

Safe Kids Grand Forks News You Can Use



Spring 2012

National Poison Prevention Week



Each year, we celebrate National Poison Prevention Week during the month of March. During this year's celebration from March 18—24, 2012, we will observe the 50th anniversary of this yearly week that focuses on poison safety and injury prevention. Safe Kids Grand Forks offers the following poison safety tips to keep your kids and family safe:

- ⇒ Keep the phone number for the Poison Control Center near each phone in the home and program it into your cell phone to have in the event of an emergency. If you would like stickers or magnets with the phone number listed on it (see below), contact Safe Kids at 701.780.1489.
- ⇒ Remember that children imitate adult behavior. Never take medications on front of a child.
- ⇒ Keep medications and all poisonous products out of children's reach and locked up. If you are unsure of what products those include, contact us for a list of common household items.
- ⇒ Remember to keep all products and medications in their original containers.

- ⇒ Don't forget to "poison proof" places such as laundry rooms, garages and storage sheds that children may have access to.
- ⇒ Items such as children's vitamins are safe in the recommended dosages but often are sold as "gummy vitamins" and are appealing to children as they confuse them with "fruit snacks". Especially keep these type of items out of reach.
- ⇒ When visiting homes with elderly people, be aware of medications that may be stored in non-childproof containers or pill dispensers.
- ⇒ Most poisonings occur in a the home setting and between 4—8 p.m. Watch children closely during this time and use child-proof locks on cabinets or drawers that contain dangerous products.

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The Safe Kids

Star for Spring

2012 is Cindy

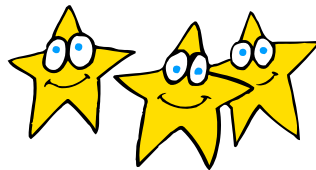
Cochran!

Safe Kids Star

At Safe Kids we work with school principals, staff, parents and students throughout Grand Forks to improve the safety of students during the arrival and dismissal of school.

While Safe Kids provides assistance with education, obtaining grant dollars for projects and coordinating work with multiple agencies, we have discovered that to make lasting changes, a school needs to take "ownership" of improving safety at their school.

Our Safe Kids star, Cindy Cochran, has become the champion of promoting safety at Century Elementary. As principal, Cindy has led numerous efforts to improve pedestrian safety through arrival and dismissal



procedures and keeping students and parents aware of ongoing safety concerns.

Most recently, Cindy developed a schedule for her staff to provide supervision and serve as crossing guards during arrival and dismissal of school. Twelve staff members rotate through these duties. On any given afternoon, at least 4 – 5 Century staff members are outside assisting children and

providing safety reminders.

Additionally, Cindy keeps parents informed about safety concerns through monthly newsletters and memos.

We applaud Cindy and her staff for their efforts to improve safety for the 600 children at Century Elementary and thus we name her this quarter's Safe Kids Star!!



Garage Safety

With Spring just around the corner, we start to think about pulling our cars out of the garage and washing out all of that mud and snow. For children, this can seem like a whole new playroom. Take a minute to assess the safety of your garage and think about ways to keep it more secure. Consider some of the ideas listed below to ensure that the space is safe for children:

- Keep paint, cleaning products and fertilizers out of reach. Many liquids look like tasty drinks, pellet sized fertilizers can look like candy, and spray paint cans look like fun.
- Make sure that tall shelves are secured to the walls. Children try to climb up can pull them down on top of themselves.

- When recycling glass, keep it in a solid container like a plastic tub without holes which broken glass can fall through.
- Keep the floors picked up and clean to avoid trips and falls.
- Lawn mowers, snow blowers and other large machines look interesting for climbing on and playing with. Keeping them covered will make them harder to get to.
- Garden and other household and repair tools can injure children with sharp edges and points and weighty metals.

Remember, supervising your children and teaching them about being safe in the garage will go far towards keeping your garage safe for your family.



Once opened, this liquid fertilizer looks like a refreshing drink.

This information has been provided by Tara Dupper. Tara is the Coordinator at New American Services, a partner agency with Safe Kids Grand Forks.



New American Services



The Big Question....

When is my Child Ready to Stay Home Alone?

There is no magic age, you know your child best. It can be a challenge deciding when your child is ready. There are many factors to take into consideration to determine readiness.

What does the law say?

Neither Minnesota nor North Dakota have a law which provides an age when children can be left alone. However, guidelines have been developed to help with making the decision.

Children 8 years and under should be supervised at all times with a caregiver available. An 8 year old should not be left in charge of other children.

Children who are 9 years old should **not** be left unsupervised for periods greater than two hours at a time during the daytime. Nine year olds should be supervised at night and should not supervise other children. Readiness should be taken into consideration when deciding on length of time.

Children who are 10 and 11 years old may be left alone for longer periods of time. Readiness should be taken into consideration when determining length of time. Caution is advised in leaving a child unsupervised during sleeping hours. Children this age should not be responsible for younger children.

Children 12 years old and older may be permitted to stay home alone if readiness is determined. Children 12 to 18 should not be left home alone overnight. Children 12 years and older may be permitted to act as a baby-sitter.

How do I decide?

Talk with your child to discuss how he or she feels about staying home alone.

- Do you feel your child has the maturity and good sense needed to stay alone?
- How far away is a trusted adult?
- Can your child say no to peer pressure if friends encourage the child to break the rules?

There are some signs which show your child may be ready.

- Your child indicates a desire and willingness to stay alone.
- Your child is showing signs of accepting responsibility.
- Your child is able to consider options and make good decisions.
- Your child is able to talk easily with you about interests and concerns.
- Your child is willing and able to tell you if something happened while you were away that made them feel uncomfortable.

Make sure your child knows:

- What to do in case of a fire or medical emergency.
- When and how to call 9-1-1, your child should know your home phone number and the physical address of your home.
- How to reach you or another adult in case of an

emergency.

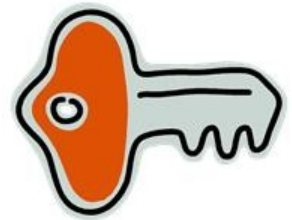
- Where basic first aid supplies are and how to use them.
- How to properly answer the telephone and door. Kids should never disclose that they are home alone. Kids should have a statement ready to respond such as "My mom's not able to come to the phone/door; can I take a message and have her get back to you?"
- If the child will be doing any cooking they should know how to properly use equipment, be able to handle hot food, and know what to do with a cooking fire.
- Are they allowed to have friends over, how many, for how long, certain ones?
- What should they be doing or not doing while they are home. Consider setting rules or guidelines regarding the television, computer, homework, chores. Establish a routine.

Remember to:

- Have your child call you when they arrive home so you know they are there, or you check in with them.
- Lock up all medications, alcohol, weapons and other dangerous items.
- Go over safety rules about matches, knives, scissors and other objects or appliances in your home.
- Keep smoke detectors in working and order and practice fire drills so your child knows what to do.

This information brought to you by Safe Kids GF partners:

Child Care Resource and Referral, Tri-Valley Opportunity Council, Inc



NORTH DAKOTA
CCR&R
CHILD CARE RESOURCE & REFERRAL

More information on this topic can be found on page 5



Second Annual Car Seat Recycling and Check-Up Event

Back by popular demand!

Due to great turn out last year, Safe Kids Grand Forks, Altru Health System, and your local Waste Management are coming together again to hold a **city-wide car seat recycling and check-up event**. This event was created to help the Greater Grand Forks community “go green” while increasing the safety of our little ones. In addition to Safe Kids volunteers, we have once again requested students from UND’s Big Event be on hand to assist with the collection.

The car seat recycling event will be held in the Altru Clinic Parking lot (1000 S. Columbia Road) on Saturday, April 21st from 10 am – 2 pm. This date was chosen in efforts to prevent certain car seats from being placed on the berm during the

city-wide garbage collection week held May 7 - 11, 2012.

The following are car seats that should not be used and would be good ones to bring to the recycling event:

- Seats that have been recalled.
- Seats that have been in a crash.
- Expired seats (older than 6 years).
- Seats with an unknown crash history (purchased second hand from thrift stores, at rummage sales, etc.).
- Seats that have broken or missing parts.

We will also accept any unwanted car seats no longer needed. For every car seat that is dropped off, the individual will get their name entered into drawing for some

great prizes. The seats will be disassembled by volunteers and recycled by Waste Management, thus staying out of the city’s landfill. There will also be technicians on hand April 21st to check car seats that are currently in use, and to answer any questions.

Safe Kids Grand Forks is an injury prevention organization under the lead agency of Altru Health System, with the mission of preventing accidental injuries to child under age 14. We believe that it is important to get these unsafe seats out of the community and recycled properly. For more information, contact Safe Kids Grand Forks Coordinator, Carma Hanson at 701-780-1489 or chanson@altru.org

Safe Kids & Ben Franklin are Awarded a SRTS Mini-Grant!



Safe Kids Grand Forks and Ben Franklin Elementary are proud to announce that we are recipients of a Safe Routes to School mini-grant. The mini-grants are awarded to schools, municipalities and organizations working to increase walking and bicycling safety for students. This year, over 200 organizations applied and 26 grants of \$1,000 were awarded. The work is to be completed in the Spring of 2012.

Following is the press release describing the Grand Forks project:

Safe Kids Grand Forks (Grand Forks, N.D.) will work with parents, staff and students at Ben Franklin Elementary School to create a “No Cell Phone Zone” around the school. Sixth through eighth grade student council members from South Middle School will be assisting Ben Franklin students in launching the campaign to increase awareness of the need for distracted

driving interventions.

Safe Kids Grand Forks offered the opportunity to Ben Franklin for several reasons:

- Dr. Beth Randkev (principal), her staff and the parents at Ben Franklin have demonstrated a strong commitment to the safety of students during arrival and dismissal for many years. They have an established crossing guard program as well as high standards for parents when driving on school property.

- A large percentage of students live within a walkable distance of the school. A safer pedestrian environment can increase the number of students walking and decrease vehicle traffic.

- A strong “Walk to Win” program led by Mr. Kelby Krefting (P.E.) which encourages walking to and from school.

- An anticipated increase in vehicle traffic on S. 20th Street

beginning in the fall of 2013 due to a major road project on S. Columbia St.

Safe Kids Grand Forks is excited to begin this project with Ben Franklin and South Middle School students.





Safe at Home Alone

As we move into spring, many of us are making plans for the upcoming summer break. Baseball, swimming, SPA – the list of potential activities is long. In addition to signing up for camps, sports and lessons, parent having to decide how much and what type of supervision their children will need in the summer. The decision as to how much supervision your children need can be challenging for parents to make. Safe Kids Grand Forks and the ND Department of Health can help with the following guidelines:

The ultimate responsibility for the safety, care, well being, and behavior of dependent children remains with the parent or caregiver regardless of whether the parent is present to personally supervise them or not.

The age of the child is not the only factor that should be considered when children are left alone. Other factors include the maturity of the child, emotional health factors, and the child's physical or cognitive limitations.

Safe Kids Grand Forks has developed a "Safe at Home Alone" booklet for children and parents. The booklet has tips for kids on how to plan for and handle emergencies. The booklet also has a section for parents on assessing their children's readiness for staying home alone and an area for recording important phone numbers. If you are interested in receiving the booklet, please contact Safe Kids at safekids@altru.org.

Child Supervision Guidelines

The ultimate responsibility for the safety, care, well being, and behavior of dependent children remains with the parent or caregiver, whether they are present to personally supervise them or not.

The age of the child is not the only factor that should be considered when children are left alone. Other factors include the maturity of the child, emotional health factors, the child's physical or cognitive limitations.



Age of Child	Left Alone for Two Hours or Less	Left Alone for More Than Two Hours	Left Alone Overnight	Outside Unattended	Left In Car Unattended for limited time	Child Provides Care For Other Children
Newborn Through Age 4	NO	NO	NO	NO	YES, except in hot or cold weather; must be in view of caregiver and in a restraint; keys removed and emergency brake applied	NO
Age 5 Through Age 6	NO	NO	NO	YES, playground or yard with immediate access (visual sight or hearing distance) to supervision	YES, except in hot or cold weather; must be in view of caregiver and in a restraint; keys removed and emergency brake applied	NO
Age 7 Through Age 8	NO	NO	NO	YES, with access to supervision	YES, except in hot or cold weather, keys removed and emergency brake applied	NO
Age 9	YES during daytime hours	NO	NO	YES	YES, keys removed and emergency brake applied	NO
Age 10 Through Age 11	YES, with ready access (phone number to an adult supervisor)	YES during hours before curfew	NO	YES	YES, keys removed and emergency brake applied	NO
Age 12 Through Age 14	YES	YES during hours before curfew	NO	YES	YES	YES (Child Care classes recommended)
Age 15 Through High School Graduation	YES	YES	YES	YES	YES	YES

In all instances above where "YES" is indicated, the parent is responsible for using reasonable judgment and for any incident or mishap considered preventable which occurs. Caution should be taken in leaving 15-17 year olds alone overnight.



Aquatic Safety & Risk Education

Learning to hold one's breath is an essential skill when learning to swim and is an important part of a swim lessons program. This skill allows the swimmer to achieve confidence and comfort in the aquatic environment. But, when does breath holding become dangerous? What techniques put a swimmer's life at risk? What should parents and lifeguards know about breath holding techniques in order to prevent injury? Understanding and clarifying what these techniques and practices are will help to answer these questions. The following is a description of breath holding techniques or activities.

§ **Hyperventilation** – is an excessive rate and depth of respiration leading to the abnormal loss of carbon dioxide (CO₂) from the blood. The amount and presence of CO₂ in the blood is what triggers the need to breathe. Some swimmers may purposely induce this condition in an effort to stay under water longer. By inhaling deeply and forcefully exhaling, the amount of CO₂ in the blood is reduced and the swimmer will not feel a need to breathe. However, oxygen is still being depleted from the blood and coupled with the reduced level of CO₂;

the swimmer is at risk of losing consciousness. Once unconscious, swimmers will reflexively breathe allowing water into their lungs and will die if not rescued and resuscitated.

§ **Static apnea** – is a practice where enthusiasts hold their breath and attempt to increase their time underwater in a 'static' or motionless position.

§ **Hypoxic Training** – is low oxygen training, achieved by reducing or eliminating the number of breaths taken while performing swimming strokes (restricted breathing frequency) at the surface of the water. Breathing every five, seven or nine strokes is a typical hypoxic training method. Limited underwater swimming can also be used in hypoxic training. Porpoising or dolphin-kicking is an example of limited underwater swimming.

Hyperventilation and prolonged breath-holding are dangerous. Static apnea should never be permitted at any time, with or without supervision. Parents and Lifeguards should not allow swimmers to engage in these techniques or practices. Watch for persons who talk about wanting to swim the length of a pool or

swimming area underwater or who are forcefully exhaling at the side prior to going underwater. These activities should be stopped immediately. Hypoxic training can be an acceptable training method to teach competitive swimmers and other aquatic athletes how to handle the rigors of less oxygen in competition. Such training should be used for more experienced swimmers in good physical condition and always under very specific supervision. Hypoxic training with hyperventilation or prolonged underwater swimming must never be combined. Lifeguards should educate well-meaning but overzealous coaches or instructors about the dangers of hyperventilation and prolonged breath holding.

The YMCA has the following rule: "Breath Holding Activities are Prohibited" on their posted rules and regulations signage. Being confident and comfortable underwater is an essential aquatic skill. Knowing what breath holding techniques are unsafe is important in exercising good judgment for safe skill practice and supervision of underwater aquatic activities.

References:
YMCA of the USA Medical Advisory Committee Recommendations: A Resource Guide for YMCAs, August



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

This information has been provided by Amy McAnn, Youth and Aquatics Director at the Grand Forks YMCA. They are long time partners with Safe Kids Grand Forks in our water safety and other injury risk areas.



SUMMER SPLASH

**Safe Swimming Saves Lives
MAY 14-17, 2012**

Join us at the YMCA for a fun and exciting week of FREE beginner swimming lessons. This program is open to anyone in the community or surrounding area. This program will offer four-30 minute beginner swimming lessons with the time spent in the pool learning swimming and water safety techniques. While having fun, the children learn new skills each day, while practicing skills learned the day before. Parents are also educated through the child's learning experience, homework assignments and daily handouts.

- Advanced registration is required for all classes.
- Call in/Walk in registration will take place May 1st-13th
- No early registrations will be taken first come first serve basis.

CLASS TIMES: Monday-Thursday

Mornings	Evenings:	
9:30-10:00	3:30-4:00	5:00-5:30
10:00-10:30	4:00-4:30	5:30-6:00
10:30-11:00	4:30-5:00	7:00-7:30
		7:30-8:00

This special class promoting community health is sponsored by our community partner – [United Way of Grand Forks, East Grand Forks and Area.](#)



Grand Forks Head Start

**ACCEPTING
APPLICATION FOR:**



**Grand Forks Head Start Program
Services Provided as follows:**

- Child development screenings
- Health Screenings
- Breakfast, lunch and snack
- Parent Involvement Opportunities
- Families of children with special needs are encouraged to apply

The Grand Forks Head Start Program is a federally funded program serving income eligible, foster and homeless families and recipients of TANF, and SSI.

Please bring the following documents to be considered for our program:

- Birth certificate
- Proof of Income
- Insurance information



There is no charge to families that are



Head Start Locations

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Grand Forks Head Start Program

**3600 6th Ave N.
GF, ND 58201**

Pembina County Head Start

**PO Box 342
Cavalier, ND 58220**

Walsh County Head Start

**PO Box 509
Grafton, ND 58237**

Cavalier County Head Start

**721 11th Avenue
Langdon, ND 58249**

Use Your Head This Spring & Summer

It's that time of year when bicycles, scooters, inline skates and skateboards get dusted off and put to use again. There's nothing that says "spring" like a bike ride with your family or a trip to the park on a skateboard with friends.

Unfortunately, it's also the time of year we see an increase in head injuries from bike, skateboard and other crashes. These potentially serious injuries are preventable!

Helmets have been proven to reduce the risk of a serious head injury by 85%.

While 45% of children nationwide use helmets, only about 15% of children in the Grand Forks area have been observed using helmets consistently.

Here's what else we have observed and learned in recent years:

- More and more parents are having their children wear helmets as they learn to ride – roughly ages 3 - 7 years old. This is good!

The helmets seem to come off when parents feel their children are "competent" riders or when parents start to get "push back" from their kids regarding the use of helmets.

- More children ages 5 to 14 are seen in emergency departments for injuries related to biking than any other sport.
- Apart from the automobile, bicycles are tied to more childhood injuries than any other consumer product.

The fact is that as children gain competence with riding a bicycle, the hazards they encounter increase. Whether it's riding farther from home, on busy streets or adding "tricks" to their riding experience, the risk of a child having a serious crash increases as they gain independence. The need for using helmets never decreases.

So how do you get your child to wear a helmet?

1. Set an example. Wear a helmet yourself.

2. Start the helmet habit early. Insist your child wear a helmet from the time they begin riding a bike, skateboard, etc. If you do so, it becomes a habit.
3. Let your child pick out the helmet.
4. Praise and reward your child when they do wear their helmet.
5. Allow them more freedom of choice with non-safety related rules.

Remember: Helmets are a necessity not an accessory!

We at Safe Kids have lots of other tips for choosing and using helmets. We also have bike and wheeled sports helmets available at a reduced cost. For more information please contact polsen@altru.org.

Helmets have been proven to reduce the risk of a serious head injury by 85%.



Safe Kids Grand Forks has bike & multi-sport helmets available at a reduced cost! We also sell protective equipment for skateboarding and inline skating.

Toddler size bike helmet - (Blue & Pink) - \$8.00

Child & adult size bike helmet (S-M-L) - Red, black, blue and purple - \$8.00

Child & adult "true multi-sport" (S-M-L) – Blue, black and white - \$12.00

Elbow, wrist, knee pad sets (S-M-L) – Black

If interested in purchasing a helmet for you or your child, please contact Patty Olsen at 780-1856 or polsen@altru.org.



Safe Kids PHOTOVOICE Grant-Schroeder Middle School

This \$3,000 grant was awarded by the Safe Kids Walk This Way program in October. Our focus is to improve pedestrian safety during the arrival and dismissal of school at Schroeder. This is a student-driven project with 6th – 8th graders involved in all aspects of the process. Here are some of our accomplishments to date:

- The students took pictures around Schroeder during dismissal on 32nd Avenue, near S. 10 St, and in the east parking lot.
- The students identified the safety concerns that they saw in the pictures.
- The students developed plans for addressing these concerns with parents, fellow students and with the community. The plans

focus on education, increased enforcement and potential engineering and environmental changes.

Since our initial planning meeting, the students have:

- Developed a Powerpoint presentation and brochure which was shared with parents during recent conferences.
- Shot a “crosswalk safety” video which will be shown to the student body at an upcoming assembly.
- Written a “letter to the editor” addressed to the community about safety around the school.

The students also plan on:

- Scheduling a radio interview to discuss the

responsibility of drivers in school zones.

- Develop a skit for Kelly Elementary students to address safety in the shared parking and play areas.

Safe Kids and school staff will be addressing additional safety issues such as parking lot improvements, additional signage and increased enforcement in conjunction with the student work.

This project would not be possible without the leadership of Dr. Koopman (Schroeder principal), Amy Rogers (Schroeder student council advisor) and Jodi Solheim (Curriculum Tech. Partner - Valley/Schroeder). Thank you!

We look forward to continuing our work at Schroeder!



Safety on Wheels-Spring 2012

For over 20 years, Safe Kids Grand Forks has worked with the schools in Grand Forks and East Grand Forks to teach 3rd grade students about bike safety. Traditionally, Safe Kids has provided a presentation to the students concerning brain injury and the importance of wearing a helmet when participating in wheeled sports (bike riding, inline skating, skateboarding, scooters). Following the presentation, we offer all students at the school the opportunity to purchase helmets at a reduced cost.

Over the last four years, Safe Kids Grand Forks has increased their involvement in communities in the Grand Forks region in all areas of injury prevention. Specifically, we have been bringing our Safety on Wheels presentation to third grade students in

Larimore, Emerado, Manvel, Thompson, Northwood and Crookston. We are very appreciative of the commitment of school administrators to the safety of their students. In the spring of 2012, we hope to return to these communities to continue our program.

At Safe Kids, we are always looking to reach children outside of the Greater Grand Forks area. If you live in a community outside of GF/EGF and are interested in having our SOW program brought to your school or community, please contact Patty Olsen at 701-780-1856 or polsen@altru.org.



When You Fall Through the Ice...

By Wayne Hempeck
USCG Auxiliary Public Affairs
Northwest Minnesota

Life jackets and ice spikes in the winter, sounds like a contradiction in seasons! But these two items can be life savers if you fall through the ice.

We finally have enough ice on the lakes and rivers to walk and drive; but with this mild winter and spring around the corner, caution is advised. Will another thaw come along to create dangerous ice conditions? We don't know that, but we do know that a life jacket will keep you afloat should you break through the ice, and the ice spikes will let you pull yourself out of the water and onto the now water - slick ice. Any large size life jacket will work that can be

adjusted to fit over heavier winter clothing.

Ice spikes are steel spikes with a handle and a cord that can be run through a jacket, much like mitten strings, so they are right by your fingers should you need them. They come with a protecting cap on the spikes that will break away the first time they are slammed into the ice. With one in each hand, spiked into the ice at arm's length, you pull yourself up onto the ice - that is a task you cannot do with just cold hands and a wet jacket. And remember, you only have minutes to get out of the ice water before hypothermia starts to set in, so all you concentrate on at first is to just get out.

When out on the ice, wear a life jacket at all times, one with

a whistle to call for help is the best. Spikes can be made or purchased. Most outdoor stores sell them for around seven dollars a set, and for what they do that is cheap "insurance and assistance". The piece of mind alone, knowing you could pull yourself up onto the ice from a breakthrough, is worth the small price. And don't forget the kids, they are particularly active on ponds, creeks, lakes and rivers, especially this year and into the spring thaw. Give them the tools to work with to extract themselves from the water, show them how to use spikes. Teach them that they are not toys.

To learn more about ice safety contact The Northern Minnesota U.S. Coast Guard Auxiliary by e-mail at uscgauxiliary3005@gmail.com.



**HANDS-ON
Learning Fair**
For Children Birth to 7 and their Families

CELEBRATING 21 YEARS

Early Years Are Learning Years

Saturday, April 21, 2012

10 a.m. - 1 p.m.

Purpur Arena

1122 7th Avenue South, Grand Forks

FREE

For Children Birth to Age 7 and their families

- Fun Learning Activities
- Parent Information Displays
- Mayor's Proclamation at 9:45

*April is Month of the Young Child
and Child Abuse & Neglect Prevention Month*

Sponsored by the Northeast Chapter of NDAEYC
and Prevent Child Abuse North Dakota
Information: Dawnita 741-5539, Judy 775-4473

Play is the first step in the learning curve!

Join us at this
FREE
Community
Event!



Safe Kids Grand Forks will again be having displays in the parent section of the Hands On Learning Fair. We will focus on safe play and on the dangers of button batteries. Stop by our booth and learn more about these topics as we celebrate the "Month of the Young Child".

Please use arena parking lot or street parking for this event and take care not to block any parking lot entrances.

Safe Kids Grand Forks and Altru Health System
are pleased to present



water safety class

in Celebration of National Safe Kids Week

Event Dates: Monday, April 30, 2012

Time: 6:30 - 8:30 p.m.

Place: UND Hyslop Arena (old basketball court area)

Who Should Attend: Kids in 1st-6th grade (ages 6-11) along with at least one parent/guardian per family

This course is designed to teach youngsters life-long water safety practices. They will be given the opportunity to:

- Practice throwing rescue safety devices
- Participate in proper selection of life jackets via a life jacket relay
- Demonstrate the effects of hypothermia
- Operate a small watercraft under close supervision
- Learn about hazards in and around pools

Class size is limited to the first 45 students that RSVP. Children need not wear swimsuits as they do not enter the water or get wet.

To register, call 780-1639.

Event Sponsors: Safe Kids Grand Forks and Altru Health System, US Army Corps of Engineers, University of North Dakota, US Coast Guard Auxiliary and the Altru Family YMCA.



Farm Safety

With the spring time brings farming. Because a parent can't completely "child proof" a farm, there are some important safety measures to remember.

Teach your child that farm chemicals are very dangerous right from the beginning, and that they are not to be played with. Always store chemicals in a locked cabinet and in their original container. Chemicals that are transferred to other containers, such as spray bottles, are more appealing to children and they are more likely to want to play with them.

Grain storage is a place where children like to investigate; they watch grain be

poured into the top and then come out at some point. What they don't understand is how dangerous the fast moving grain inside can be. Always keep the doors to the bins locked, and never allow children to play in them when they are empty. Never allow your children to ride in grain trucks, and when loading the bins make sure you are aware of where everyone is at so as to make sure that no one is inside the bin.

Animals can also cause serious injuries on the farms. Children often view

animals as "pets" and objects to play with. Teach your children to never sneak up on an animal and to avoid the hind legs of an animal. Avoid animals with newborns and always wear a helmet when riding a horse.

Tractors are interesting machines to children. Teach your children to avoid a field where someone is using a tractor as they don't stop easy. Only ride in a cab with a seat and a belt, never ride on the outside of a tractor.

For a free copy of our Safe Kids Farm Safety book, e-mail safekids@altru.org



This information has provided by : Anna Colter of Healthy Families. We thank Healthy Families for their partnership in injury prevention with Safe Kids Grand Forks,

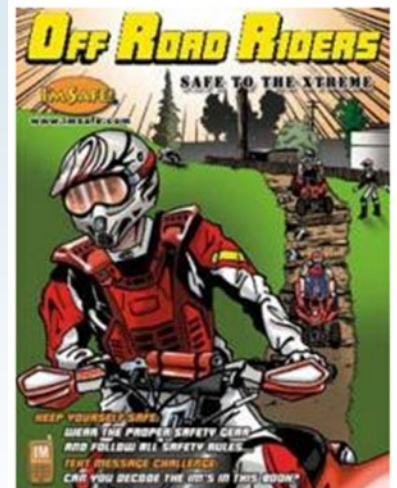
Off Road Riders

Regardless of recommendations and warnings, kids under age 16 are still riding ATVs. What can be done to make ATVs safer for younger kids? The Off-Road Riders ATV safety activity book helps kids think through the safety issues before they ever put their feet on an ATV's footrests.

In the "Off-Road Riders" activity book pre-teens are challenged to consider learning about ATV safety by understanding what happens in an ATV crash, what the risks are and what it takes to drive an ATV Safely:

- What safety gear and equipment do you need
- What physical skills do you need
- What are your state's ATV laws
- How can you separate the myths about ATVs from reality

As pre-teens decode text messages and solve safety problems, they learn ways to help ensure their own safety. For a free copy of this activity book, contact Safe Kids Grand Forks at safekids@altru.org or call 701.780.1489.



Life Jacket Sales



It's almost that time of year when families start cleaning out boats, opening lake cabins and preparing for summer activities. Safe Kids Grand Forks wants to remind parents and caregivers to inspect your life jacket inventory as you prepare for summer water fun.

Do you have enough life jackets for all your family and visitors? Do children's life jackets still fit? Remember, life jackets are sized by a person's weight. Are your life jackets in good shape? Are any buckles, snaps, etc. broken?

Safe Kids Grand Forks has life jackets available for sale at our office. Prices are as follows:

- Infant life jackets (0 – 30) \$15
- Child life jackets (30 – 50#) \$12
- Child life jackets (50 – 90#) \$12
- Adult life jackets (90# and above) \$12

All above life jackets come in blue or red. If interested in purchasing life jackets, please contact Safe Kids at safekids@altru.org

Life Jacket Loaner Program:

Safe Kids Grand Forks has also partnered with the Grand Forks YMCA to offer a life jacket

loaner program. If you are in need of a life jacket for use at the pool, lake, a camping or fishing trip or a weekend outing, this program provides a simple solution. Infant through adult life jackets can be checked out for up to two weeks at NO COST. Additionally, you do not need to be a member of the YMCA to take advantage of this program.

For more information about the loaner program, contact the YMCA at 701-775-2586 or visit them at 215 N. 7th St, Grand Forks.

Remember, wearing a life jacket could save you or your child's



THE ATV SAFETY INSTITUTE'S GOLDEN RULES

- Always wear a helmet and other protective gear.
- Never ride on public roads – another vehicle could hit you.
- Never ride under the influence of alcohol or other drugs.
- Never carry a passenger on a single-rider vehicle.
- Ride an ATV that's right for your age.
- Supervise riders younger than 16; ATVs are not toys.
- Ride only on designated trails and at a safe speed.

It's getting to be that time of year again: a time of heading outside to enjoy all that summer holds in store for us. For some of you this could mean swimming, playing sports, family vacations, no school, and lots of outdoor activities. ATV's or All-Terrain Vehicles have become quite popular summertime activities with families and friends. With that fun comes responsibility as ATV's are large pieces of equipment and can cause injury and death to children. **Safe Kids Grand Forks recommends that children under the age of 16 not ride on ATV's as children of that age do not have the cognitive skills or upper body strength to safely operate an ATV.** This recommendation is also supported by the American Academy of Pediatrics. ATV's are large machines that have no safety features in them to prevent ejection, weigh up to 800 pounds and can travel at speeds up to 70 mph. While parents often feel their child is safe by putting a helmet on them, many injuries and deaths occur from crushing injuries to the chest.

If parents are going to allow ATV use, the following information

provides some guidance to make it somewhat safer.

First off you need to make sure you have the correct size ATV for the age of the person who will be riding it. On all newer ATV's there are warning stickers attached that will indicate what age is recommended for each particular ATV. Failing to adhere to these safety warnings could result in you riding a machine that is too large for your age, body size and skill level.

After you have found the correct size ATV based on manufacturer's recommendations, the next step is getting the proper training to ensure you have been taught the basic skills necessary to operate an ATV in a safe manner. For youth between the ages of 12-16, it is mandatory to have an ATV certification prior to riding ATV's on land that is not family owned. No matter what state you live in you can call the ATV Safety Institute at 800-887-2887 or online at www.atvsafety.org to find the nearest class available. If you live in North Dakota you can view the North Dakota Parks and Rec website at www.parkrec.nd.gov or if you live in Minnesota you can also visit

the MN DNR's website at <http://www.dnr.state.mn.us/safety/vehicle/atv/index.html>.

Once you have received proper training, selection of the proper safety gear is also important. Make sure your parents or the adult taking you riding have outfitted you in these items: D.O.T. approved helmet, eye protection, gloves, long pants, long sleeve shirt or jacket, and over the ankle boots. Please make sure these items are your correct size. The correct size will make your ride safer and more comfortable.

The ATV Safety Institute has put together the Golden Rules of ATV Safety. Remember responsible ATV operation is one step in becoming a responsible adult. Spread the word on safety and make your ATV riding this year a safe one!

This information has been provided by Corporal Lampi with the Grand Forks Police Department and with input from Safe Kids Grand Forks. Corporal Lampi is an instructor with the ATV Safety Institute. The Grand Forks Police Department has been long time members and partners with Safe Kids Grand Forks.

Is Your Child Uninsured?



Healthy Steps Health Insurance Plan is a benefit program for eligible North Dakota children up to 19 years old. Healthy Steps offers comprehensive health coverage at no or low cost to families.

Coverage includes the following:

- Routine and primary medical care
- Inpatient (hospital) care
- Immunizations
- Mental health and substance abuse
- Prescriptions
- Vision care
- Dental

Many North Dakota children are eligible for low-cost or free health care coverage. Even children with one or two working parents may qualify. If you or someone you know may benefit from this opportunity, please contact the Healthy Steps information helpline at 1-877-KIDS-NOW (1-877-543-7669). You may also visit the Healthy Steps website at www.healthystepsnd.com to download an application.

Children who have health insurance are more likely to stay healthy and less likely to miss school and other activities - which contributes to their overall well-being.



Contact Healthy

Steps for more

information at

1-877-KIDS-NOW

Upcoming Car Seat Check-Up Events

Grand Forks

April 12

May 10

June 14

Grafton

April 5

June 7

Crookston

June 26

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on the recall list? Come and we'll check your seat for recalls. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride? We will help you with correct seat selection as well.

Grand Forks events are held from 4-7pm at Rydell GM Auto Center
Grafton events are held from 4-6pm at Hanson's Auto & Implement
Crookston Events are held 4:30-6pm at Crookston Pontiac Buick GMC
For more information, contact Safe Kids Grand Forks at safekids@altru.org



Practice Safe Sleep

Sudden Infant Death Syndrome (SIDS) - is the leading cause of death among infants aged one month to one year.

Things to know about SIDS:

- Infants who sleep on their stomach are at a greater risk of SIDS than infants who sleep on their backs
- Sleeping on soft surfaces, such as couches & soft mattresses, is a risk factor for SIDS
- Bed sharing with an infant is hazardous and is a risk factor for SIDS.

How to reduce the risk of SIDS

BACK TO SLEEP

- Always place a baby on their back to sleep

A FIRM SLEEP SURFACE

- ALWAYS place baby to sleep on a firm sleep surface, such as a safety-approved crib mattress

NO BED SHARING

- Baby should not sleep in a

bed, couch or armchair with adults or other children, but they can sleep in the same room as parents/caregivers.

NOTHING IN CRIB OTHER THAN BABY

- Do not use blankets, pillows, quilts, crib bumpers or other soft objects in the baby's sleep area.



A: Babies should sleep ALONE.

B: Babies should sleep on their BACK.

C: Babies should sleep in a CRIB.

Safe Sleep Environment Training

Safe Kids Grand Forks is pleased to offer Safe Sleep Environment training. This training is available to nurses, social workers, daycare providers, or any other interested individuals. This training has been approved for continuing education hours.

The purpose of this training is to provide guidance about implementing and modeling infant safe sleep protocols.

Safe Kids Grand Forks also has a new display and promotional information available regarding a Safe Sleep Environment. If you are interested in Safe Sleep Environment Training or checking out our display please contact us at safekids@altru.org



Practice Safe Sleep

Reduce the risk of Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden unexplained death of an infant under 1 year of age

What you can do to reduce the risk of SIDS:

- Always place baby on their back to sleep
- Always place baby on a firm sleep surface
- Do not smoke
- Sleep environment - No bed sharing
- Nothing in crib other than baby

Make sure that everyone who cares for your baby practices safe sleep

Safety on Water Dikes

Living along the mighty Red River, especially in Grand Forks, ND I know what a dike is. A dike or levee is an embankment for controlling or holding back the waters of a river to protect persons and property. While getting ready for this article I had to do a little bit of research. I didn't realize that a dike also includes a ditch or spillway.

Depending on your city laws, most of the time it is completely legal to climb on or play on the dike or levee system that is made of earth and clay. Most dikes or levees are treated like any other hill

and are fun to climb. However, one can not tamper with the design or structure of the system to jeopardize the strength of the levee structure.

Also, during high water times it is highly recommended to stay off the dike for your safety. One wrong step and someone may slide down the wrong side of the hill and into the dangerous waterway. If this would happen, not only the person who slid into the water is in danger but also everyone who would attempt to rescue the person. So instead of climbing to the top of the dike, take a few steps back and

observe from a safer distance.

This information has been provided by Corporal LaVonne Nelson with the Grand Forks Police Department, longtime partners with Safe Kids Grand Forks.



FREE Child ID!!

Safe Kids Grand Forks would like to inform parents and care givers of a service offered in our community by the Grand Forks Police Department. The last Saturday of each month from 12 noon - 3 pm, the GFPD offers FREE Child ID services in the Sears wing of Columbia Mall. They provide a photo of the child that can be used for computer imaging in the case of a missing child, as well as finger printing and data entry with contact information and child features.

Safe Kids Grand Forks recommends that parents or caregivers make use of this service and have their child ID'd. We thank the Grand Forks Police Department for offering this service and for their partnership in our childhood injury prevention efforts!!



Grilling Safety

Did you know: According to National Fire Protection Association, fire departments respond to an average of 7,900 fires involving grills and barbecues each year? Of these fires roughly 2,900 spread and turn into home fires!

As the snow is melting away, outdoor grilling is one of the most common ways to prepare food and is often the centerpiece of outdoor gatherings. The months of June and July are the peak months for grill fires (NFPA, 2010). The Grand Forks AFB Fire and Emergency Services Flight is dedicated to preventing fires and educating the public on the importance of grilling safety. Below are some safety tips that will keep you and your family safe while also reducing the chances for an uncontrolled fire to start.

Propane Grills

- Propane and charcoal grills should only be used outdoors. A common misconception is that you can grill in the garage if

the garage door is open. This is a major fire hazard and should not be done. This fire safety initiative is strictly enforced in base housing.

- Keep children and pets away from the grill/BBQ area.
- Never leave the grill unattended.
- Check the gas tank hose for cracks/leaks (use a water/light soap solution and look for bubbles).
- If your gas grill has a leak, immediately stop grilling until serviced by a professional.
- Keep your grill clean by removing grease buildup that can potentially catch on fire.

Charcoal Grills

- If using a starting fluid, never add these or any other flammable substances to the fire
- Keep charcoal fluid out of reach from children and heat sources.

- When finished let the coals completely cool before disposing in a metal container.

If you have any questions regarding fire safety or would like a certified fire inspector to complete a home grilling safety inspection, please feel free to contact the Grand Forks AFB Fire Prevention Office. Grand Forks residents may also contact their local Fire Department at 701-746-2566.

Technical Sergeant Jeffery Rueben
Senior Airman Shane Holland
Fire Prevention Section
Comm.: 701-747-4174

Both Sergeant Rueben and Senior Airman Holland are members of Safe Kids Grand Forks. We are proud to partner with the GFAFB Fire Prevention Office for our injury prevention efforts.

Source: National Fire Protection Association, 2010, Public education Division, Quincy, MA 02169

Keep children and pets away from the grill/BBQ area.

Never leave the grill unattended.



DOES IT WORK?

According to a study by the Rural Transportation Safety & Security Center, teens who HAD NOT completed Alive at 25 were 3.72 times MORE LIKELY to be involved in a subsequent crash than teens who HAD completed the course.

CONTACT US

Terry Weaver
Traffic Safety
Coordinator
NDSC
701-751-6106
TerryW@ndsc.org



TRAFFIC CRASHES ARE THE #1 KILLER OF TEENS.

Help us prevent these crashes in your community.

ALIVE AT 25 CLASSES IN GRAND FORKS and DEVILS LAKE

Visit the following web pages for dates and times of classes in the Grand Forks and Devils Lake area:

<http://aliveat25.us/nd/find-a-course>
Or call 800-932-8890 to register

Course Cost: \$45

Pre-registration and pre-payment required.

HOW DOES IT WORK? Alive at 25 is a highly-effective four-hour defensive driving course geared toward drivers ages 14-24. The course is designed to reduce a young driver's crash risk by helping them develop convictions and strategies to keep them safe on the road. Through interactive media segments and role playing, Alive at 25 acts as a perfect complement to the standard driver education program, giving teens an environment to participate in non-judgemental, non-threatening discussions about their driving behaviors.

[Click here to register online now!](#)

Or call 800-932-8890 to register.



Safe Kids To Host Recycling For Used Car Seats

As Safe Kids Grand Forks prepares for our **Second Annual Car Seat Recycling Event**, we want to remind parents/caregivers about the dangers of using used car seats. We are particularly concerned with the use of seats purchased at yard sales and thrift stores.

Concerns include:

Is the car seat expired? Most car seats have a “life” of six years.

Has the car seat been in a crash? There is a specific criterion that needs to be reviewed concerning car crashes.

Are any parts broken or missing?

Was the car seat registered upon purchase? Has it been recalled?

The answers to these questions determine whether a seat is safe to use. **DO NOT PURCHASE OR ACCEPT A CAR SEAT IF YOU DO NOT KNOW THE ANSWERS TO THESE QUESTIONS.**

If you have car seats you wish to dispose of, Safe Kids will be holding a recycling event on Saturday, April 21st from 10 a.m.—2 p.m. Further information on this event is in this newsletter.



Check out our Safe Kids local web site at www.safekidsgf.com (watch for updates coming soon) or our national site at www.safekids.org

“Like” us on Facebook at Safe Kids Grand Forks. Routinely we post announcements of upcoming events, safety tips and links to great safety resources. Have a question for Safe Kids?!? You can post it there as well and we will reply to your questions for contact us at safekids@altru.org



The screenshot shows the website for Safe Kids Grand Forks. The header includes the Safe Kids logo and the tagline "Preventing accidental injury." Below the header is a navigation menu with links for Home, About Us, Programs, Safety Information, Events/Classes, News, Links, and Contact. The main content area is divided into two columns. The left column contains a "Welcome to Safe Kids" section with a sub-heading "The Problem: Accidental/Unintentional childhood injury" and a paragraph explaining that unintentional injuries are the number one cause of death among children ages 14 and under in the United States. It also includes a "The Solution: Safe Kids" section, which states that Safe Kids Grand Forks is one of over than 600 state and local coalitions and chapters in the United States that bring together health and safety experts, educators, corporations, foundations, governments and volunteers to educate and protect families. The right column contains a "For More Information:" section with contact details for Carina Hansen, Safe Kids Coordinator, Altru Health System, P.O. Box 6802, 800 Columbia Road, Grand Forks, ND 58106-6802. It also lists phone and fax numbers, an email address (carina@altru.org), and office hours. At the bottom of the right column, there is a link to sign up and receive a quarterly newsletter via email, accompanied by a Facebook icon.

Carpool Parents Often Don't Put Kids in Booster Seats

Parents who buckle children into protective booster seats when riding in the family car are often not as conscientious when carpooling, a study finds. Overall, 76% of 681 parents of kids ages 4 to 8 in a nationally representative survey say they use a booster seat for their own child, but only 55% insist on it when driving other children. And though 64% carpool, 21% do not insist on booster seats when their child is riding with another driver, says the study in the February *Pediatrics*, out today.

The finding is "disturbing because close to 70% of parents say they carpool children other than their own, and when they do, they're often failing to use booster seats," says lead study author Michelle Macy, a pediatrician at the University of Michigan C.S. Mott Children's Hospital in Ann Arbor.

Why do parents abandon safety seats when carpooling? Practical barriers, including limited vehicle space and difficulties

making arrangements with other drivers, were often mentioned, Macy says.

Peer pressure is also a likely factor, she says — "not only pressure on parents but the peer pressure that kids start to feel" during the early school years.

But using a booster seat reduces risk of injury by 50% compared with seat belts, says Macy, an emergency physician.

Designed for children who have outgrown their forward-facing car seat until they reach 57 inches tall, booster seats give kids "the right posture so that an adult seat belt can be properly positioned," she says. "Wearing a poorly positioned belt puts children at greater risk of injuries to abdominal organs, spine bones and the spine itself."

Most states require parents to use a booster seats for toddlers, often until children are 8 years old, but laws vary from state to state. For

example, the Insurance Institute for Highway Safety, an insurance industry-funded safety group, says Florida allows adult seat belts for ages 4 to 5, while Wyoming says kids ages 4 to 8 must be in a "child restraint." Tennessee requires seats for kids ages 4 to 8 and under 4-foot-9.

Booster seat recommendations revised last year by the American Academy of Pediatrics place more emphasis on height than age, and they encourage parents to use a belt-positioning booster seat until a child reaches 57 inches, the height at which proper fit in an adult seat is expected, Macy says.

"No one puts a child on a ride at Disneyland if they don't meet the height restrictions," she says. "Parents should have that same attitude when it comes to using adult seat belts."

By Michelle Healy, USA Today



Coming Soon: Babysitter Training Course

Altru's Learning & Organizational Development, along with Safe Kids Grand Forks will now be offering BLAST! - Babysitter Lessons And Safety Training Course.

The course was developed by the American Academy of Pediatrics to teach 11 - 14 year olds about the responsibilities of caring for children. Participants will receive a certificate of completion and a babysitter's tool kit.

Cost: \$45 (includes lunch and course materials)

Upcoming Dates: March 17 or May 5 from 9:00 - 3:00

For a flyer and registration form, visit altru.org/calendar and search for BLAST.

