



Safe Kids Grand Forks: News You Can Use

FALL 2009

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Marine Corps Marathon

By Carma Hanson

Safe Kids Grand Forks has been selected as one of 20 coalitions (out of 600) in the US to have a runner in the Marine Corps Marathon on October 26, 2009. When this opportunity arose, we were contacted to use this as a fund raising event to support the work that we do. I said I would do ANYTHING BUT RUN!! I do a lot for Safe Kids but I draw the line here!! Not many things are as near and dear to my heart as protecting my children and the children in the communities that we serve. To that end, I have dedicated much of my career toward that mission. I am not asking coalition members to ask for big dollar donations, rather, I am hoping that the MANY

people who have children or grandchildren and have been helped by Safe Kids will see this as an opportunity to support our cause. If you would be interested in supporting our efforts through this campaign, we would love you have you support our team and our coalition. Each and every contribution to our efforts is appreciated. There are several people working toward our fund raising efforts. If you are willing to make a donation, please go to: <http://sk.convio.net/goto/carma> (Thanks ahead of time!!)

On page 2 of this newsletter is a flyer about "Why we run" and advertising the event. I have copies of this if you would like them. I

would also direct you to our web site for more information: <http://www.safekidsgf.com/julieindex.html>

I appreciate any help that you can provide. If you don't want to donate online, you can send a check to me at the address listed below and I will be sure to get it to the right place. Thanks in advance from me and the kids that we serve. Together, we are making a difference in the lives of the children in this region!!

Safe Kids Grand Forks
P.O. Box 6002
860 South Columbia Road
- Building 1
Grand Forks, ND 58206

Safe Kids Grand Forks provides education and assistance to the public on preventing unintentional injuries and death to children under age 14 – the leading killer of kids in this age group. One area of focus is our Buckle Up program, offering car seat installation assistance and education to parents and caregivers to keep kids safe in motor vehicles.

We are excited to be one of 20 coalitions out of 600 to have a runner in the 2009 Marine Corps Marathon as a way to raise funds for our efforts. We hope you will assist in our "Lace Up So Kids Can Buckle Up" campaign. Together, we can help ensure all kids ride safe.

Julie Jeske, former Altru Health System employee and Safe Kids advocate, will be running in the marathon on our behalf. Join Julie and Safe Kids Grand Forks.

GO TEAM!!

To donate visit:
www.safekids.org/marathon
(enter Safe Kids Grand Forks)
or call (701) 780-1489.

On behalf of Safe Kids Grand Forks and the kids we serve, we offer our thanks for your support.



We hope you will donate to the Marine Corps Marathon and support the work that Safe Kids Grand Forks does. Every dollar helps our cause!!
Thanks in advance!!



Our runner, Julie Jeske is dedicated to the Safe Kids mission, but she needs your help! Completing 26.2 miles is a real badge of honor, but it's nothing compared to helping prevent a lifetime of suffering for a child with a serious injury.

To donate visit:
www.safekids.org/marathon,
enter Safe Kids Grand Forks,
or call (701) 780-1489.



Safe Kids and Why We Run

Safe Kids Grand Forks is one of more than 600 state and local coalitions in the United States that bring together health and safety experts, educators, corporations, foundations, government agencies and volunteers to educate families and protect children from preventable injuries.

Safe Kids Grand Forks has been chosen as one of 20 coalitions out of 600 to have a runner in the 2009 Marine Corps Marathon which takes place on October 25, 2009 in Washington, D.C. Safe Kids Grand Forks runner, Julie Jeske, will run as a way to raise funds for the Buckle Up program. This program, offers car seat installation assistance and education to parents and caregivers to keep kids safe in motor vehicles.

Why We Run

- We run because motor vehicle crashes remain the leading cause of unintentional injury-related death among children ages 14 and under.
- We run because everyday 17,000 children—an average of 12 every minute—sustain injuries that could have been prevented.
- We run to sound the alarm about unintentional injury and the fact that it is the number one cause of death and disability for kids ages 1 to 14.
- We run to raise funds to purchase safety devices like car seats, bike helmets and smoke alarms for families in need.
- We run to support our life-saving programs.
- We run because the right information and safety devices can prevent many of these injuries and save children's lives.

Car Seat Check-Up Events

September 29	3:30—6 pm	Northwood Community Center
October 1		Grafton
October 8		Grand Forks
October 27		Crookston
November 12		Grand Forks
December 3		Grafton
December 10		Grand Forks
December 22		Crookston

Car Seat Check-Up Events in Grand Forks and Grafton are held from 4-7 pm. Crookston Events are held from 4:30-6pm by appointment only.

Call 218-281-9100 for an appointment in Crookston or call 701-780-1489 for more information on any check-up event

Sharing the Road PSA

Recently Safe Kids Grand Forks and WDAZ produced a PSA entitled "Sharing the Road". The PSA focuses on the rights and responsibilities of both bicyclists and motorists and can be viewed at <http://www.youtube.com/watch?v=A4mT4UeUpPO>.

The production of the PSA was made possible by generous financial contributions from the mayor's office and the Metropolitan Planning Organization. We hope that PSA creates a safer environment for bicyclists and motorists.

Lewis & Clark Speed Radar Signs

Proud Program Sponsor



In January of this year Safe Kids Grand Forks and Lewis & Clark Elementary received a Safe Kids Environmental Task Force Grant in the amount of \$9,600. The Safe Kids Walk This Way grants are awarded to only 10 coalitions nationwide and are sponsored by FedEx. This is the fourth time in five years that Grand Forks has received this grant.

Lewis & Clark is situated at S. 12th Street and 13th Avenue S. These roadways have become major thoroughfares and the speed of vehicles has been

identified by parents and school staff as a major safety concern during arrival and dismissal of school. Safe Kids Grand Forks worked with Scott Johnson, the principal at Lewis & Clark and the MPO to identify potential solutions.

Safe Kids is excited to report that the funds have been used to install "your speed" radar signs on 13th Avenue just east and west of Lewis & Clark Elementary. These signs, pictured right, give drivers direct feedback as to their speed and have been shown to lower the speed of vehicles.

The signs will be programmed to coincide with arrival/dismissal times and with posted school speed limits.

This work would not be possible without the efforts of the Grand Forks Public Schools, Lewis and Clark Elementary, the MPO and the Grand Forks Streets and Sanitation Department. Thank you to everyone involved in this fantastic project!



Join Safe Kids Grand Forks on Facebook!!!

Safe Kids Grand Forks is now on **facebook** Search for Safe Kids Grand Forks on Facebook and add us as your friend. Stay up-to-date with Safe Kids Grand Forks as we provide announcements, PSA's, safety tips and upcoming events. You can also provide valuable feedback by writing on Safe Kids' wall. Hope to see you soon!

ATAC Completes Most Recent School Studies

ATAC, a traffic engineering firm in Fargo, has recently completed studies of traffic patterns and safety issues at three Grand Forks area elementary schools – Lewis & Clark, West and New Heights. Safe Kids, the Metropolitan Planning Organization, Grand Forks Public Schools and East

Grand Forks Public Schools have worked with ATAC over the last five years to improve safety around our elementary and middle schools. When conducting studies ATAC works with parent groups and staff from each school to determine what the biggest safety concerns are at each school.

They also make site visits at each school they are studying to gather data. Based on their analysis, ATAC prepares a final report with recommended short and long term changes for each school. These reports are reviewed by Safe Kids, the MPO and the public schools to determine feasible

improvements to the specific schools. The ATAC reports have been instrumental in improving safety at several schools in our area. The ATAC studies would not be possible without the financial support of the MPO and city of Grand Forks.

Hugo's Back-to-School Safety Fairs

Once again, Safe Kids Grand Forks teamed up with Hugo's in the Greater Grand Forks area, Crookston and Thief River Falls to offer back to school safety messages to the community. At the five Grand Forks/ East Grand Forks locations, display booths were set up along with flyers on getting to school safely. The flyers and display board focus on the four ways of getting to school – walking, biking, by car and by school bus.

Safety tips for parents and children were emphasized. Hugo's provided six back packs for each store for a drawing. Children were able to enter the drawing when they visited the booth. Back packs will be awarded in early September and delivered to students at their home school by FedEx, a major Safe Kids partner.

On August 25th and 26th Safe Kids held "Getting to School Safely" events at the Hugo's in Thief River Falls

and Crookston. These events were held in the parking lot of the grocery stores. Stations were set up focusing on the four ways of getting to school in an interactive format for children. Participants had the opportunity to practice crosswalk skills, using bike helmets, observing blind spots on school buses and learning about the safest place to ride in a car. Children also had the opportunity to

receive school supplies and register for a back pack drawing.

Safe Kids Grand Forks is grateful to Hugo's for partnering with us on such an important safety topic. We can all work to make our community safer for school children.



Surprising Results to a New Study

A new study by the University of Michigan shows a surprising conclusion: Winter is actually the safest driving season, with fall being the most deadly. The study found that October is the month with the highest death rate per distance driven, 16 percent greater than in March—the safest month of the year. November and December were the next in deadlines, while February and April followed March in safety.

Further research has been called for to examine the causes behind the deadly fall season. Some experts suggest the key factor could be daylight. October combines the relative warmth of fall with the lengthening hours of darkness.

No matter what the season, Safe Kids Grand Forks reminds you to always remember to buckle up and make sure all passenger that meet the criteria are safely riding in a car or booster seat.



Safe Kids Grand Forks Returns to Larimore for Car Seat Check-Up Events



Safe Kids Grand Forks and Altru Health System have teamed up with the Larimore Ambulance Service to conduct a car seat check-up event in the Larimore community. These events were previously held on a routine basis in conjunction with the Larimore Ambulance and Police Department. Thanks to the recent training of an additional technician in the community, we again have

established events on a regular basis in that community. (For a complete listing of events in Larimore, beginning in November 2009, visit www.safekidsgf.com).

On Wednesday, September 2, 2009 an event was held in which there were several participants. All events are free and appointments are not required. Car seat check-up events are done in an effort to save children's lives by teaching parents the importance of car and booster seats and showing them how to properly use these restraints. Each seat only takes about 10-20 minutes to check and will be inspected by certified child passenger safety technicians. Safe Kids Grand Forks reminds parents that

four out of five car seats are used incorrectly and that misuse can lead to injury or death in the event of a crash. To prevent such a tragedy, checking and correctly installing the child restraint decreases the chance of that from happening.

Motor vehicle crashes are the leading killer of children under age 14, the age group that Safe Kids Grand Forks focuses on. In fact, motor vehicle crashes are the leading killer in people up to age 33 in the state of North Dakota. Child safety seats are extremely effective in preventing injury and death to children in crashes, but sadly, many children who should be in car seats are not.

Remember, buckling up and using car seats is key to survival in a crash, even minor ones. By law, children in North Dakota are required to be in a car or booster seat until age seven. Carma Hanson, Safe Kids Grand Forks Coordinator cautions that seat belts are designed for adults and don't fit children well. Most times, children need to be in a booster seat much longer than that to avoid injury from the seat belt or ejection in a crash. For more information on motor vehicle safety for children or adults, contact Carma Hanson – Safe Kids Grand Forks Coordinator (Altru Health System) at chanson@altru.org or 701-780-1489.

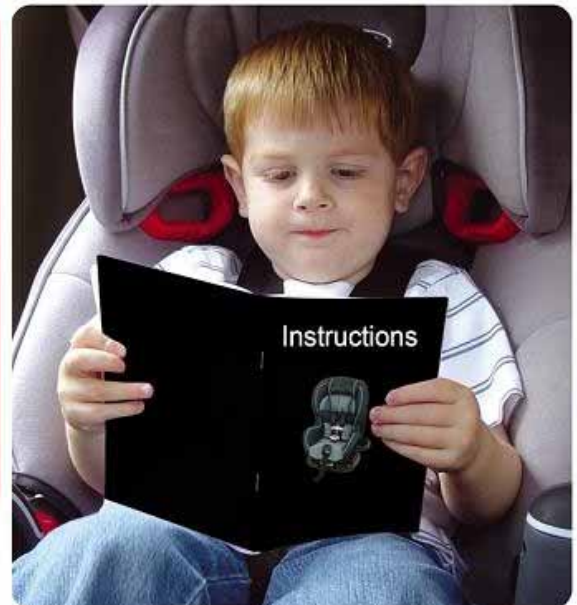
**In North Dakota,
5 out of 6 car seats
are used wrong...**

Read the instructions

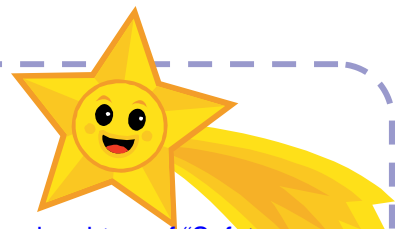


NORTH DAKOTA
DEPARTMENT of HEALTH

NDDOT
North Dakota
Department of Transportation



As part of child passenger safety awareness week in September, this artwork will be displayed on billboards throughout ND in 24 cities. The data was collected/analyzed from the ND Department of Health's car seat checkup forms from 2008.



Safe Kids Stars



Pictured here are the Nilles girls, daughters of "Safety on Wheels" and Safe Kids volunteer, Dawnita Nilles. These girls were so kind as to donate a Saturday morning in August to sell sweets and lemonade to raise money for Safe Kids Grand Forks. They ran their A&H Lemonade stand for over 4 hours and were able to raise \$87 towards our Marine Corps Marathon fund raiser. Wow!!! How awesome that these gals were willing to give of their time and resources for the efforts of Safe Kids! Want to add to what they have made, visit: <http://sk.convio.net/goto/bikeped> Dawnita is a member of our bike team who recently challenged the car seat volunteers for Safe Kids Grand Forks. A friendly little competition has been waged against these two teams as to which one can raise the most money for Safe Kids Grand Forks. Each and every little dollar counts towards our efforts so we hope you, like the Nilles girls will consider donating to our cause!!



Getting To and From School Safely

Pedestrian Safety

1. Cross streets only at corners and in **crosswalks**. Do not cross until the light says to walk.
2. Look left, look right, and left again before stepping into the street. Also make sure to keep looking left and right as you cross the street.
3. When stepping out in front of a car, make sure the tires of the car have stopped moving and you

- have made eye contact with the driver or you are sure the driver has seen you.
4. Never run across the street. A driver might not see you. If you have to run to get across the street, then the car is too close.
5. NEVER walk out into the street between two parked cars. Others might not be able to see you.
6. When getting out of a car, get out on the grass

- side of the car.
7. Always walk on the sidewalks and not on the road.
8. It is okay to remind your parents if they forget a safety rule.

For more information on getting to school via motor vehicles, bicycles or school buses, contact Safe Kids Grand Forks at safekids@altru.org



In Recognition of National Fire Prevention Month: Support Safe Kids and Keep Your Home Safe

In an effort to keep homes safe, we have on hand several styles of flame-free candles. These cream colored candles are vanilla flavored and are made of real wax. They have a light that flickers, just like a real candle but without the dangers of an open flame. These candles come in large sizes or small votives (4 per set). Each candle/set of votives sells for \$12 and they last a lifetime!! The votives work well for putting into Halloween pumpkins or decorating near garland during the holidays. To see these candles or purchase them from Safe Kids, contact Sandy Schuster at 780-1639 or Carma, Safe Kids

Coordinator at chanson@altru.org



Add some ambiance to your home and be safe while doing so!!



October is National Fire Prevention Month

Every 80 seconds, a fire department responds to a home fire, and these emergencies aren't just frightening— they can be fatal. Nearly 500 kids die in house fires each year, more than 1,600 are injured, and children under 5 are most vulnerable, according to the National Fire Protection Association (NFPA). While many fires are caused by cigarettes, space heaters, candles, or kids playing with matches, others are caused by hidden electrical problems.

The scary truth is that you're probably unprepared for a fire. Only one in four families have developed and practiced a fire evacuation plan. According to a survey by Liberty Mutual and the International Association of Fire Fighters, just 30 percent of people know that they should evacuate their home before calling the fire department, and 84 percent of parents don't talk about fire safety with their kids.

The good news is that there are smart ways both to avoid a fire in your home and to act quickly if a blaze does break out. "Parents don't talk about fire with their kids because they're worried about scaring them, but avoiding the subject can make fire seem even more frightening to children," says actress Marcia Gay Harden, a mother of three whose brother's wife and two children died in a fire started by a candle. When speaking to your children, you don't have to focus on the devastation that could occur if your house catches on fire, adds Heidi Taylor, a fire-safety expert with the American Red Cross,

in Washington D.C. Just to be positive and say, "This is what we will do to be safe." To protect your family from a deadly fire, follow this three-step plan.

PRACTICE PREVENTION

Here's the most important rule: Keep anything that could catch fire at least three feet away from things that get hot. That buffer zone applies to the kitchen stove (no dish towels on the oven handle), the fireplace (newspapers and kindling can ignite from a stray spark), and even small appliances like curling irons and lamps, which can overheat adjacent towels or curtains. Space heaters are responsible for a significant number of home fire deaths, so make sure they're at least three feet from beds, clothing, and upholstered furniture— and never use them while you're sleeping. A particular danger around the holidays, candles cause more than 15,000 home fires each year. Always blow them out before you leave a room. "We think of candles as benign and beautiful, but there are so many ways they can start a fire," says Harden. "Pets and kids can knock them over, and even a breeze from a door opening could blow a curtain into the flame."

Be very careful in the kitchen, where most home fires start. When you're cooking, insist that your kids stay three feet away from the stove, or keep them out of the kitchen altogether. Never leave cooking food unattended on the stove or under the broiler. "If you're making something that requires your full

attention, keep your kids busy with a project so you won't be interrupted," says Judy Comoletti, manager of the NFPA's public education division.

GET AN EARLY WARNING

Smoke detectors increase your odds of surviving a house fire—in fact, 65 percent of fire deaths occur in homes with no working smoke alarms. You should have at least one on every level of your home, including the basement. NFPA codes recommend that you install an alarm outside each sleeping area as well as inside every bedroom (so an alarm will sound more quickly if the fire starts in a bedroom with the door closed.).

The safest strategy is to buy interconnected alarms. "If there is a fire in your basement, the alarms in your bedrooms will go off too," says Comoletti. You can buy smoke detectors that use wireless technology if you're unable to hardwire the alarms into your home's electrical system. They're more expensive, but it's easy to install them yourself.

SMOKE ALARMS: WHAT TO KNOW

There are two types of smoke alarms: ionization alarms, which are generally more responsive in detecting flaming fires and photoelectric alarms, which may provide an earlier alert for smoldering fires. For the best protection, buy some of each kind or use dual-sensor alarms that combine both technologies. If you get frustrated because your alarms go off every time you burn

toast, get ones with a hush button so you can silence them quickly. All alarms need to be replaced every 10 years.

In fact, the Centers for Disease Control (CDC) recommends buying smoke alarms containing lithium batteries, which are guaranteed to last for 10 years. If you use regular alarms, replace the batteries annually. Even units that are hardwired into your home's wiring need a fresh backup battery every year. (Some organizations advocate changing batteries when you change your clock for daylight saving, but the NFPA says you don't need to change them twice a year unless the low-battery beep on an alarm sounds.) No matter what type of alarms you have, check them once a month by pressing the test button. Amazingly, only 15 percent of families do this, according to the CDC. Testing your alarms is an easy way to get your kids involved. They'll learn to recognize the sound, and you can talk about what they should do when they hear it.

HAVE AN ESCAPE PLAN

Once a smoke alarm sounds, you'll only have about three minutes to escape a flaming fire, according to new research by the National Institute of Standards and Technology. "Every family member needs to know and practice a fire escape plan so you can act fast in an emergency," says Taylor. "Fire spreads quickly, and the smoke can get really thick." Most fire deaths are caused by smoke inhalation rather than burns.

See Page 7 for more Fire Safety

October is National Fire Prevention Month-continued

Rehearse your plan at least twice a year, once in daylight and once at night (people are much more likely to die from nighttime fires). You should find two possible ways out of each room and decide how you'll get your children out safely. If you have second- or third-story bedrooms, consider buying fire-escape ladders. But don't just buy one and put it under the bed. "Make sure that the ladder fits the window, and use it only if all other ways out are blocked," says Comoletti.

Show your children how to close doors behind them to help slow the spread of the fire, and tell them that they should never open a door that feels hot. Instead, go out through a window or stay put and wait for help. In case you have to escape through smoke, teach kids to "get low and go under the smoke," because air closer to the ground will be less smoky. Designate a family meeting place outside the house, such as a neighbor's yard, and emphasize that once you're out, you never go back inside for any reason. Call 911 or the fire department from a nearby house or from your cell phone only after you're safely outside. If someone is trapped in the house, tell the emergency dispatcher.

BEFRIEND FIREMEN

Experts say it's also important to teach children that firefighters are their friends.

Kids often run or hide from firemen during an actual fire because they look frightening with their full protective gear, including masks and axes. Visit a local fire station so your children can see what the equipment looks like and learn why it's used.

"People think that fires happen to other people," says Marlene Petro, who is now the executive director of the local American Red Cross chapter that helped her family after a fire in their home. But the truth is that more families are affected by fires than all other disasters combined. It can happen to you, so be ready.

WHAT IF YOU LIVE IN AN APARTMENT

If you live in an apartment, know the building's evacuation plan, which is supposed to be posted in a public area. The manager should hold a fire drill at least twice a year; if not, ask for one. If there are security bars on your windows, be sure you can open them from the inside. Never use an elevator in a fire; show your kids how to find the stairs and exits. Depending on the location and extent of a fire, your best bet may be to stay in your apartment and wait for firefighters. For example, if the stairwells are filled with smoke and there's no outdoor fire escape, or you can't get through the fire to your exit, close all the doors behind you

and stay in a room with windows. Wave a light-colored cloth or a flashlight to help firefighters find you.

FIRE DOS AND DON'TS

People make dangerous mistakes when they're caught off guard by a fire. It's crucial to know what to do when:

A pan of oil on the stove catches fire.

Do: Slide a lid over the pan to smother the fire.

Don't: Put water or flour on a grease fire; this can create an explosive flare-up.

A candle ignites your child's clothing or hair.

Do: Tell her to stop where she is, drop to the ground, and roll until the flames are out. Rinse the burn with cool water and get medical help right away.

Don't: Leave her alone to get an extinguisher or water.

An overloaded electrical outlet catches fire.

Do: Get everyone out of the house and call 911. Only use a fire extinguisher if it's rated Class C for electrical fires or has a multipurpose ABC rating.

Don't: Use another class of fire extinguisher or water, which can cause electrocution.

SAFE KIDS RECOMMENDATIONS

Keep matches, candles, gasoline, lighters and all other flammable materials locked away and out of children's reach and teach

- them never to touch these items.
- Never leave a burning candle unattended. Place candles in a safe location away from combustible materials and where children or pets cannot tip them over.
- Keep children away from cooking and heating appliances. Never leave the kitchen while you are cooking.
- Place space heaters at least 3 feet from curtains, papers, furniture and other flammable materials. Always turn space heaters off when leaving the room or going to bed.
- Plug an electric space heater into an outlet with enough capacity. Never plug it into an extension cord.
- Consider a home sprinkler system. The combination of smoke alarms and sprinklers can reduce your chances of dying in a fire by 82 percent.

For more information, visit Parents.com or safekids.org. You can also contact Safe Kids Grand Forks at (701) 780-1489 or email chanson@altru.org.

Visit Safe Kids Grand Forks Online at

www.safekidsgf.com



Safe Kids Safety Tip:

Back-To-School Safety

Back-to-school time means more kids walking on sidewalks and streets. Motorists should be aware of children that are out and about and **STOP** behind the crosswalks with your vehicles, not in them. Help keep crosswalks a safe place for kids. And . . . Remember to **SLOW DOWN!**



CARES is the solution to safe and easy flying with children!



CARES is the only harness type child aviation safety restraint ever certified by the Federal Aviation Administration (FAA).

CARES is an elegantly designed belt and buckle device for kids **22-44 pounds** that is easy to use and creates a safe airplane seat for your child without the hassle of carrying a 20 pound car seat.

CARES weighs just 1 pound and fits into a 6" stuff sack! It is simple to install, adjustable to virtually any size airplane seat, and keeps your child as safe as a car seat would.

CARES is made of the same industrial-strength webbing as your own seatbelt. It is engineered and manufactured by AmSafe Aviation, the world's foremost manufacturer of airline seatbelts.

Need your car seat at the end of the trip? Check it as luggage -- take **CARES** on board in your pocket for a safe airplane seat for your child and a hassle free trip for you! For more information, visit <http://www.kidsflysafe.com/>

Protect Your Child's Vision With InfantSEE

InfantSEE® is a public health program, managed by Optometry's Charity™ - The AOA Foundation, designed to ensure that eye and vision care becomes an integral part of infant wellness care to improve a child's quality of life. Under this program, AOA optometrists provide a comprehensive infant eye and vision assessment within the first year of life regardless of a family's income or access to insurance coverage.

- An InfantSEE® assessment between six and 12 months of age is recommended to determine if an infant is at risk for eye or vision disorders. Since many eye problems arise from conditions that can be identified by an eye doctor in the infant's first year of life, a parent can give an infant a great gift by seeking an InfantSEE® assessment in addition to the wellness evaluation of the eyes that is done by a pediatrician or family practice doctor.
- One in every 10 children is at risk from undiagnosed eye and vision problems, yet only 13 percent of mothers with children younger than 2 years of age said they had taken their babies to see an eye and vision care professional for a regular check-up or well-care visit. Moreover, many children at risk for eye and vision problems are not being identified at an early age, when many of those problems might be prevented or more easily corrected. Some 4.02 million children were born in 2004, according to the U.S. Census Bureau. In approximately 4 percent, strabismus will develop, and amblyopia will develop in 3 percent-this equates to as many as 100,000 infants born each year who are at risk for serious eye and vision problems.
- Early intervention is critical to successful and cost-effective treatment. Despite the nation's present system of preschool vision screening, there exists a lack of understanding by the public of the importance of periodic professional eye and vision assessments. Unfortunately, during the course of their young lives, most children probably never see an eye care practitioner who can provide the kind of professional eye assessment necessary to identify critical eye and vision problems at an early stage, explain those conditions to parents, and provide the care necessary to correct those problems.

For more information on the InfantSEE program, visit www.infantsee.org



SPC Patrick Welsh was killed in a rollover crash in March 2009, just two months after returning from Iraq. Patrick was not wearing a seat belt at the time of the crash and was ejected from the vehicle. Patrick's family wants to advocate for seat belt use so that other families do not have to go through what their family is experiencing. This decal, shown above, is available at no cost through Safe Communities of the Northern Valley and Community. For more information or to get one of the decals, contact Bill Vasicek at bvasicek@altru.org or call 701-780-5939.

CPSC Issues Massive Recall!

Three strangulation deaths and seven near strangulations prompted the CPSC to issue a massive recall of window coverings. Six companies, including IKEA and Pottery Barn Kids, are recalling 5.5 million Roman shades, roll-up shades and other window coverings. All of these products have a similar deadly hazard, young children can strangle when their neck gets trapped in the exposed cords.

For a complete list of the recalls, please visit the CPSC web site at <http://www.cpsc.gov>.

About once a month, a young child dies in this country from a window cord strangulation. Due to the life-threatening hazard these window coverings pose to children, CPSC urges all consumers to examine all shades and blinds in their homes. If looped pull cords, exposed inner cords, or exposed lifting loops are found, replace the blinds or shades with products that do not have these dangerous strangulation hazards.



Safe Kids Caution: Dangers of Purchasing Second Hand Car Seats

When purchasing a second hand car seat, it is important to know if the seat has been in a crash. Seats should **NOT** be purchased at a second hand store where this cannot be determined or at a rummage sale where you don't know the seller.



For more information on car seat safety, contact Safe Kids Grand Forks at Altru Health System.



Give Your Favorite Trick or Treater a Special Friend This Halloween!

These little "critters" won't rot kids' teeth like candy can!!

Only \$5 each

Buy these for your Trick-or-Treaters and support Safe Kids Grand Forks at the same time!!



To check out these Halloween pals, contact Sandy Schuster at 780-1639 or Carma Hanson at chanson@altru.org. Shown here are the Halloween ones but we also have many professions (nurse, fireman, police officer), hunters, ballerinas, babies and many more. They each sell for \$5.00 —What a deal!!

Do you LOVE to shop??? Macy's and Safe Kids Grand Forks Team Up For a Great Cause

Safe Kids Grand Forks has been selected as one the charities in the Macy's "Shop For A Cause" Sale. Anyone can purchase a coupon for \$5.00 from Safe Kids and on Saturday, October 17, you will be able to use that coupon for 20% off items in the store. (10% off furniture and electronics). Safe Kids gets to keep the money from the \$5 coupon and you get to "shop till you drop", saving lots of money. (How can you go wrong!?!?) To obtain your coupon, contact Safe Kids at chanson@altru.org or call 780-1639. We will arrange for you to get your coupon prior to your shopping day.

(Remember, Christmas is just around the corner and it's never too early to start shopping!! Just think of the deals!!) A special thank you to Macy's of Grand Forks for selecting Safe Kids Grand Forks for this event!!

