

To: Jrey7016@gmail.com

https://www.earlychildhoodeducationandconsulting.com/trainings



Trainings for the Tulsa Area Only
www.earlychildhoodeducationand consulting.com/trainings
Cost=FREE

All Trainings Online-6:30-8:30pm
Cost: Free
Thursday, October 8, 2026-Bugs and Insects
Monday, October 12, 2026-Manipulatives
Monday, October 19, 2026-Cultural Diversity

All Trainings Online-6:30-8:30pm-Cost:Free
Wednesday,October 7, 2026-Safe Sleep
Thursday,October 20, 2026-Retention Strategies
Monday,October 26, 2026- The Work is Different
The Power of Perspective Teaching

All Trainings Online-6:30-8:30pm-Cost:Free

Tuesday, October 27,2026-Tiny Hands, Big Germs
Thursday,October 29,2026-Lesson Plan Theme
Turkeys and Corn

Early Childhood Education and Consulting
Register at www.earlycec.com
Trainings Outside the Tulsa Area

$20 Fee

All Trainings Online-6:30-8:30pm
Cost: $20
Thursday, October 8, 2026-Bugs and Insects
Monday, October 12, 2026-Manipulatives
Monday, October 19, 2026-Cultural Diversity

All Trainings Online-6:30-8:30pm-Cost:$20
Wednesday,October 7, 2026-Safe Sleep
Thursday,October 20, 2026-Retention Strategies
Monday,October 26, 2026- The Work is Different
The Power of Perspective Teaching

All Trainings Online-6:30-8:30pm-Cost:$20

Tuesday, October 27,2026-Tiny Hands, Big Germs
Thursday,October 29,2026-Lesson Plan Theme
Turkeys and Corn

October Webinars

OCT 7th



Play Under Pressure: How thinking like a play scientist turns pressure into playful possibilities

by **Juelie Perry-Schwartz,** M.S.
The Play Coach & Keynote Storyteller
Inspire to Impact Early Education Training and Consulting

Register →

OCT 8th



From Reactivity to Regulation: A 3-Layer Framework for Emotionally Responsive Classrooms

by **Dr. Yehudis Smith**
Director of ECE and ECE Leadership Consultant
CAJE Miami and Yehudis Smith Consulting

Register →

OCT 14th



Website-First Marketing: The 5-Step Marketing System Every ECE Program Needs to Grow Online

by **Chelsea Denny**
Web Designer & Business Consultant
Early Childhood Creative

Register →

OCT 15th



From First Tour to Long-Term Loyalty: Designing the Family & Staff Lifecycle Journey

by **Melissa Blotter**
Founder
Directed Success

Register →

OCT 21st



Preschoolers and Pixels

by **Amy Reyes-Hauff,** CDHP
Early Learning Specialist
Wyoming Department of Education

Register →

Webinars Website:
webinars@earlychildhoodwebinars.com

Leadership Symposium and Summitt

Fri, Nov 06 | University of Central Oklahoma

This year's Leadership Symposium is all about turning great ideas into real-world impact. Whether you're leading a team, managing a program, or growing your organization's presence, strong leadership depends on practical skills you can use every day.



Time & Location

Nov 06, 2026, 9:00 AM – Nov 07, 2026, 3:00 PM

University of Central Oklahoma, 100 N University Dr, Edmond, OK 73034, USA

About the event

https://www.okaeyc.org/services-1

This year's sessions will focus on building essential tools in communication, marketing, collaboration, and more. Join us as we move beyond theory and into action—equipping leaders at every level with the confidence, clarity, and strategies to lead with purpose.

Schedule

9-9:30 Networking breakfast

9:30-9:50 Welcome

10-10:55 1st breakout session

Show More

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Phone: OACAA

405-949-1495

Subscribe Now

Enter your email here*

Giving Tuesday

SAFE KIDS TULSA AREA

Car Seat Checkup Events

Date	Time	Event
September 30	10-12	Wildlife Heritage Center 610 SW D St – Antlers, OK 74523
October 1	10-12	Broken Arrow Fire Station 6 3151 N 9th St – Broken Arrow, OK 74012
October 2	10-12	Stillwater Fire Department 1506 S Main – Stillwater, OK 74074
October 6	8:30-10:30	Boston Avenue United Methodist Church 1301 South Boston Avenue — Tulsa, Oklahoma 74119
October 9	10-12	Warren Clinic Claremore 1340 S Lynn Riggs Blvd – Claremore, OK 74017
October 10	10-12	Bixby Fire Department Station 2 8300 East 121st St – Bixby, OK 74008
October 15	10-12	Tulsa Fire Department Station 22 7303 East 15th Street – Tulsa, OK 74112
October 22	10-12	Jenks Fire Department Station 2 1115 West 121st Street – Jenks, OK 74037
October 27	10-12	Faith Mission Church 501 South 7th Street – Jay, OK 74346
November 5	10-12	Broken Arrow Fire Station 6 3151 N 9th St – Broken Arrow, OK 74012
November 7	10-12	Ascension St John – Mary K. Chapman Parking Garage 1819 E 19th St – Tulsa, OK 74104
November 12	4:30-6:30	Southeast Expo Center 4500 West, 4500 US-270 – McAlester, OK 74501
November 19	10-12	Tulsa Fire Department Station 22 7303 East 15th Street – Tulsa, OK 74112
December 3	10-12	Broken Arrow Fire Station 6 3151 N 9th St – Broken Arrow, OK 74012
December 12	10-12	Bixby Fire Department Station 2 8300 East 121st St – Bixby, OK 74008
December 17	10-12	Tulsa Fire Department Station 22 7303 East 15th Street – Tulsa, OK 74112

Caregivers in need of a car seat must attend a car seat workshop prior to these events. For more information on qualification requirements or to register, please visit safekidstulsa.com and click on car seat workshops or call 918.494.SAFE.

Updated September 2026

Saint Francis-Safe Kids
Car Seat Workshops
For more information - Call 918-494-7233

OCTOBER 2026

When	Event	Location
October 7, 1 – 2pm	Virtual Car Seat Workshop Event is Full	
October 20, 10 – 11am	Virtual Car Seat Workshop Event is Full	

NOVEMBER 2026

When	Event	Location
November 4, 1 – 2pm	Virtual Car Seat Workshop Sign Up	
November 10, 10 – 11am	Spanish Car Seat Workshop Sign Up	Tulsa Fire Department Station 27
November 24, 10 – 11am	Virtual Car Seat Workshop Sign Up	

6655 South Yale Avenue
Tulsa, Oklahoma 74136

Child Care Weather Watch

Understand the Weather

Wind-Chill



- 30°is ***chilly*** and generally uncomfortable
- 15°to 30° is ***cold***
- 0° to 15° is ***very cold***
- 32° to 0° is ***bitter cold*** with significant risk of ***frostbite***
- -20° to -60° is ***extreme cold*** and ***frostbite*** is likely
- -60° is ***frigid*** and exposed ***skin will freeze*** in 1 minute

Heat Index



- 80° or below is considered ***comfortable***
- 90° beginning to feel ***uncomfortable***
- 100° ***uncomfortable*** and may be ***hazardous***
- 110° considered ***dangerous***

All temperatures are in degrees Fahrenheit

Wind-Chill Factor Chart (in Fahrenheit)

Air Temperature \ Wind Speed in mph	Calm	5	10	15	20	25	30	35	40
40	40	36	34	32	30	29	28	28	27
30	30	25	21	19	17	16	15	14	13
20	20	13	9	6	4	3	1	0	-1
10	10	-1	-4	-7	-9	-11	-12	-14	-15
0	0	-11	-16	-19	-22	-24	-26	-27	-29
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43
-20	-20	-34	-41	-45	-48	-51	-53	-55	-57
-30	-30	-46	-53	-58	-61	-64	-67	-69	-71

Comfortable for out door play

Caution

Danger

Heat Index Chart (in Fahrenheit %)

Temperature (F) \ Relative Humidity (Percent)	40	45	50	55	60	65	70	75	80	85	90	95	100
80	80	80	81	81	82	82	83	84	84	85	86	86	87
84	83	84	85	86	88	89	90	92	94	96	98	100	103
90	91	93	95	97	100	103	106	109	113	117	122	127	132
94	97	100	102	106	110	114	119	124	129	135			
100	109	114	118	124	129	136							
104	119	124	131	137									
110	136												

Child Care Weather Watch

Watching the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to monitor the health and safety of children. What clothing, beverages, and protections are appropriate? **Clothe** children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). **Beverages** help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. **Sunscreen** may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. **Shaded** play areas protect children from the sun.

Condition GREEN - Children may play outdoors and be comfortable. Watch for signs of children becoming uncomfortable while playing. Use precautions regarding clothing, sunscreen, and beverages for all child age groups.
INFANTS AND TODDLERS are unable to tell the child care provider if they are too hot or cold. Children become fussy when uncomfortable. Infants/toddlers will tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by limiting the amount of time outdoors and playing in shaded areas. Give beverages when playing outdoors.
YOUNG CHILDREN remind children to stop playing, drink a beverage, and apply more sunscreen.
OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). They may resist applying sunscreen and drinking beverages while outdoors.

Condition YELLOW - use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.
INFANTS AND TODDLERS use precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.
YOUNG CHILDREN may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child.
OLDER CHILDREN need a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids while playing outdoors.

Condition RED - most children should not play outdoors due to the health risk.
INFANTS/TODDLERS should play indoors and have ample space for large motor play.
YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions.
OLDER CHILDREN may play outdoors for very short periods of time if they are properly dressed, have plenty of fluids. Child care providers must be vigilant about maximum protection of children.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words.

Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.

Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.

Relative Humidity: The percent of moisture in the air.

Temperature: The temperature of the air in degrees Fahrenheit.

Wind: The speed of the wind in miles per hour.

Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.

Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

Winter Storm Warning: Severe winter conditions have begun in your area.

Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Child Care Weather Watch, Iowa Department Public Health, Healthy Child Care Iowa, Produced through federal grant (MCJ19T029 & MCJ19KCC7) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service.

October 2026

Resources

Total Pages =7

(Including Cover)

Tammy Lewis-918-732-7670

tlewis@muscogeenation.com

(Training Activity Specialist)

OKLAHOMA WARMLINE

The Oklahoma Warmline is a program for families, child care providers, and other caregivers where callers can receive consultation and support around the difficult job of caring for and nurturing infants, toddlers, and school-aged children birth to 13 as they grow and develop.

Trained Consultants are available to help you by phone Monday through Friday from 8am to 6pm. A team of consultants trained in child health, child development, and behavioral health are here to take your calls, help to generate ideas and solutions for the challenges you face daily as you are caring for kids, to offer support, and to help you find additional resources and referrals if you are needing them.

Click on the link to go straight to the website, or use the QR code on the flyer and take advantage of the services that the Oklahoma Warmline can offer you.



For parents, caregivers and child care providers

https://okwarmline.org
warmline@health.ok.gov
Telephone Consultations M-F, 8am - 6pm
https://bit.ly/WarmLineFlyer

211

Powered by Tulsa Area United Way

HELP STARTS HERE

211 EASTERN OKLAHOMA CAN CONNECT YOU TO:

- Utility assistance
- Food/meal centers
- Housing support
- Healthcare
- Legal resources
- Mental health services
- Childcare



- Financial assistance
- Transportation help
- Addiction support
- Employment resources
- Clothing/household resources
- And much more

WHEN YOU DON'T KNOW WHERE TO TURN, WE'RE HERE.

Free, confidential link to help those in need.

Call 2-1-1

Text your zip code to (877) 836-2111

Visit 211EOK.org

CALL 24/7 FOR LIVE HELP

Learn more at 211EOK.org

Tulsa Area UNITED WAY 211

9th Annual
Plant ID Workshop

October 6, 2026
9:00 AM to 2:00 PM

Join us for a hands-on Plant Identification Walk & Talk! We'll be at Native Prairie to identify plants, explore indicator species, and discuss soil health.

This is an outdoor walking event, so dress for the weather and bring items such as sturdy shoes, a hat, sunscreen, insect repellent, and water.

Free and open to the public.

18175 Cherry Road
Henryetta, OK 74437

Contact Muscogee Nation Natural Resource Conservation District to RSVP:

918.549.2609 | conservation@MuscogeeNation.com

OKLAHOMA CONSERVATION COMMISSION

USDA United States Department of Agriculture
Natural Resources Conservation Service

THE MUSCOGEE NATION

CMN Extension Program and Muscogee Nation Food Distribution Nutrition Education Program present a

Food Preservation Workshop

Come engage in Food Preservation training with us!

October 7, 9AM-5PM

CMN Turtle Lodge Kitchen

(1212 Falcon Ct, Okmulgee)

CMN EXTENSION



In collaboration with Langston University and Oklahoma State University, CMN Extension is hosting an all-day FREE workshop about home food preservation. Join us and learn about best canning practices for produce and value-added products!

To Register:
Contact Chris Azbell at 918-549-2861
or visit extension.cmn.edu

Fall 2026

COLLEGE OF THE MUSCOGEE NATION
P.O. BOX 917 | 2170 RAVEN CIRCLE | OKMULGEE, OK 74447 | 918-549-2800 | WWW.CMN.EDU

The College of the Muscogee Nation is an equal opportunity institution and does not discriminate. See full statement at https://cmn.edu/non-discrimination-statement/.
To request accommodations/interpreter services contact the Dean of Students Affairs, Krystal Wind, at 918-549-2817.

MUSCOGEE (CREEK) NATION
NATURAL RESOURCE
CONSERVATION DISTRICT

EQUIPMENT SERVICES

The Conservation District offers the service of brush clearing, drilling, brush hogging, disking, spraying and other services at a low rate to landowners.

Please contact the office to find out more about pricing and availability.

OFFICE LOCATION

Muscogee (Creek) Nation
Housing Authority Building
2951 North Wood Drive, Suite 220
Okmulgee, OK 74447

CONTACT INFORMATION

Main Office Number:
918-549-2609

Other Office Number:
918-732-7814

Email:
conservation@muscogeenation.com

Facebook:
Muscogee Nation Conservation District

THE MUSCOGEE NATION

HOME-BASED SERVICES*

Our compassionate family preservation specialists provide home-based services to empower, assist, and nurture families experiencing various challenges and circumstances. We are the place to turn if your family struggles feel overwhelming or too difficult to handle alone.

Through the SafeCare® program, caregivers are equipped with tools, knowledge, and confidence to successfully face the complexities of parenting. Our team is committed to providing services that engage, involve, strengthen, and support your family in the most effective way to ensure children's safety and well-being.

**At least 1 child must be between the ages of 0-5 for families to qualify for services.*

WHAT WE DO

- Case management
- Transport clients when needed
- Utilize the SafeCare® model

SafeCare® MODULES

- Parent child/infant interaction
- Home safety
- Health

ADDITIONAL MODULES IF QUALIFIED

- Healthy relationships
- Managing child behavior
- Problem solving

FIND SERVICES IN THESE COUNTIES

- Creek
- Mayes
- Muskogee
- Okmulgee
- Osage
- Pawnee
- Rogers
- Tulsa
- Wagoner
- Washington

Family & Children's Services

submit referral form email to scereferrals@fcsok.org

CONTACT US:
918.584.4549
fcsok.org

SCAN ME!

or visit fcsok.org/safecare-parenting for more information and our SafeCare® referral form

POISON PURSE

BE WARY OF THE DANGER YOU MAY CARRY

Hairspray or similar product:
May irritate eyes if aimed improperly

Perfume/ cologne:
Contains alcohol so possibly feel drunk with large amounts swallowed; may irritate eyes if aimed improperly

Nail polish remover:
May irritate eyes, skin and mouth, & stomach upset if swallowed

Prescription medicines:
May cause a wide variety of minor to serious problems, depending on product

Nose spray:
May cause extreme drowsiness or agitation if swallowed

Nail polish:
May irritate eyes, skin and mouth, & upset stomach if swallowed

Over-the-counter cold medicine:
May cause agitation, jitters, drowsiness

Mouthwash:
Often contains alcohol so possibly feel drunk with large amounts swallowed



Hand sanitizer
Contains alcohol so possibly feel drunk with large amounts; may irritate eyes, skin and mouth

Toothpaste:
May cause stomach upset if swallowed

Baby powder:
May cause eye and throat irritation; if inhaled could cause serious breathing problems

Pepper spray:
May irritate eyes, skin & cause breathing problems

Insect repellent:
May irritate eyes and mouth; possible seizures if swallowed

Batteries:
May cause severe irritation or burns if chewed; also a choking hazard

Eye drops:
May cause a variety of mild to serious symptoms if swallowed

Hand cream:
May cause stomach upset and diarrhea if large amounts swallowed

"Chocolate" laxatives:
May cause severe diarrhea

Cigarettes:
May cause severe stomach upset and vomiting if swallowed

Ink pen:
May cause eye and mouth irritation

POISON Help®

1-800-222-1222

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