



## National Poison Prevention Week 2015

March 15-21, 2015 is National Poison Prevention Week. It is a time set aside to draw attention to the poisoning dangers in our homes. Did you know that medications are taking over as a common cause of poisonings in children. Gone are the days of them simply ingesting dangerous chemicals found under our kitchen sink or the bathroom cabinet.

Safe Kids Grand Forks has many poison resources and we would love to share them with families, agencies, schools and others who will use them to educate the community in an effort to make our homes safer. We also have FREE poison control center number stickers or magnets for distribution. Call us at 701.780.1489 or e-mail [safekids@altru.org](mailto:safekids@altru.org) for more information or to receive your free stickers.

**Challenge:** Take out your cell phone and program the 800 number into your phone so it is handy in an emergency!!

**1-800-222-1222**

### POISON PERIL

Poisonings are more common—and more deadly—than you realize

**POISON Help**  
1-800-222-1222

Poisonings are preventable and treatable and there's a resource to help: the **Poison Help line, 1-800-222-1222**, which connects you to your poison center. The nurses, pharmacists, doctors and poison experts that staff the line 24 hours a day, 365 days a year, can give you free and confidential advice from how to handle an emergency to how to protect your family from poison dangers. To learn more, visit [www.PoisonHelp.hrsa.gov](http://www.PoisonHelp.hrsa.gov).

### How Common is Poisoning?

Drug-related poisonings cause nearly **700,000** visits to hospital emergency rooms each year.<sup>1</sup>

Poisonings cause more than **35,000** deaths each year.<sup>2</sup>

### Who's at Risk?

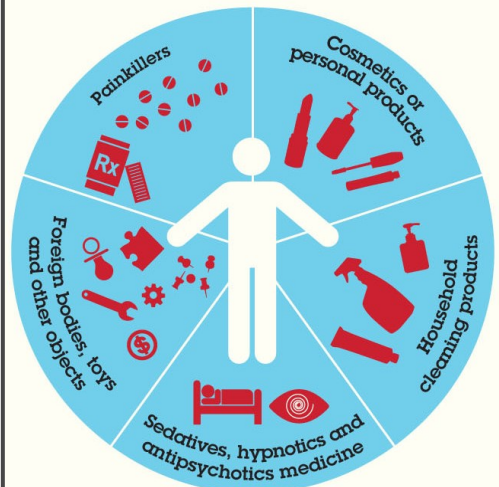
**50%**

Young people are the most likely to be poisoned, with children under age six accounting for half of all poison exposures.<sup>3</sup>

**92%**

9 out of 10 poisoning deaths occur among people over the age of 20.<sup>3</sup>

### Top 5 Causes of Poisoning<sup>3</sup>



### What Can You Do?

**1-800  
222-1222**

Call the **Poison Help line, 1-800-222-1222**, if someone you know may have been poisoned or just to ask a question.

Program the **Poison Help line** into your cell and home phones.

Call 911 if someone is unconscious or has trouble breathing.

Share this information with family & friends.



1. Yuxi Wang, Weiyen Zhao, MD, PhD, et al. ED visits for drug-related poisoning in the United States, 2007. The American Journal of Emergency Medicine (Feb. 2012). <http://www.sciencedirect.com/science/article/pii/S0736260211002638>

2. Margaret Warner, Ph.D., Li Hai Chen, Ph.D., et al. Drug Poisoning Deaths in the United States, 1990-2008. NCHS Data Brief, (Dec. 2011). <http://www.cdc.gov/nchs/data/databriefs/db11.htm>

3. Brostein AC, Spytke DA, Cantelena LP, Green JL, Rumsack BF, Giffin SL. 2010 Annual Report of the American Association of Poison Control Centers National Poison Data System (NPDS): 28th Annual Report. 2010. Clinical Toxicology 2010; 47: 911-1084. [http://www.aapcc.org/clin/toxicol/01\\_2010/28/NPDS28AnnualReport.pdf](http://www.aapcc.org/clin/toxicol/01_2010/28/NPDS28AnnualReport.pdf)



# Safe Kids Star



Cavalier community. This month, we go in the opposite direction and name our Safe Kids Star from Crookston community.

sessions for the employees at Altru Clinic, stores the supplies for our car seat checks, and assists with distribution of flyers and educational materials. Carrie has also been a routine presenter of sun safety education at the annual Farm and Summer Safety Camp that is held in Crookston each spring.



Carrie Bergquist has been a member of Safe Kids Grand Forks for several years. She became involved in our coalition as a member and then as a car seat technician, helping to coordinate our quarterly check-up events in that community. Carrie is an employee at Altru Clinic in Crookston and she has been instrumental in bringing many of our educational pieces to that community. She coordinates the sale of life jackets and bike helmets, lines up educational

Carrie is an asset to our program and we are grateful for her hard work and dedication to Safe Kids Grand Forks and our efforts. For all you do Carrie, we thank you for your dedication and partnership and name you this quarter's Safe Kids Star!!

Last month we talked about a Safe Kids Star who was spreading our safety messages in the

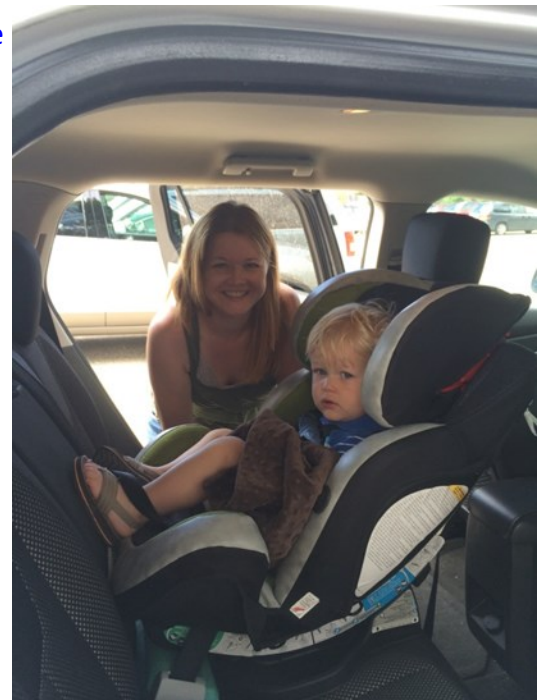
## June Car Seat Technician Class

Being a car seat technician can be a very rewarding hobby for anyone that has interest in helping others in their community. With the ever changing rules and standards of car seats, it's hard for parents without any car seat training to know everything they should - that's where a car seat technician comes in!

Grand Forks would like to invite you to attend our Child Passenger Safety Training course offered in Grand Forks this June 22-25. If you have questions about the class, feel free to contact Jasmine with Safe Kids Grand Forks at 701-780-1660. Registration can be done online at <http://cert.safekids.org>.

Whether you are looking to add to your list of job duties or just volunteer your time, Safe Kids

See the flyer found on page 21 of this newsletter for more details about this class.





# Poison Prevention

By Danielle Bata, BSN, RN, FCN

March is poison prevention month. Medications are the leading cause of poisonings each year, affecting almost 70,000 children annually.

Some items of concern to be aware of are:

- Laundry and dishwasher soap pods— These look like brightly colored candy to a small child. Ingestion can cause vomiting, respiratory problems, and may also cause unresponsiveness, seizure like activity, depressed nerve sensation and drowsiness according to the CDC.

- Medications – Many medications look and taste like candy. Medications are the leading cause of child poisoning. According to safedids.org in 2011 more than 67,700 children were seen for medication poisoning.
- Prevention is key - Keep all meds in their original containers, keep them up and out of sight and use only the dosing device that comes with that medication. Don't put medications in non-childproof containers or in areas (like your purse) where children can easily get at them.
- Grandparents – Please take a moment to review where your medications are in your home. Are they in childproof containers? Are they out of reach? Also be sure not to store medications

on your window sill as you can also be targeted by thieves that are trying to obtain medications to sell or use illegally.

- Selling your home? Remember that not all prospective buyers have intentions to buy your home! They may be there searching for medications to steal.
- Cleaning out your medicine cabinet? Take any unused or expired medications to a local drop off box. There is one located at the Grand Forks Police Station at 122 South 5th Street.



# Safe Routes to School Updates



Despite chilly November and December mornings, we successfully launched a “Fire Up Your Feet” program at New Heights Elementary in 2014. Due to the grade break down of schools in East Grand Forks,

many students live too far from their school to walk or bike. This is especially true at New Heights as they are a K-2nd grade school.

So, in partnership with East Grand Forks Senior High and Our Saviors Lutheran Church, we created a “remote” drop off site for students. Safe Kids

set up a meeting point in the Our Saviors parking lot around 7:45 am each Friday morning. Volunteers from the senior high were there bright and early to greet young students and walk one block with them

to school. While we just had a few hardy second grade students participate in early winter, we are anticipating a much higher number of walkers when we re-launch the walking program in early April.

We will be sending out information to students and parents at New Heights in early March. Big thanks goes out to the principal at New Heights, Julie Pederson, the teachers at the senior high, Diana Ranten and Minda Schumacher, for supporting this program. We are also grateful to the 15 + EGF Senior High buddy walkers!

# GLOBAL ROAD SAFETY DAY

MAY 5, 2015

Every day, more than 500 children are killed in road way traffic accidents, and many are injured suffering lifelong disabilities. Unless we take action now, the global toll of traffic injuries will continue to rise, placing millions of children at risk.

Global Road Safety Day seeks to highlight the trouble of children on the world's roads; generate action to better ensure their safety; and promote the inclusion of safe roadways. The #SaveKidsLives campaign is a child declaration, developed with input from children around the world. The campaign invites all road safety policy-makers and advocates to "sign it", "show it", and "deliver it" to those in charge of road safety in countries and communities during the Week.

North Dakota is collaborating with agencies across the state including: Safe Kids Grand Forks, the Department of Transportation, and the North Dakota Department of Health, to spread the word on how WE can make a difference in North Dakota. All of us can take part in this campaign. This article will help give you tips on what you can do to make our kids and ourselves safer.

## Ensure Children Safety On and Near Roadways

The first area of concern regards our favorite handheld device. Cellphones have become a necessity for a majority of persons today. However, since the rise of cellphones and texting, the number of distracted drives has also increased. Studies have shown that texting distracts a driver around the same as someone driving intoxicated over the .08 alcohol limit. Consider putting your phone away in a place that cannot be seen while in the car. Out of sight and out of mind. While cell-phones can generate large distractions, they are not the only thing dividing our attention away from our children.

Children are often at risk just being around roadways. Adult supervision is essential until you are sure a child has good traffic skills and judgment. It is important to teach your child to never run into the street and how to cross in front of school buses. Pick a route for your child with the least amount of street crossings. When at play, make sure your child is in a safe place away from motor vehicles. Safe places include: yards, parks and playgrounds, never in the street. Fence off areas of play away from driveways and streets. Choosing to exercise outdoors is a wonderful way to get the most out of your surroundings, but don't become a distracted pedestrian.

## Benefit from Being a Safe and Predictable Pedestrian

When spending time near roadways yourself, remember to be predictable. Walking, cycling, and running are great forms of exercise for everyone. However, being a distracted pedestrian puts you at risk for road way accidents. Don't put yourself at risk when crossing the road at intersections or marked crosswalks. Remember that vehicles CANNOT stop as quickly as we think, only cross when safe. Don't assume that you always have the right-of-way as a pedestrian, because there is a chance the vehicle does not see you. When being active outdoors, do not dull your senses, make sure to lower music volume so vehicle noise is evident, or, at the least, only wear one ear bud. Keep your eyes and ears open until you are safely on the other side of the road.

Remember that cyclists are just trying to enjoy an activity that they enjoy safely. In fact, it is much safer for a cyclist to ride on the road where they are much more visible and predictable for motorists than when riding on the sidewalk. Cyclists must follow the rules of the road, and therefore, when driving, treat them like any other car on the road, albeit a slow moving car. When approaching cyclists from behind, patiently wait until there is plenty of room to safely and slowly pass. While it may be an inconvenience for you, the cyclist's life is far more important than making appointments on time. A helmet is a simple piece of equipment that can reduce lifelong consequences. A helmet protects your head from the impact of a fall. A serious injury can cause lifelong disability or even death. Helmets are available in all sizes and makes. Finding a helmet with the proper fit and form to your head is crucial to make sure you are getting the most protection and comfort. Helmets should be replaced every 3 to 5 years, when they no longer fit and/or when there are broken parts. Always remove your helmet whenever you are done with an activity. Each head is equally important to protect, remember a helmet is a necessity not an accessory.

### Be a Role Model for Your Child When on the Road

Parents are the most important models of proper pedestrian behavior for children. Teach children how to use crosswalks and safely cross the road while on a bike, remember to be predictable by getting off your bike and walking across the street. When you feel it is appropriate, ride with your child on the road teaching them the proper hand signals so they can communicate their actions to motorists. Pointing with either hand in the direction you plan to turn or change lanes is now acceptable. It is also acceptable to use your left hand, pointing towards the sky at a 90 degree angle, to signal a right turn or lane change. Pointing your left or right hand at the ground signals you are slowing or coming to a stop. Plan ahead when coming towards an intersection to ensure that you will be most visible to motorists from every angle.

Take ample opportunities to educate your children for the future. Use your actions to teach children to respect the rules of the road as well as the others that share it, whom range from motorists, cyclists, and pedestrians. Slow-down in construction zones or in areas of poor road conditions. It is important to always use signals when making a turn and to wear your seatbelt at all times. These simple actions will form habits which will give your children a strong model for safety and good driving.

Furthermore, always be aware of how you act in difficult situations. Frustration with other drives and “road rage” is common and can feel uncontrollable, but remembering to model a calm and respectful attitude in all situations will teach your children how to respond in stressful and frustrating situations while driving. Stay calm when behind the wheel. When your children see you become angry with other drivers, they might pick up the habit as well. Keep angry comments to yourself and don’t allow frustration to cause you to do dangerous things such as tailgating or cutting other drivers off. If accidents occur, educate your children on how they could have been avoided.

### Attend a car seat check to make sure your car seat is working and installed properly.

An improperly installed car seat, or one that is being used incorrectly, may not work the right way when it is most needed. Actively participate in the car seat installation, so you are knowledgeable and able to reinstall the car seat if ever necessary. Accidental injury deaths are the number one killer of children ages 1 to 19 in the U.S., and vehicle crashes top that list. If your child spends a lot of time in the car, the risks of serious injuries increase, but parents can do a lot to protect against this threat. Having your child’s car seat checked doesn’t take much time, but it could make a big difference in the event of a crash.



www.SaveKidsLives2015.org

I signed up to  
**#SaveKidsLives**  
with road safety

# SAFE KIDS DAY

Presented by

WELLS  
FARGO

**Saturday, April 25 | 10 a.m. - 1 p.m.**  
**Red River High School**

**PHOTO BOOTH | CHILD ID | SAFETY DEMOS | FACE PAINTING**

**SAFE  
KIDS**  
GRAND FORKS



**Altru**  
HEALTH SYSTEM

Join us for this FREE event to learn more about keeping your kids safe! We will have interactive booths set up with lots of information and prizes to take home. Sign up for additional prizes to be drawn after the event!



# C.A.R.S (Child & Restraint Systems) Class 2015 Training Schedule

2015

If you are a child care provider or foster parent, safe transportation of the children in your care is important. Come find out how to keep kids safe while in the car. The **C.A.R.S. (Child and Restraint Systems)** class is designed to meet the MN CPS course requirements for licensure & foster parenting and for law enforcement requirements. It has been approved for credit hours in MN. (\* Applied for in ND, pending notification.)

Certificate will be provided at the completion of the class.

To register, call 701.780.1639 at least **2 weeks** prior to the class.

January 10, 2015 (Saturday) 9 am—12:30 pm

February 17, 2015 (Tuesday) 6 pm—9:30 pm

March 14, 2015 (Saturday) 9 am—12:30 pm

April 14, 2015 (Tuesday) 6 pm—9:30 pm

May 12, 2015 (Tuesday) 6 pm—9:30 pm

June 4, 2015 (Thursday) 6 pm—9:30 pm

July 14, 2015 (Tuesday) 6 pm—9:30 pm

August 6, 2015 (Thursday) 6 pm—9:30 pm

September 12, 2015 (Saturday) 9 am—12:30 pm

October 6, 2015 (Tuesday) 6 pm—9:30 pm

November 7, 2015 (Saturday) 9 am—12:30 pm

December 3, 2015 (Thursday) 6 pm—9:30 pm

All classes are held at Altru Health System  
Outpatient Psychiatry Center - Grand Forks,

ND (860 S. Columbia Road)



We reserve the right to cancel any classes with less than 6 participants. Participants will be notified 1 week before class if it is canceled.

Registration cost is \$30 per person. Registration forms can be obtained by calling 701.780.1639 or visiting our Safe Kids web site at [www.safekidsgf.com](http://www.safekidsgf.com) (Click on Events/Classes).

**SAFE KIDS** GRAND FORKS  
**Altru** HEALTH SYSTEM



24TH ANNUAL HANDS-ON

# Learning Fair

Fun Learning Activities For Children  
Birth to 7 and their Families

**CELEBRATING OUR YOUNGEST LEARNERS**

**Saturday, April 18, 2015  
10 a.m. - 1 p.m.**

Mayor's Proclamation at 9:45 a.m.

**Purpur Arena  
1122 7th Avenue South, Grand Forks**



**Prevent Child Abuse  
America**

**f** Join us at Hands on Learning Fair

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

**Parents plant the seeds  
to grow lifelong learners.**

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



## MINNESOTA CAR SEAT ASSISTANCE

Keeping kids safe in vehicles is important to Safe Kids Grand Forks. Thanks to a generous car seat grant from the state of Minnesota, we are able to provide seats to residents of Minnesota that cannot afford a car seat. We have seats to fit children of all ages. To set up an appointment for car seat education and installation assistance, please contact Jasmine at 701.780.1660.



## Car Seat Check-Up Events

presented by:

**SAFE  
K:IDS  
GRAND FORKS**



in cooperation with

**Rydell Auto Center**  
2700 South Washington Street

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

Safe Kids Grand Forks and Altru Health System are pleased to partner with our local GM dealer to offer monthly car seat check-up events.

**These are offered the  
2nd Thursday of every  
month from 4:00-7:00 p.m.**

**Stop on by and make  
sure your children  
have a safe ride.**

**Rydellcars.com**



### 2015 Dates

- January 8
- February 12
- March 12
- April 9
- May 14
- June 11
- July 9
- August 13
- September 10
- October 8
- November 12
- December 10

For more information, contact  
Safe Kids Grand Forks at  
701.780.1489 or visit  
[www.safekidsgf.com](http://www.safekidsgf.com)







## Car Seat Check-Up Events

presented by:



in cooperation with  
**Hanson's Auto & Implement**

110 5th Street West, Grafton, ND

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

Safe Kids Grand Forks is pleased to partner with local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



**Stop on by and make  
sure your children  
have a safe ride.**

Proud Program Sponsors



### 2015 Dates

- \*February 5
- April 2
- June 4
- August 6
- October 1
- \*December 3

### **\*By appointment only**

For questions or to schedule an appointment, call Donna at Walsh County Health District, 701.352.5139.



## Car Seat Check-Up Events

presented by:



in cooperation with  
**Brost Chevrolet**

1600 University Ave, Crookston, MN

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

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events.

These are offered on the dates listed from 4:30-6:00 p.m.

**Stop on by and make  
sure your children  
have a safe ride.**



### 2015 Dates

- January 22
- April 23
- July 23
- October 22

**For more information,  
contact Altru Clinic  
Crookston at  
218.281.9100.**

## Springtime = Snow Melt!!

By Danielle Bata, BSN, RN, FCN

During this spring season, please remember to stay away from flooded areas. Moving water only 6 inches deep can sweep a grown adult off their feet and as little as 1 foot of rushing water can move a car. Standing water can also be electrically charged from underground or downed power lines.

Since there is no way to know the depth of any water, the condition of the road underneath or the force of

the current, the only safe choice is to avoid any area of water over the roadways during your travels!!! Get out of flooded areas and stay away!

Don't drive around barricades. They are in place for your safety. Attempting to drive through water may stall your engine leaving you stranded and at risk for drowning.

**Play it safe--- Turn around,  
don't drown!!!!**

**FLOODING AHEAD  
TURN AROUND  
DON'T DROWN**

# Safe Kids Sports Injury Work

There's a lot going on in the world of Sports Injury Prevention at Safe Kids. We recently formed a subcommittee specific to sports injury prevention to develop strategic plans and lay the groundwork for expanding our programming throughout the region. We have representatives from the Grand Forks and East Grand Forks park districts, Grand Forks Public Schools, UND School of Medicine, Altru Health System and several travel club teams on the subcommittee.

We have also been busy this winter working with existing and new partners in the community. We have been distributing information on preventing

dehydration and concussions to coaches, parents and players through several venues. Below is a list of some of the events in which we have been involved:

- Fastbreak Basketball Coaches and Parents meetings
- Eight Grand Forks Youth Hockey Tournaments
- Two Roseau Youth Hockey Tournaments

Coaches have been receiving clipboards and bag tags with concussion recognition messages. Parents and players have been receiving information

on dehydration and concussion. Both Grand Forks Youth Hockey and Roseau Youth Hockey have been instrumental in distributing information during their tournaments.

We also provided the Grand Forks Park District eight dehydration signs to hang up at the new ICON Sports Center.

We are grateful to all our partners in the region who help Safe Kids to spread the message of sports safety.



As parents, you want your children to grow up and realize their full potential.

**We just want them to grow up.**

*The most dangerous years of your child's life will be the first few years they drive.*

Help them reach adulthood by enrolling them in **ALIVE AT 25**.

## GRAND FORKS COURSE SCHEDULE

**February 15**

4pm - 8:30pm

**April 20**

5pm - 9:30pm

**June 14**

4pm - 8:30pm

Course Cost: \$50

Altru Health System  
Psychiatry Center  
860 S Columbia Road

**ALIVE AT 25**

Alive At 25 is an interactive classroom course, that encourages young drivers and their passengers to take responsibility for their driving behavior to help keep them safer on the road. It's taught by law enforcement in an engaging and thoughtful way. Students will view videos, participate in discussions and learn about the consequences of their decisions while operating, or riding in, a motor vehicle.

*Course qualifies for point reduction and insurance discount in ND.*

Courses also available for experienced drivers. Visit [www.ndsc.org](http://www.ndsc.org) for more information.



Register now at [www.ndsc.org/aliveat25](http://www.ndsc.org/aliveat25)

# National Bike Month



May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to give biking a try.

National Bike to Work Week 2015 will be held on May 11-15.

Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we

ride. (<http://bikeleague.org/bikemonth>).

Safe Kids Grand Forks will be a part of planning and conducting bicycle activities over the next several months. We will continue to provide our Safety on Wheels program to schools throughout the region. We are also exploring opportunities to re-establish our “Taking it to the Streets” bicycle safety program for 5th – 6th grade students. This program provides older students the opportunity to take longer bike rides, using city streets and bike paths to learn to safely move around their community.

Other potential activities include “Bike to Church” events and helping

promote “Bike to Work” events. Keep an eye out for bicycling activities through our blogs and Facebook postings.



Have you liked  
Safe Kids  
Grand Forks on  
Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.

- Ask questions
- View our weekly Area Voices blog
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489  
E-mail: [safekids@altru.org](mailto:safekids@altru.org)



**SAFE  
K:IDS**  
GRAND FORKS



# Featured Car Seat– UPPAbaby Mesa

According to NHTSA, more than 90 percent of parents think their child is riding safely in their car seat, while statistics show three out of four car seats are installed incorrectly.

With nearly 75 percent of car seats being used incorrectly, ease-of-use is essential to keeping children safe. An industry first, the UPPAbaby MESA SMARTSecure™ system takes the guess work out of installation. The MESA dual retracting LATCH connectors tighten effortlessly, minimizing installation error. The tightness indicator, located on the top of the base, turns from red to green providing visual confirmation the seat is installed correctly. When using vehicle belt installation, the lock-off design, coupled with the tightness indicator replicate the same SMARTSecure system as installing with LATCH.

The UPPAbaby MESA infant car seat received the top NHTSA 5-Star ease-of-use rating. This rating builds upon recent

accolades from the leading consumer testing magazine as well as the MESA exceeding proposed NHTSA standards for Side Impact Protection (SIP).

The MESA has a robust, adjustable headrest reinforced with EPS foam providing added side impact protection for a child at all times. The EPS distributes crash forces, minimizing side-to-side head movement. The headrest easily adjusts from the front to accommodate a growing child. In addition, the MESA has a no-rethread five-point harness, which is also adjustable from the front, enabling a proper fit in just seconds.

The MESA is optimized for preemies with adjustable harness and crotch strap settings allowing it to securely fit an infant as small as 4 pounds. The infant insert is recommended for infants between 4 and 8 pounds. The insert's built-in wedge creates a flatter and safer riding position for preemies and small

newborns.

The UPPAbaby MESA is a rear facing only car seat that accommodates infants 4-35lbs. and up to 32 inches in height.

For questions regarding the UPPAbaby MESA, please contact Daniella Brown, Safety Advocate, CPST-I, at [daniella@uppababy.com](mailto:daniella@uppababy.com).



SEBBY

## North Dakota Child Passenger Safety Conference

**When:** August 18 & 19, 2015

**Who:** Certified Child Passenger Safety Technicians and Instructors

**Where:** Ramada Bismarck Hotel, Bismarck, ND

We hope to offer:  
CPS CEUs, Nursing contact hours and POST!

Watch your email more information!



**NORTH DAKOTA**  
DEPARTMENT of HEALTH



# NATIONAL BIKE TO SCHOOL DAY



**USE YOUR HEAD. WEAR A HELMET.**

**SAVE THE DATE!**

**Wednesday, May 6<sup>th</sup>, 2015**

**What:** Bike to School Day is a day to bring school children and community members together to show how fun, safe and exciting it can be to bike to school.

**When:** Wednesday, May 6, 2015

**Where:** Local elementary schools.

**Why:** Bike to School Day highlights bicycling and walking to school and supports creating and improving safe routes to school in your community.

Safe Kids Grand Forks has been participating in National Bike to School Day since the inaugural event in 2012. Similar to International Walk To School Day, children and families are encouraged to choose an alternative to the car or school bus for transportation on that day. In past years, some children have biked all the way from home. Others, who live in rural areas, have their parents bring their bicycles into town and start riding a few blocks from school. The idea is to get some exercise, practice safe riding and decrease vehicle congestion at the school.

Both West Elementary in Grand Forks and South Point Elementary in East Grand Forks have participated in recent years and had an amazing turnout. We will be announcing our 2015 sites in April via our Facebook page – be sure to check it out! If you are interested in promoting Bike to School day in your community, contact Patty Olsen at 701.780.1856 or [polsen@altru.org](mailto:polsen@altru.org)



Collection of bicycles at South Point Elementary in East Grand Forks

# Sharrows: Marking Our Roadways



As Greater Grand Forks residents know well, bicycling is about mobility, sustainability, health and so much more. Bicycle Friendly Communities are great places to live, work and visit. 2014 was the year of the bike; on top of being honored bronze level for Bicycle Friendly Community, the Grand Forks City approved sharrow markings along University Ave. The markings extend from Columbia Road to North 3rd Street. It gives the bicyclists a direct route from the the University of North Dakota (UND) to the Grand Forks downtown area. Sharrows are pavement markings depicting a bicycle icon and two arrows to remind drivers that they should expect to share the lane with cyclists.

Among other benefits shared lane markings reinforce the legitimacy of bicycle traffic on the street, recommend proper bicyclist positioning, and may be configured to offer directional and wayfinding guidance. It is a pavement marking with a variety of uses to support a complete bikeway network.

NACTO <http://nacto.org/cities-for-cycling/design-guide/bikeway-signing-marking/shared-lane-markings/>

## Motorists

- Be patient when passing a bicyclist - slow down and pass only when it's safe. Allow clearance of at least

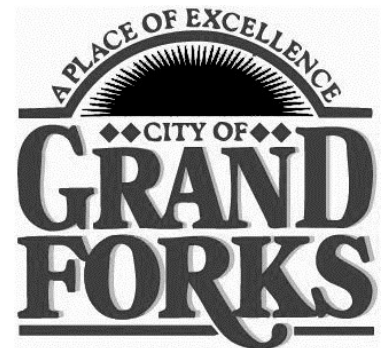
- three feet.
- Look before you merge - check mirrors and blind spots before changing lanes.
- Be on the lookout - watch for and yield to bicyclists before making a turn.
- Use extra caution around young bicyclists - children's movements can be unpredictable.
- Be respectful - don't speed past a bicyclist to make an upcoming right turn. It's easy to misjudge how fast bicyclists are traveling.
- Exit your vehicle safely - look for bicyclists before opening your car door.
- Think before you honk - honking may startle a bicyclist and cause a crash.
- Stay alert and avoid distracted driving - put away mobile devices, food and makeup.

## Bicyclists

- Follow the law - obey all traffic signs and signals. Ride in the same direction as traffic.
- Be predictable - maintain a straight course and avoid weaving between parked cars.
- Communicate your intent - look, yield to traffic and signal before turning or changing lanes.
- Use extreme caution near

- commercial vehicles - pass only on the left and recognize drivers' blind spots.
- See and be seen - wear bright colors, reflective gear and use head and tail lights.
- Protect yourself - wear a helmet.
- Stick to roads and trails - sidewalk riding puts you at risk for crashes at driveways and intersections. Always yield to pedestrians.
- Avoid distracted bicycling - put away mobile devices and headphones.

Article submitted by Stephanie Erickson  
Planner  
Planning & Community Development  
Department  
City of Grand Forks  
Co-chair, Safe Kids Grand Forks  
Pedestrian and Wheeled Sports  
Subcommittee





Fuels that burn like wood or charcoal, or make heat or energy using carbon-based fuels—natural gas, propane, oil, gasoline or diesel engines—can produce a gas called carbon monoxide. Malfunctioning or improperly vented fireplaces, furnaces and portable and stationary generators can produce carbon monoxide.



You can't see the gas. You can't smell it. But carbon monoxide can make you really sick or kill you.



A carbon monoxide alarm will let you know if unsafe levels of this poison gas are in your house.



You need an alarm outside bedrooms.



— Keeping Your Community Safe with Carbon Monoxide Alarms —  
NFFPA • 1 Batterymarch Park, Quincy, MA 02169 • www.nfpa.org/education



You need an alarm on each level of your home.



Push the test button each month to make sure it is working.



If you hear the alarm, get outside immediately.



Then call the fire department. Don't go back inside unless the firefighters say it is safe.



— Keeping Your Community Safe with Carbon Monoxide Alarms —  
NFFPA • 1 Batterymarch Park, Quincy, MA 02169 • www.nfpa.org/education

*Do you have carbon monoxide detectors in your home? If not, we recommend getting one. . . . It could save your life from this odorless killer.*

# BLAST!

## Babysitter's Lessons And Safety Training!

BLAST! is a babysitting class designed by the American Academy of Pediatrics to teach 11 – 14 year olds about the responsibilities of caring for children. Attendees receive a certificate of completion and a course manual.

This class will be offered at Altru Health System on the following dates:

- May 2, 2015
- June 13, 2015
- August 8, 2015
- October 3, 2015
- December 5, 2015

Class time on each date is 9:00 a.m. – 3:00 p.m.  
Cost: \$45 (includes lunch)



Registration is required and can be completed at [www.altru.org/calendar](http://www.altru.org/calendar).  
For more information, call 701.780.5179.



If you need a carbon monoxide detector and cannot afford one, contact Safe Kids Grand Forks and we will assist you. Thanks to a grant offered by United Way of Grand Forks—EGF, we have some of these devices available for those that cannot afford one and who live in our region.



# March is National Poison

## Prevention Month



Did you know that medications are the number one cause of poisoning in children and often this happens in the homes of grandparents. Help keep your home safe by disposing of unused over-the-counter or prescription medications.

**What:** Medication Drop Off Event

**Where:** Grand Forks Senior Center

**Date:** Thursday—March 26, 2015

**Time:** 11 a.m.—12 noon

Sponsored by Safe Kids Grand Forks and the Grand Forks County Sheriff's Department



This is the medication drop box found inside the front door to the Grand Forks Law Enforcement Center downtown. You can access this box 24 hours per day at this site and many other law enforcement centers across the state. Simply bring your unwanted, expired, unused medications to this box and drop them in for safe disposal.

### Here's an assignment:

Take an hour one weekend or evening and go through your medicine cabinet to get rid of any unused medications.

Remember, don't flush them down the toilet; drop them off at the local law enforcement center near you!!



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY





SAVE THE DATE

Find the latest products, safety information, services and fashions for you and your little one all under one roof!

**SAFE  
K:DS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM



# Tummy to Toddler EXPO

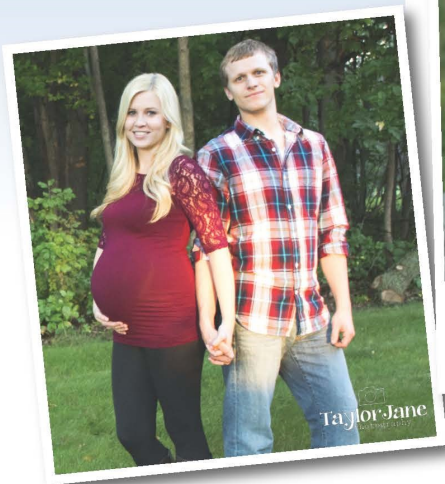
Sunday, October 18  
12 - 3 p.m.

Alerus Center

For more information about the  
Tummy to Toddler Expo,  
visit our website or Facebook:

[safekidsgf.com](http://safekidsgf.com)

[facebook.com/Safekidsgf](https://facebook.com/Safekidsgf)



Like us on Facebook at Safe Kids GF  
Join our event for updates and details!



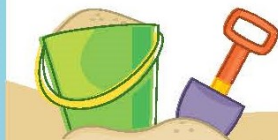
Follow us on Twitter at SafeKidsGF



# SAFE KIDS **SUMMER**

## 2015 CAR SEAT CHECKS

- May 7 Crookston Head Start, 3 - 5 p.m.
- May 11 East Grand Forks Head Start, 11:30 a.m. - 1 p.m. & 3:30 - 5:30 p.m.
- May 12 Grand Forks Head Start, 11 a.m. - 1 p.m. & 3 - 4:30 p.m.
- May 14 Rydell Auto Center, 4 - 7 p.m.
- May 21 Grafton Head Start, 11:15 a.m. - 12:30 p.m. & 3:15 - 4:30 p.m.
- May 27 Little Lambs Daycare in Larimore, 4 - 6 p.m.
- June 3 All About Kids, 3:30 - 6:30 p.m.
- June 4 City Auditorium in McVille, 10:30 a.m. - 12:30 p.m.  
(appointment required - call 701.332.5622 or 701.739.8705)
- June 4 Hanson's Auto & Implement in Grafton, 4 - 6 p.m.
- June 9 LifeCare in Roseau, 2 - 6 p.m. (appointment required - call 218.463.3211)
- June 11 Rydell Auto Center, 4 - 7 p.m.
- June 15 Grand Forks Montessori Academy, 3:30 - 5:30 p.m.
- June 18 D.L. Park in Northwood, 3 - 6 p.m.
- June 25 Safe Kids Grand Forks, 1 - 3:15 p.m. (appointment required - call 701.780.1660)
- July 1 Grafton WIC, 10 a.m. - 4 p.m.
- July 9 Rydell Auto Center, 4 - 7 p.m.
- July 16 East Grand Forks Head Start, 3 - 6 p.m.
- July 21 Grand Forks Early Head Start, 3 - 5:30 p.m.
- July 23 Brost Chevrolet in Crookston, 4:30 - 6 p.m.
- August 5 Altru Family YMCA, 4 - 6 p.m.
- August 6 Hanson's Auto & Implement in Grafton, 4 - 6 p.m.
- August 13 Rydell Auto Center, 4 - 7 p.m.
- August 14 Great Expectations in East Grand Forks, 4 - 6 p.m.
- August 20 Dahlstrom Motors in Oslo, 5 - 6:30 p.m.
- August 27 Wonder Years, 4:30 - 6 p.m.
- September 10 Rydell Auto Center, 4 - 7 p.m.
- September 17 Grafton Head Start, 11:15 a.m. - 12:30 p.m. & 3:15 - 4:30 p.m.
- September 22 East Grand Forks Head Start, 11:30 a.m. - 1 p.m. & 3:30 - 5:30 p.m.
- September 23 Crookston Head Start, 3 - 5 p.m.
- September 29 Grand Forks Head Start, 11 a.m. - 1 p.m. & 3 - 4:30 p.m.



All events with a community not listed are in Grand Forks.  
For more information on each event, visit [www.safekidsgf.com](http://www.safekidsgf.com)

**SAFE  
KIDS**  
GRAND FORKS



# Staying Home Alone: Creating a Summer Plan

Deciding when your child can stay home alone is a difficult decision for parents. The following are supervision guidelines set by the ND Department of Human Services:

- Children 8 years of age and under should normally be supervised at all times. A child in this age group should not be left in charge of other children.
- Children who are 9 years old should not be left unsupervised for periods greater than 2 hours during the daytime. This age child should never be unsupervised at night and should not supervise other children.
- Children who are 10 and 11 years old may be left alone for 2 hours or less with ready access to an adult supervisor. Children in this age group should not be responsible for younger children. Children in this age group should not be left unattended at night.
- Children who are age 12 and older may be permitted to act as babysitters. It is recommended that they successfully complete an approved babysitting course. Children this age should not be left unattended at overnight.

If parents decide to allow their child to

stay home alone, consider these recommendations:

- Practice – act out or talk through scenarios
- Set rules with child and keep written list for reference
- Create a plan or schedule – include simple chores, homework, something fun, etc.
- Make list of emergency contact information and keep posted for reference
- Make sure smoke and carbon monoxide detectors work – change batteries at least yearly; twice a year is recommended
- Make sure firearms are unloaded and locked up. Ammunition should be locked in a separate location.
- Make sure alcoholic beverages, medication, and hazardous chemicals are stored properly
- Make sure a first aid kit, flashlight, and weather radio is readily accessible
- Make sure ready to eat/easy to prepare foods are available
- Make sure exterior doors can lock and your child knows how to use them
- Start with daylight hours
- Start with short periods of time when parents are close by

- Ensure that parents or a responsible adult can be reached at all times if needed
- Schedule check-ins with child

Other things to consider (not a comprehensive list):

- Child knows when and how to call 911
- Child knows home address and phone number – post with other emergency numbers in case child forgets
- Child knows what to do in emergencies such as a fire, storms, etc.
- Child knows what to do if someone comes to the door or calls
- Plan for meals/snacks
- Rules for other children coming over
- Rules for phone use
- Child knows what to do for a medical emergency

For more information, please request a copy of “Safe at Home Alone” booklet created by Safe Kids GF. If you decide your child is not ready to stay at home alone or if time periods greater than a couple hours are needed, please contact Child Care Aware for a list of child care options.



## Sports Nutrition-Help Kids Develop a Healthy & Safe Attitude

Coaches or parents are often in charge of nourishing their athletes by planning and organizing team meals and snacks. Teaching young athletes the importance of fueling their bodies with a variety of high energy healthy food will create a foundation for developing sound eating habits in the future.

You can provide many opportunities to teach athletes about healthy eating such as planning team meals that offer a variety of foods while promoting team bonding. Provide examples of high energy food by packing snack bags filled with granola bars, cereal bars, trail mix, oatmeal cookies, nuts, and whole grain crackers, and coolers filled with water, sports drinks, chocolate

milk, fruit, vegetables, sandwiches, yogurt and string cheese. When you arrive at games or competition look for water fountains and help your athlete stay well stocked with water and sports drinks. Stop at restaurants that offer a variety of healthy foods or have coolers packed for the trip home. If games are scheduled late or far away, this not only provides healthy food but gets them home earlier for the opportunity to have a good night sleep.

As a coach or parent you can be a good role model for your young athletes by maintaining a positive attitude about food and its necessity in maintaining a healthy body. Avoid focusing on an athlete's body weight or size, instead encourage athletes

to maintain a well-balanced sports eating plan that includes all foods.

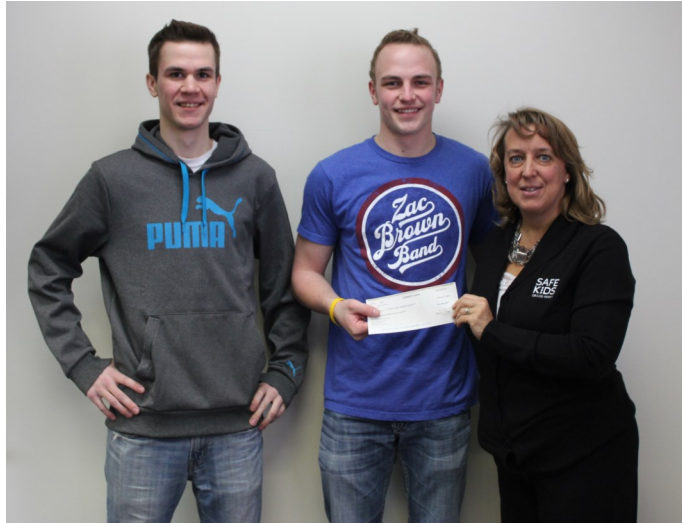
If you are interested in more information to meet specific sport needs, call to schedule an individual appointment with a Sports Dietitian at the Sanny and Gerry Ryan Center for Prevention and Genetics at 701.732.2620. Fueling for Performance Classes are also available. For more information on Fueling for Performance go to the Choice Health and Fitness web site.

This information has been provided by: Becky Westereng RD,CSSD,LD,CDE Board Certified Specialist in Sports Dietetics



# Thanks Men of Alpha Tau Omega Fraternity

We would like to thank the Men of Alpha Tau Omega Fraternity at UND's campus for their donation to our Safe Kids efforts. This past October, they hosted a bean-bag toss event and raised \$1000 for Safe Kids Grand Forks and our injury prevention efforts. We were grateful to accept this check and look forward to their help at our upcoming Safe Kids Day in April. They have partnered with Safe Kids Grand Forks to carry out their philanthropy events and we could not be more excited for this relationship with a great group of young men who are willing to work hard to make their community a better place.

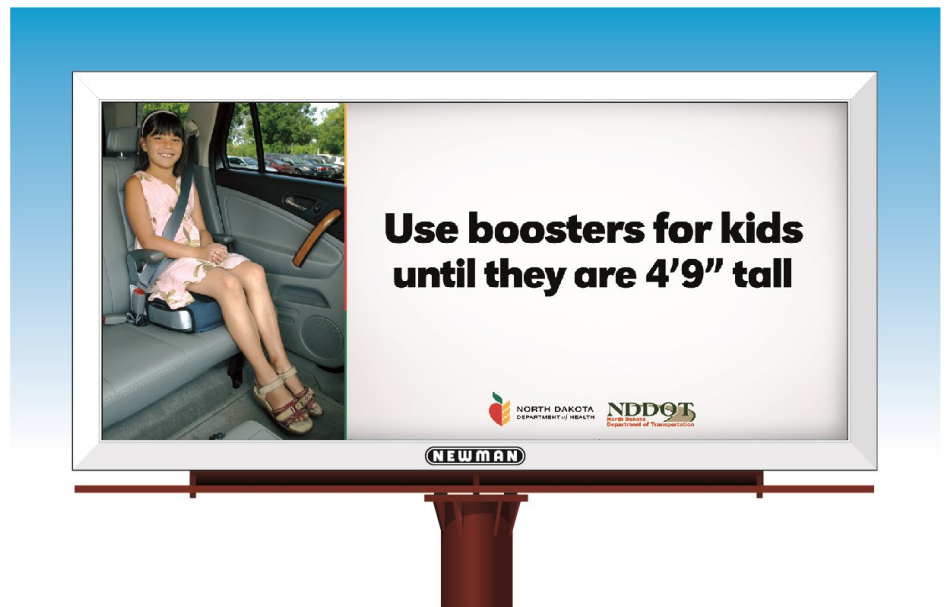


# ΑΤΩ



## Spreading the Message: Billboard Style

These billboards have made their way up across the state of North Dakota in honor of Child Passenger Safety Month in February. The ND Department of Health and the ND Department of Transportation were responsible for sending these safety messages across our communities in an effort to raise awareness about the need for kids to be in a car or booster seat until about 4'9" tall. For more child passenger safety tips or to find out when your child is old/safe enough to move from a car to booster seat or from a booster seat to a seat belt, check out our web site at [www.safekidsgf.com](http://www.safekidsgf.com)



# 2015

Training  
is 3 1/2  
Days

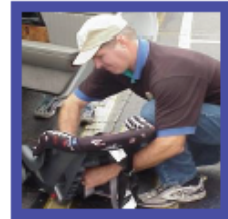
## Dates

March 2 - 5, 2015  
Bismarck  
April 28 - May 1, 2015  
Williston  
May 18 - 21, 2015  
West Fargo  
June 22 - 25, 2015  
Grand Forks

# NATIONAL STANDARDIZED Child Passenger Safety Training

## Course Information

This training provides the basic technical skills, experience and knowledge about the proper use and installation of child car seats that are needed when working with parents and caregivers with child passenger safety needs.



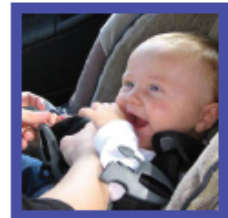
## Who Should Attend?

- Law Enforcement Personnel - **POST available**
- Emergency Medical Personnel
- Nurses
- Health-Care Professionals
- Child-Care Providers
- Car Dealership Personnel
- Physical/Occupational Therapists
- Firefighters
- Social Workers
- Any interested adults

## Course Content

This training will provide participants with the technical skills to:

- Identify and correct misuse of car safety seats
- Serve as a community resource at a variety of community events such as car seat checkups
- Educate others about child passenger safety issues
- Reduce potential liability through standardization
- Receive knowledge and skills to meet national certification



The training is taught through a combination of lectures, hands-on practice, role-playing, and written and hands-on skills testing and it concludes with a real-world community car safety seat checkup.

## Register

- Go to: <http://cert.safekids.org>
- Click on Log In and follow online login directions to register as a new signup and create a new online profile
- Click on Find/Register For a Course and choose ND

Fees include a two-year certification, technician manual, car seat instructions CD and North Dakota child passenger safety resources.

**Certification Fee:** The certification fee is \$85. Pay online with a credit card or send fee with online registration information to the Safe Kids address provided via the online registration instructions.

**Local Fee:** The local fee is \$30. Credit cards are not accepted for local fee. Make check payable to North Dakota Public Health Association (NDPHA) and send to the North Dakota Department of Health address via online registration instructions.



Sponsored by  
NORTH DAKOTA  
DEPARTMENT OF HEALTH

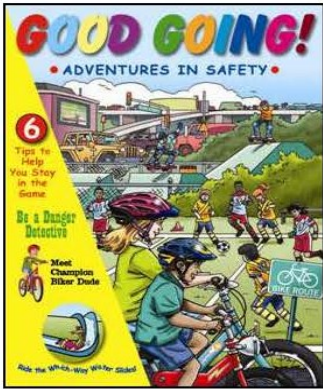
For more information

Dawn Mayer 701.328.4533 [drmayer@nd.gov](mailto:drmayer@nd.gov)





# Child Safety: Free AAA Resources & Programs



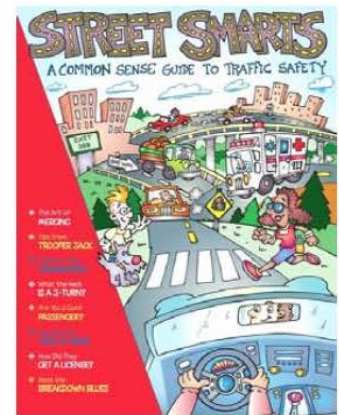
## Good Going! Adventures in Safety

*Good Going! Adventures in Safety*, blends safety information with games, stories, puzzles and vivid illustrations. The full-color, 20-page booklet addresses common injury areas for children ages 6-10, including traffic, falls, sports injuries, water safety, fire safety and more. Free copies are available to use at county fairs, bike rodeos, safety camps, elementary schools, Night to Unite/National Night Out and similar events. This publication can be viewed at [www.AAA.com/GoodGoing](http://www.AAA.com/GoodGoing).

## StreetSmarts!

### A Common Sense Guide to Traffic Safety

The *StreetSmarts!* traffic safety booklet provides engaging activities and practical tips for drivers of all ages. It focuses on universal best practices for the most important issues drivers face — from distraction and speed to impairment and more. Written in an interesting, conversational tone, the free 20-page, full-color booklet is valuable information for novice and experienced drivers alike. The publication can be viewed at [www.AAA.com/StreetSmarts](http://www.AAA.com/StreetSmarts).



## Traffic Safety Pledge Banner

In support of school or community safety programs this banner and support material can serve as a reminder to teens to not be a “weak link in the traffic safety chain.” Also available is a template for use in creating paper links for constructing a chain of pledges, each chain signed by a teen committing to applying traffic safety principles. Displayed in a common area, the banner and pledge chain can serve as an ongoing reminder of important traffic safety behaviors.



For additional information, or to receive free copies of the publications, contact Gene LaDouceur, AAA, at [eladouceur@aaand.com](mailto:eladouceur@aaand.com) or 701-893-3759.



Resources available to safety partners in North Dakota and Northwestern Minnesota. Email or call for details.





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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Swim Lessons Class Days & Times

### Preschool, Polliwog, & Guppy Tuesday/Thursday

|                                      |        |        |
|--------------------------------------|--------|--------|
| Jan 20th-Feb 12th                    | 4:30pm | 5:15pm |
| Feb 17th- Mar 12th                   | 4:30pm | 5:15pm |
| Mar 24th-Apr 16th                    | 4:30pm | 5:15pm |
| Apr 21st-May 7th<br>(3 week session) | 4:30pm | 5:15pm |



### Minnow, Fish, Flying Fish, Shark Monday/Wednesday

|                   |        |        |
|-------------------|--------|--------|
| Jan 19th-Feb 11th | 4:30pm | 5:15pm |
| Feb 16th-Mar 11th | 4:30pm | 5:15pm |
| Mar 23rd-Apr 15th | 4:30pm | 5:15pm |
| Apr 22nd- May 6th | 4:30pm | 5:15pm |

## Parent and Me

### Thursdays

|                   |        |
|-------------------|--------|
| Jan 22nd-Feb 12th | 6:00pm |
| Feb 19th-Mar 12th | 6:00pm |
| Mar 26th-Apr 16th | 6:00pm |
| Apr 23rd-May 14th | 6:00pm |

### Saturdays

|                   |         |
|-------------------|---------|
| Jan 31st-Feb 21st | 10:00am |
| Feb 28th-Mar 21st | 10:00am |
| Mar 28th-Apr 18th | 10:00am |
| Apr 25th-May 16th | 10:00am |



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FOR SOCIAL RESPONSIBILITY

# Just Add Water



**Chuck-A-Duck**  
And \$1 Buck-a-Duck  
**Egg Scramble**  
Have Fun & Win Prizes!  
March 29, 2015  
2:00-3:00pm  
Ages Infant-12 years  
Scramble will rotate in 10 min waves  
Parent must accompany children  
under age 5 in the water

*Enjoy a free event at the YMCA  
or sign up for some swimming  
lessons!*

