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**Parent Health Alert**  
**“Cinnamon Challenge”**  
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The American Association of Poison Control Centers has issued a news release on the dangers of a fad called the “Cinnamon Challenge” that has become popular this school year. The child intentionally puts a teaspoon of ground cinnamon in their mouths and tries to swallow it without taking a drink.

The powder can cause the child to choke, gag, vomit, accidentally inhale and cough or aspirate the irritating powder into their airways, which can lead to pneumonia. Individuals with underlying respiratory conditions such as asthma can also develop respiratory distress and have trouble breathing.

We encourage parents to educate children on the dangers of this practice, and to monitor all your spices, just as you do your medications. If you wish to read more about this potentially dangerous stunt, please go to  
<http://www.aapcc.org/dnn/Portals/0/Cinnamon%20challenge%203.27.2012.pdf>

**Parent Health Alert**  
**“Ice Cube and Salt Challenge”**

Another fad that children are using to prove they can withstand pain is called the “Ice Cube and Salt Challenge”. Normally, the freezing points of water is 32 degrees. When salt is added to water, as we do when we make homemade ice cream, the freezing point of water is lowered. Based on the amount of salt and water, the temperature of the water can drop to as low as zero degrees Fahrenheit.

The “game” children are playing is to put salt onto their skin and then hold or press an ice cube into the salt, making it cold enough to create frostbite, skin burns, and pain. If it is held long enough, the skin can blister, like a second-degree burn, and leave a scar.

We encourage parents to educate children on the dangers of this practice,