



News You Can Use



North Dakota Welcomes Two New Coalitions To Our State

For the past 25 plus years, Safe Kids Grand Forks and Safe Kids Fargo-Moorhead have been functioning as local Safe Kids coalitions in North Dakota. In the past, there was a state coalition (Safe Kids North Dakota) that was based out of Bismarck. That coalition has been out of existence for nearly a decade and efforts have been made to establish more coalitions in the western part of the state to help our eastern Safe Kids coalitions with injury prevention efforts all throughout North Dakota. We are thrilled to announce that there have been two new coalitions formed, bringing our total in North Dakota to four. Safe Kids Bismarck-Mandan is based out of Sanford Health in Bismarck and has hired Nichole Selzer as their Coordinator. Their coalition was formally launched in October of 2018. In January 2019, Safe Kids Minot held a press conference to announce their coalition with Trinity Health as their lead agency. Amber Emerson has been named as the Coordinator for that coalition.

Safe Kids Fargo-Moorhead and Grand Forks are thrilled that our injury prevention efforts will now have more momentum in the western part of the state. Our Safe Kids North Dakota team looks forward to conducting activities specific to our targeted geographic areas, but also in a collaborative effort on a statewide basis. Welcome to the Safe Kids family Safe Kids Bismarck-Mandan and Safe Kids Minot.



Top: Representatives from Safe Kids Bismarck-Mandan and Safe Kids Minot join Safe Kids Fargo-Moorhead and Safe Kids Grand Forks for two days of "orientation" and collaboration as they launch their new coalitions.

Bottom: The Four Safe Kids Coordinators from ND attending a bill hearing at the ND Capitol.



SAFE KIDS “STAR” - Linda Funkhouser



Several years ago, Safe Kids Grand Forks Coordinator, Carma Hanson got a call with an offer she could not refuse. Linda Funkhouser was working for the Grand Forks Sheriff's Department and had done some work through them for Safe Kids Grand Forks in the past. However, she was set to retire and didn't like the idea of sitting at home, not actively engaged in her community. She offered to come and volunteer at the Safe Kids office following her retirement. When given that offer, Carma assumed Linda would call her

a few months after her retirement date, ready to “get back to work.” Little did we know, Linda retired on a Friday and was volunteering for Safe Kids the following Tuesday. Since then, Linda has come to our office every Tuesday—Thursday to help with lots of “behind the scenes projects” that while few people know about, are vital to the work that we do in the community. Linda is organized, diligent in her work, very capable on the phone and computer and just a pure delight to work with. She is not only our volunteer but a valuable part of our Safe Kids Team and we could not be more thrilled to see her smiling face each week. For all that you are and all that you do for us and our injury prevention

efforts, Linda, we name you our Safe Kids Star in this edition of our newsletter. Thank you for blessing us with your time and your talents!!



Are You Looking for a Summer Nanny?

Although kids are on vacation for the summer, you, unfortunately, are not. Who takes care of your children when school is out, but you still have to work? There are many centers that offer summer programs for elementary aged children. Maybe you want someone to watch your children at your home so they can attend other summer activities. It may seem overwhelming to hire a nanny to care for and entertain your children during the summer months, but it is easier than you think. Here are some tips to get you started.

Plan Ahead

Don't wait to start looking for a nanny until right before school gets out. Find a summer nanny around mid-April or early May before all the

good ones are taken.

Clarify Your Needs

Will the kids need rides to summer day camps or soccer practice? Will there be light housekeeping involved? Will the nanny be expected to entertain your little ones for most of the day and plan trips to the park and town pool? Do you need someone to help them review fractions, practice penmanship or complete summer homework? All of these expectations need to be communicated up front when you write your job description and interview possible candidates.

Discuss Vacation

Plenty of people travel during the summer. Are you planning any family vacations or long weekends? Will you offer paid time off while you're

out of town? Does your nanny have any vacations planned that will make her unavailable?

Qualifications

Summer days are usually spent outside enjoying the nice weather. With this comes extra responsibility on the nanny's part. There are lots of safety issues for a child outside in summer — the nanny would have to protect the child from sun, bugs, playground injuries, etc... so a summertime nanny should be extra vigilant, and know first aid.

These tips should help lead you in the right direction to find a nanny. If you can't be there with your children every day, a caring, fun nanny is the next best thing!

Source: Care.com

Choking & Strangulation

Recently, the U.S. Food and Drug Administration alerted parents, caregivers and health care providers to the safety risks that jewelry used for relieving teething pain pose for children. The agency warned that they should not be used to relieve teething pain in children or to provide sensory stimulation to persons with special needs, such as autism or attention-deficit/hyperactivity disorder (ADHD). The FDA has received reports of death and serious injuries to infants and children, including strangulation and choking, caused by teething jewelry, such as amber teething necklaces.



So what are the recommendations for relieving pain?

Teething: 4 to 7 Months

Teething usually starts during these months. The two front teeth (central incisors), either upper or lower, usually appear first, followed by the opposite

front teeth. The first molars come in next, followed by the canines or eyeteeth.

The timing of teething:

There is great variability in the timing of teething. If your child doesn't show any teeth until later than this age period, don't worry. The timing may be determined by heredity, and it doesn't mean that anything is wrong.

How to ease your baby's discomfort:

Teething occasionally may cause mild irritability, crying, a low-grade temperature (but not over 101 degrees Fahrenheit or 38.3 degrees Celsius), excessive drooling, and a desire to chew on something hard. More often, the gums around the new teeth will swell and be tender. Try gently rubbing or massaging the gums with one of your fingers. Teething rings are helpful, too, but they should be made of firm rubber. (The teethers that you freeze tend to get too hard and can cause more harm than good.) Pain relievers and medications that you rub on the gums are not necessary or useful since they wash out of the baby's mouth within minutes. Some medication you rub on your child's gums can even be harmful if too much is used and the child swallows an excessive amount. Stay away from teething tablets that contain the plant poison belladonna and

gels with benzocaine. Belladonna and benzocaine are marketed to numb your child's pain, but the FDA has issued warnings against both due to potential side effects. If your child seems particularly miserable or has a fever higher than 101 degrees Fahrenheit (38.3 degrees Celsius), it's probably not because she's teething, and you should consult your pediatrician.

How should you clean the new teeth?

Simply brush them with a soft child's toothbrush when you first start seeing her teeth. To prevent cavities, never let your baby fall asleep with a bottle, either at nap time or at night. By avoiding this situation, you'll keep milk from pooling around the teeth and creating a breeding ground for decay.

Adapted from *Caring for Your Baby and Young Child: Birth to Age 5*, 6th Edition (Copyright © 2015 American Academy of Pediatrics)

The information contained in this article should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.



Featured Car Seat – Chicco Fit2

The Chicco Fit2 looks like most infant car seats, but actually can turn into a rear facing car seat for toddlers up to 35 pounds and 35”.

The Fit2® is a first-of-its-kind rear-facing car seat designed with two unique positions to accommodate infants and toddlers, making it easy to stay rear-facing for the first 2 years.



Infant Position 0-12m
More reclined seating with newborn head/body support



2-Stage Base
Base converts from Infant to Toddler position with one simple motion



Toddler Position 9-24m
Extended leg room and 7-position headrest with no-rethread harness

Retail \$279.99

Gun Safety & FREE Gun Locks

Whether hunting season is upon us or it is an off season, we want to assure that homes with guns are a safe place for curious kids. Here are a few pointers:

- Teach kids these simple steps if they see a gun:
STOP, DON'T TOUCH, LEAVE the AREA, TELL AN ADULT.
- Store guns and ammunition in a separate and safe/locked place.
- Put gun locks on your guns. **We have FREE gun locks available from Safe Kids Grand Forks.** Safe Kids Grand Forks offers their thanks to the Grand Forks County Sheriff's Department for their partnership to provide these locks. You can contact us at Safe Kids Grand Forks (safekids@altru.org) or stop by the Sheriff's Office in Grand Forks year-round to pick up your free locks.



Window Safety

Windows rank as one of the top five hidden hazards in the home according to the U.S. Consumer Product Safety Commission. Children want to see the amazing world around them. They crawl, grasp, roll, stand up, and finally can walk to be able to see through windows. Window and door related injuries are more common than we tend to think.

Facts:

According to a Safe Kids Worldwide report:

- ◆ About 8 children die each year from falling out a window.
- ◆ More than 3300 are seriously injured and hospitalized each year.
- ◆ Two children every day under the age of 6 years are admitted in the emergency department for a window blind related accident - e.g., strangulation from window cords.
- ◆ Every month, one child dies with blind cords around their neck.
- ◆ The majority of the injuries and deaths involve children 1-4 years old, who are learning to move and are curious to explore their surroundings.
- ◆ Most injuries happen at bedtime after parents have put their child to down to sleep.

Precautions:

- ◆ Practice opening and closing windows and doors to know how to lock and unlock them when you first enter a new home. You may need to replace any that are not functioning (jammed, broken, rusty etc.).
- ◆ Teach your child how to lock and unlock doors, including dead-bolt locks, when you buy a house.
- ◆ Use window guards and safety netting for balconies and decks to prevent serious falls. If the space between the bars of the window or window guard is more than 4 inches, the chance of falling is high.
- ◆ Make sure you will be able to reach an emergency exit window in case of a fire. Also, you may need to climb out of a basement window to ground level or from upper level to ground level, by using an emergency window with a ladder. Planning and demonstrating an emergency exit plan with your children can be crucial in saving them from potential accidental injuries in the future.
- ◆ Move your kid's bed and large furniture far away from windows.
- ◆ Also move temptations, such as toys, away from windows.
- ◆ Make sure window cords are never hanging down freely. Tuck or tie cords on a hook at a height where kids can not reach them.
- ◆ Never allow your children to play and jump near the window.
- ◆ It's best to replace window blinds with cords to ones without cords. (more information about cordless blinds can be found on page 15)
- ◆ In case you cannot arrange cordless blinds or do not want to drill holes for hooks higher up, try small cord wind-up devices. They are inexpensive and easy to use without requiring installation.

*Written by Naila Saleem as part of the Safe Kids Grand Forks Home Safety Guide for Buyers



**SAFE
K:DS**
GRAND FORKS

Keeping kids safe at **HOME**, at **SCHOOL**,
at **PLAY** and **ON** the **WAY**.



To access our safety information, donate or volunteer in our efforts to keep kids safe from preventable injuries, visit www.safekidsgf.com or call 701.780.1489.

NORTHEAST REGIONAL WATER OPERATIONS TEAM

A DIVISION OF GRAND FORKS SHERIFF'S DEPARTMENT

ANDY SCHNEIDER, SHERIFF

Grand Forks Spring Thaw Ice and Water Safety - 2019

It's becoming that time of year again we all look forward to after several months of winter. **SPRING TIME!!!** As temperatures warm up, our snow and ice begins to melt and additional safety precautions need to be taken. The integrity of ice rapidly diminishes and water from melting ice and snow begins to move. Knowing a few safety guidelines will help keep you and others safe.

A few things to know:

Ice becomes critically unsafe as we enter spring time. It may be snow-covered and appear to be intact; however, thinning ice may not be visible. What was safe yesterday may not be today. If ice appears to be gray, it is especially dangerous as that is indicative of water present. **STAY AWAY!**

In areas of moving water such as rivers, streams, and diversions, the ice is gradually broken up and moves downstream. As the ice moves, it frequently causes ice jams and dams the water creating potential for flash flooding in unexpected areas. When the ice jams give way, this can also create surging and rapid like conditions downstream. It can take less than six inches of rapidly moving water to move a car, and two feet of water will easily sweep a vehicle away. As Team Commander of our regional water rescue team, I've had the unfortunate experience of searching for people swept away by flood waters. Full size pick-ups have been pushed a half-mile downstream from where they entered the water, and drowning victims have been found as far as three miles away from where they entered the water. My best advice...**STAY AWAY**. Don't drown, go around.

What if?

You should always wear a personal flotation device (PFD) around the water. What if you find yourself fallen through the ice without a PFD? It can take less than 15 minutes for hypothermia to set in and you become exhausted or unconscious in ice water. **MOST IMPORTANTLY, IS TRY TO REMAIN CALM.** A physiological gasping and inhalation reflex and cold water shock will immediately occur. Keeping yourself calm during the first minute beyond this reflex will aid you in self rescue. Shout for help. Stretch your arms over the ice and get your body into a horizontal floating position. Kick your legs to push your torso onto the ice. **DO NOT STAND.** Roll away with arms and legs extended to distribute your weight on the ice.

If someone else is in the water, **DO NOT JUMP IN.** Call 911. Look for something that can be thrown or extended out to them. Tow ropes, jumper cables, extension cords, or even long tree branches. It is critical to keep them calm. If they can't be reached, keep talking to them to help them remain calm until emergency crews arrive. This will help them survive. Stay safe and have a great summer!

Sergeant Thomas Inocencio, Team Commander
Grand Forks Sheriff's Department
Northeast Regional Water Operations Team

Northeast Regional Water Operations Center • 5205 Gateway Drive • Grand Forks, ND 58201
Team Commander: Sgt. Thomas J. Inocencio • (701) 780-8280





Have you found
Safe Kids
Grand Forks on
social media yet?
What are you waiting for??



- Check out our events section on Facebook to see a list of classes and events we will be attending in the community.
- Watch for updates of different unintentional injury topics.
 - Ask questions
 - Contact information for the Safe Kids Grand Forks office:



Phone: 701.780.1489
E-mail: safekids@altru.org



Altru Health System:
Proud to celebrate 25 years
of keeping kids safe!




KEEPING KIDS SAFE

- at Home
- at School
- at Play
- and on the Way!

www.safekidsgf.com



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

Signing up for our quarterly Safe Kids newsletter is quick and easy. Visit <https://www.altru.org/patient-visitors/enewsletter-sign-up-form/>

Newsletter Sign-Up

First Name* Last Name*

Email Address*



Enter your name and email address.

Choose All That Apply

- Altru Advanced Orthopedics eNewsletter
- Altru Health Foundation eNews
- Altru's Weight Management Program eNewsletter
- Community Events and Information
- Diabetes eNewsletter
- Enrich eNewsletter
- Horizons of Hope eNewsletter
- Safe Kids eNewsletter
- Truyu Inner Circle

Select the Safe Kids Newsletter & hit submit.



An email link to our newsletter, filled with lots of childhood injury prevention information will be sent to your email once per quarter. Enjoy!!

Car Seat Check-Up Events

presented by:



Rydellcars.com

2700 South Washington Street

Second Thursday of every month from 4-7 p.m.

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

No appointments needed at Rydell's

Fire Station 5

1002 47th Ave. S., Grand Forks

January 24	1-3 p.m.
February 26	9-11 a.m.
March 25	1-3 p.m.
April 24	9-11 a.m.
May 23	1-3 p.m.
June 24	9-11 a.m.
July 24	1-3 p.m.
August 26	9-11 a.m.
September 25	1-3 p.m.
October 24	9-11 a.m.
November 19	1-3 p.m.
December 19	9-11 a.m.

Appointments at Fire Station preferred, call 701.780.1489

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

Baby on the way?

Register for our Bringing Home Baby class offered three times per month. This class is taught by a certified car seat technician and will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.1400.

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit www.safekidsgf.com



Car Seat Check-Up Events



To schedule an appointment, call Walsh County Health District at 701.352.5139.

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? 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 Walsh County Health District and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6 p.m. at Hanson's Auto Body, downtown Grafton by appointment only.

2019 Dates
February 7
May 2
August 1
November 7

presented by:



Public Health
Prevent. Promote. Protect.
Walsh County Public Health

SAFE KIDS
GRAND FORKS

in cooperation with:



110 5th Street West, Grafton, ND



For additional car seat check-up events in Grand Forks and other surrounding areas, please visit Safe Kids Grand Forks on Facebook!



Car Seat Check-Up Events



presented by:

SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car 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 - 5:30 p.m.

2019 Dates
January 24
April 25
July 25
October 24

For more information, contact Altru Clinic Crookston at 218.281.9100.

Also, join us in Grand Forks at Rydell Cars the second Thursday of every month between 4-7 p.m. in the service area.

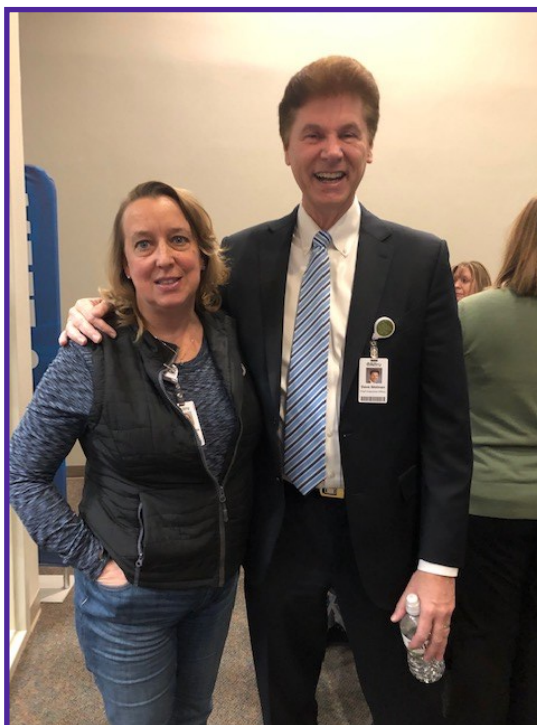
Stop by and make sure your children have a safe ride.



in cooperation with
Brost Chevrolet
1600 University Ave, Crookston, MN

www.brostchevrolet.com

Recently, Dave Molmen, longtime CEO of Altru Health System, retired. Dave has been a strong supporter of Safe Kids Grand Forks and we wish him well in this next chapter of his life. For all you have done in the name of childhood injury prevention, we say **THANK YOU DAVE!!**



Include Fire Safety in Your Spring Cleaning Project

It's getting warmer. Flowers are blooming, birds are chirping, and the days are getting longer. Spring is here. Thoughts are turning to the annual tradition of spring cleaning. As we work to clean, organize, and prepare our homes for the warmer months, let's also take steps to make them as safe as possible from fire.

Conduct a smoke alarm check:

Working smoke alarms save lives, cutting the risk of dying in a home fire in half. As you are chasing away the dust bunnies, check to make sure smoke alarms are installed in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement. Smoke alarms should be tested at least once a month using the test button. Follow manufacturer's instructions for cleaning to keep smoke alarms working. For long-life alarms designed to last for up to 10 years, replace the entire alarm if it chirps, indicating the battery is low. For alarms that are not long-life, replace batteries at least once a year. If the alarm chirps, replace the battery.

Clean in and around your stove:

Two-thirds of home cooking fires start with the ignition of food or other cooking materials. Remove anything that can catch fire—oven mitts, wooden utensils, food packaging, towels, or curtains—from your stovetop. Be sure to clean grease or food residue that may have built up in your oven or on your stove.

Tackle the dryer: The leading cause

of home clothes dryer fires is a failure to clean the dryer. Clean the lint filter before and after each load of laundry. Remove lint that has collected around the drum. Keep the area around your dryer clear of items that can burn, like boxes, cleaning supplies, and clothing.

Be mindful of electrical outlets and

cords: Check electrical cords to make sure they are not running across doorways, or underneath carpets, or possessions. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets if needed. Major appliances should be plugged directly into a wall receptacle outlet.

Declutter and organize: It's easy to gradually collect an excessive amount of possessions. Decluttering and organizing your space will not only make it more livable, it can make you safer if a fire occurs. Blocked exits and pathways can lead to fall hazards and slow down firefighters trying to rescue you or slow your efforts to escape. Remove items that block windows, doors, and stairs.

Plan your escape: As you pause to assess how much cleaning you've accomplished so far, map out your home fire escape plan. Draw a map of every level of your home, identifying all doors and windows. Then do a practice drill. Press the test button on the smoke alarm. Have everyone in your home walk quickly outdoors to the safe meeting place, which can be a tree or a lamppost away from the home. Close all doors behind you. Afterward, evaluate the drill to discuss what

needs to be improved.

Take it outside: As you are sweeping the walkway or making those exterior windows sparkle, make sure your house number can be seen from the street. If you live in an area prone to wildfires, identify ways to reduce your risk. The majority of home ignitions during a wildfire are from embers and small flames. Examining the area zero to 5 feet from the base of your home is critical. Clean up debris, such as dead leaves, branches, and pine needles, where embers can collect. Move any flammable materials—mulch, flammable plants, leaves, needles, piles of firewood—away from the exterior walls. Remove anything stored underneath decks or porches.

Now that you have completed your spring cleaning project you can relax in the warm sunshine and fragrant flowers knowing that you've taken steps to make your home inside and out, not only cleaner, but safer from fire.

For more fire safety information from the National Fire Protection Association go to www.nfpa.org/public-education.

Lisa Braxton
Megan Fitzgerald-McGowan
National Fire Protection Association



SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 11-15 year olds about the responsibilities of caring for other children. Attendees also receive an introduction to First Aid procedures and CPR. A certificate of completion and a course manual will be provided.



Smart Sitter

BABYSITTING CLASS



January 19 | March 2 | April 13 | May 4

9:30 a.m. - 2:30 p.m.

607 DeMers Ave., East Grand Forks (Altru Clinic, Lower Level)

Cost: \$50

Registration is required and class size is limited.

To register, please call 701.780.1400.

Is your child ready to be Home Alone?



Aaaaaaaaahhhhhhhhhhh!
Parenting. It's a hard job with a lot of hard decisions to make. One of the hard decisions for most parents is knowing if their child is ready to be home alone. Age is just one part of it, because as we all know, every child is different!

Here are 8 indicators your little Kevin McCallister might be mature enough to fend for themselves for a couple of hours (not a week in Paris, folks):

1. **He can make a phone call.** Is he comfortable using the phone? Does he know how to say you

2. **She makes good decisions.** If she's quick to panic or can't keep her cool with her bestie, she might have a little bit more maturing to do.
3. **He can make his own food.** Let's not get crazy, he doesn't need to be Wolfgang Puck. Stock the pantry with foods that don't require use of the stove and the fridge with easy micro-wave-ready meals and snacks.
4. **Your emergency contact list is readily available.** Poison Control, 911, your cell phone number, a neighbor, a relative; these are some of the numbers that you should keep in plain sight for your child.
5. **He knows his vital stats.** Name, phone number, address – even some three-year-olds are capable of learning this important information. We also suggest that each family should have a designated "safe place" where they can plan to meet in case of an unlikely crisis

6. **She has been schooled in basic safety.** Show her where you keep the First Aid Kit and go over some basic safety measures. You'll feel safer, and she'll feel empowered.
7. **He knows (and respects!) the house rules.** Even when you're not watching!
8. **She tells you she's ready.** If your kid says she's ready to go it alone, she more than likely is. Start small. Make a trip to the grocery store and see how she does!

Being left alone and in charge is a HUGE responsibility. Being prepared will help you and your child feel more comfortable when they are home by themselves. We offer a workbook for you and your child to go over together and refer to when necessary.



*Have you ever tried to install a car seat into a vehicle?
Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.*



Bringing Home Baby

For new or expectant parents

Altru Health System, Rydell Cars and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into a vehicle.

Cost:
The cost of this class is \$5 per couple. To register call 701-780-1400. If this cost keeps you from attending, please contact Safe Kids for scholarship options.

2019 Class Dates

January

Saturday the 5th – 9am
Thursday the 10th – 6pm
Tuesday the 22nd – 6pm

February

Thursday the 14th – 6pm
Monday the 18th – 5pm
Tuesday the 26th – 6pm

March

Saturday the 9th – 9am
Thursday the 14th – 6pm
Tuesday the 26th – 6pm

April

Thursday the 11th – 6pm
Monday the 15th – 5pm
Tuesday the 23rd – 6pm

May

Saturday the 4th – 9am
Thursday the 9th – 6pm
Tuesday the 28th – 6pm

June

Thursday the 13th – 6pm
Monday the 17th – 5pm
Tuesday the 25th – 6pm

July

Thursday the 11th – 6pm
Saturday the 20th – 9am
Tuesday the 23rd – 6pm

August

Thursday the 8th – 6pm
Monday the 12th – 5pm
Tuesday the 27th – 6pm

September

Saturday the 7th – 9am
Tuesday the 12th – 6pm
Tuesday the 24th – 6pm

October

Thursday the 10th – 6pm
Monday the 14th – 5pm
Tuesday the 22nd – 6pm

November

Saturday the 9th – 9am
Thursday the 14th – 6pm
Tuesday the 26th – 6pm

December

Thursday the 12th – 6pm
Monday the 16th – 5pm

Locations:

9 a.m. and 6 p.m. Classes held at Rydell Auto Center - 2700 South Washington Street, Grand Forks, ND (use front entrance on Washington St.)

5 p.m. Classes held at Safe Kids Grand Forks Headquarters - 607 DeMers Ave., East Grand Forks, MN (Lower Level)

For additional car seat check-up events in Grand Forks, please visit Safe Kids Grand Forks on Facebook!



SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM

Rydellcars.com



April 27,
2019

10 a.m.
TO
1 p.m.

SAFE
K:DS
GRAND FORKS

Purpur
Arena

Grand
Forks

WE ARE COMBINING 3 GREAT EVENTS INTO 1 GIANT BASH!



From expectant parents to 10 year olds, caregivers to grandparents, there is truly something for everyone! Join us for this FREE event or upgrade to VIP for only \$10 for the whole family.

VIP tickets will get you early admission at 9:30 a.m., a swag bag filled with samples, coupons and a snack to keep you going strong. (VIP tickets are limited and only available through presale starting April 1.)

For more information or to register for VIP tickets visit safekidsgf.com or facebook.com/HandsOnLearningFair



Taylor Jane Photography

- Presented by -



Window Coverings— Go Cordless

Updated Voluntary Window Covering Safety Standard Takes Effect: Go Cordless

In December of 2018, the U.S. Consumer Product Safety Commission (CPSC) issued a new voluntary standard for window coverings sold in stores or online. In partnership and collaboration with the Window Covering Manufacturers Association, a recommendation was provided that all window coverings

should be cordless or free of accessible cords (8 inches or less). This recommendation took effect on December 15, 2018 and the hope is that as older window coverings are replaced with these newer cordless products that there will be a significant reduction in strangulations of young children.

Besides the changes in manufacturer's standards, here are some tips for window covering safety:

children live or visit. Until then, consumers with corded blinds should follow these safety tips:

- Move all cribs, beds, furniture and toys away from windows and window cords.
- Make tasseled pull cords as short as possible.
- Keep all window cords well out of the reach of children. Eliminate any dangling cords.
- Permanently anchor continuous-looped bead chains and cords to the floor or wall.



Window Covering Safety

For consumers who still have corded blinds, CPSC urges them to replace their corded blinds with cordless, particularly in homes where

For more information, check out CPSC's Window Covering Safety Education Center at (<https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Window-Covering>).

Interested In Becoming A Car Seat Technician and/or Helping Safe Kids Grand Forks in our Child Passenger Safety Efforts?

To make our events a success, we need well trained and eager volunteers to assist at our car seat check-up events. There are no pre-requisites for who can become a car seat tech so if you have the passion to work with parents and children, we would love to have your join our group!

Safe Kids Grand Forks will host a 4-day child passenger safety technician training

June 24-27

Cost: \$125 for 2 years of certification

To register, visit cert.safekids.org

Class size is limited to 15 attendees so don't delay. If you want to learn more or attend an event to see what we do, please contact Jasmine Wangen at Safe Kids at jwangen@altru.org or 701.780.1660.



Kids' Bike Maintenance 101

Kids' bikes can be expensive, but with the right care they can last for years – even long enough to pass down from sibling to sibling. All it takes is some simple and regular maintenance.



Basic bike maintenance is an easy, hands-on activity you and your child can do together. Older kids will feel more independent and responsible for their bike, while little ones will love the chance to learn and tinker away. Not only will regular maintenance keep your child's bike running smoothly, it will also make it safer and easier to ride.



Before each ride

- **Brakes:** Give both brakes a good squeeze to make sure they're working properly. Check the brake pads to make sure they clear the wheel rim and are not too worn.
- **Tires:** Fully inflated tires make it easier to ride, so check the tire pressure and add air if the tires feel too soft. You'll find the correct pressure written on the side of the tire.
- **Quick releases:** A quick release is a lever or mechanism that allows you to take your bike wheels off quickly and easily. If your child's bike has these, make sure they're secured tightly.
- **Bolts:** Have a quick check for any loose bolts or parts on the bike.
- **Seat:** Check that it is tight and at the correct height for your child.
- **Reflectors:** If riding at night, check front and back reflectors are there and pointing to front or back. Not to the sky or ground.
- **Helmet:** While not a part of your bike, it is integral to the safety of your child. Check to make sure it is properly fitted and not damaged/cracked.

After each ride



- After riding in the rain or through mud, give the bike a wipe down to stop any rust or rotting.

- After riding in sand, clean the axles to keep the wheels spinning easily.



A few extra tips

Believe it or not, riding your bike will help it last longer. Regular use stops the bike's moving parts from seizing up, so get riding!

- Store the bike correctly. Don't leave it outside in the rain or sun, or next to extreme heat, like radiators, wood fires or heaters.
- Teach your child to put their bike away properly. A bike left in the driveway can easily fall victim to a reversing car.
- If in doubt, take your child's bike to a bike repair shop. Faulty repairs can damage or reduce the safety of your child's bike.

Submitted by The Grand Forks Optimist Club Safety on Wheels Team



How To Get Your Child To Wear a Bicycle Helmet

Establish the helmet habit early

Have your children wear helmets as soon as they start to ride tricycles and if they are a passenger on the back of an adult's bike. If they learn to wear helmets whenever they ride tricycles and bikes, it becomes a habit for a lifetime. It's never too late, however, to get your children into helmets. Allow your child to participate in choosing their helmet. They'll be able to let you know if it is comfortable. And if they like the design, they are more likely to wear it.

Wear a helmet yourself

Children learn best by observing you. Whenever you ride your bike, put on your helmet. Plan bicycle outings during which all family members wear their helmets to further reinforce the message. The most important factor influencing children to wear helmets is riding with an adult who wears a helmet.

Talk to your children about why you want them to protect their heads

There are many things you can tell your children to convince them of the importance of helmet use. Bikes are vehicles, not toys. You love and value them and their intelligence and need

to protect them. They can permanently hurt their brains or even die of head injuries. Most professional athletes use helmets when participating in sports. Bicycle racers are now required to use them when racing in the United States and in the Olympics.

Reward your kids for wearing helmets

Praise them; give them special treats or privileges when they wear their helmets without having to be told to.

Don't let children ride their bikes unless they wear their helmets

Be consistent. If you allow your children to ride occasionally without their helmets, they won't believe that helmet use really is important. Tell your children they have to find another way to get where they are going if they don't want to use their helmets.

Encourage your children's friends to wear helmets

Peer pressure can be used in a positive way if several families in the neighborhood start making helmet use a regular habit at the same time.

How should a helmet fit?

A helmet should be worn squarely on top of the head, covering the top of the forehead.

If it is tipped back, it will not protect the forehead. The helmet fits well if it doesn't move around on the head or slide down over the wearer's eyes when pushed or pulled. The chin strap should be adjusted to fit snugly.

Remember: Head injuries can occur on sidewalks, on driveways, on bike paths, and in parks as well as on streets. You cannot predict when a fall from a bike will occur. It's important to wear a helmet on every ride.

Source: TIPP: The Injury Prevention Program



ALMOST *half* A MILLION KIDS

are treated in an emergency department each year for traumatic brain injury*, including concussion.

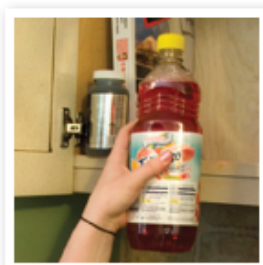
* alone or along with other injuries or conditions.

THAT'S MORE THAN 5,000
OF THE NATION'S LARGEST SCHOOL BUSES
FILLED TO CAPACITY.

Let's face it, sometimes kids get into things that they probably shouldn't. Here are a few tips to keep little explorers from finding their way into household items that could be dangerous. But just in case, we'll also show you what to do if your child accidentally ingests something harmful.

Keep Cleaners and Other Toxic Products Out of Reach

- Store all household products out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks. So any bleach, detergents, dishwasher liquid or cleaning solutions that are kept there should be moved to a new storage location.
- Install child safety locks on cabinets where you have stored poisonous items. It only takes a few minutes, and it gives you one less thing to worry about.
- Read product labels to find out what can be hazardous to kids. Dangerous household items include makeup, personal care products, plants, pesticides, lead, art supplies, alcohol and [carbon monoxide](#).
- Don't leave poisonous products unattended while in use. Many incidents happen when adults are distracted for a moment on the phone or at the door.
- Keep cleaning products in their original containers. Never put a potentially poisonous product in something other than its original container (such as a plastic soda bottle) where it could be mistaken for something else.
- Throw away old medicines and other potential poisons. Check your garage, basement and other storage areas for cleaning and work supplies you no longer need and can discard.



Check Your Purse for Potential Hazards

- Be aware of any medications or makeup that may be in your handbag. Store handbags out of the reach of young children.

Use Original, Child-Resistant Packaging

- Buy child-resistant packages when available.
- Keep products in their original packages to avoid confusion.



Half of the 2.4 million calls to Poison Control Centers in 2010 involved children ages 5 and under. In fact, 9 out of 10 poisonings occur at home.



Keep Medicines Up and Away

- Make sure that all medications, including vitamins, are stored out of reach and out of sight or children.
- Even if you are tempted to keep the medicine handy because you have to give another dose in a few hours, don't leave it on the counter between dosing. Always put medicines and vitamins away after every use.
- [Learn more medication safety tips.](#)



Check for Lead

- Check homes built before 1978 for lead-based paint. If lead hazards are identified, test your child for lead exposure and hire a professional to control and remove lead sources safely.
- Remove any peeling paint or chewable surfaces painted with lead-based paint.
- Regularly wash your child's toys and pacifiers to reduce the risk of your child coming into contact with lead or lead-contaminated dust.
- Check www.recalls.gov for more info on product recalls involving lead-based products. Follow the recommendations to eliminate any products such as toys or cookware that contain lead.

Have Poison Control on Speed Dial

- Program the toll-free number for the Poison Control Center (800-222-1222) into your home and cell phone and post it near your phone or on your refrigerator for the babysitter. Hopefully, you'll never need it, but it's nice to have just in case.
- Poison control centers offer fast, free, confidential help in English and Spanish. Most poisonings are resolved over the phone. The number works from anywhere in the United States 24 hours a day, seven days a week.
- If you suspect your child has been poisoned, call poison control. If your child has collapsed or is not breathing, call 911.
- Do not make the child vomit or give him anything unless directed by a professional.



Install a Carbon Monoxide Alarm and Identify Signs of Poisoning

- Install a carbon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances.



**text
poison
to 484848 or
download at
vcrd.co/poison/4222**

Save the Number, Save a Life!

Go to vcrd.co/poison/4222 or text **poison** to **484848** to download Poison Control's contact info directly to your smartphone. Be prepared! Download and save the phone number and the link to online guidance for a suspected poisoning. Do it now!

Playground Safety – a Kid’s Point of View

Taken from Dr. Neuman’s Newsletter that he publishes called Kids Travel Doc.



Hey Kids! Grownups need our help in keeping us kids happy, healthy and, especially, safe. True, nothing makes us happier (or safer) than staying home, lying on the floor and watching cartoons on TV. However, we kids are told that we need fresh air and exercise, like going to playgrounds to run around aimlessly and climb on strange-looking contraptions that send 200,000 of us to ERs every year. Where’s the logic?

Here’s some advice we kids need to give grownups about playgrounds.

1. Bear in mind why you take us to playgrounds. You’re there to keep an eye on us, not to schmooze with your friends on getting us into a popular kindergarten while we’re getting hit by someone on a swing trying to reach the sky. Better supervision of us could prevent about 40% of playground accidents.

2. Many home playgrounds are unsafe. The equipment is placed into any available space, with little thought to the surroundings — next to the driveway for the family car, for example. We kids love exploring,

like running around to where we can’t be seen, like a neighbor’ back yard or into an unlocked car. Often the play equipment in home playgrounds is old and was assembled from a do-it-yourself kit by someone who had never done it before and then the equipment is never checked again.



3. Take us to recently-built, public playgrounds. These are generally planned and equipped by experts who know about proper spacing between rungs on ladders, where to place hand rails and the size of openings we kids should and shouldn’t fit through. Modern playgrounds are fenced in with single exits, all areas in sight, and equipment spaced far apart. They have segregated area with different equipment for our various age groups: infants and toddlers (under 2), preschoolers (2- to 5-year-olds), and school-age kids (5 to 12-year-olds). Sure, we know that we are put into a corral but it lets us make believe that we are free-range kids for a while.



4. Falls are the most common cause of us getting hurt. We kids love to climb high. But sometimes, when we look down, we panic and let go. Never coax us into activities that scare us. Stay within arm’s reach when we climb – and be ready to catch us if we do fall.

5. Preventing falls on our heads is especially important. Most such falls occur from monkey bars, playground gyms and swings. Kids between 5 and 9 years of age are most frequently involved, boys more frequently than girls. If after such falls we act weird or can’t recall exactly what happened, it’s time for a ride to an ER.

6. Grownups, make sure that the playground has special groundcover around equipment to cushion our falls. Us kids learn the day we take our first step that falling is scary and hurts, especially falling on hard stuff like concrete. “Good” stuff to fall on includes wood chips, mulch and various rubber-like substances. Dirt and grass can feel like concrete in cold weather. Good ground cover is rarely found in home playgrounds.



Playground Safety-A Kid’s Point of View continued on page 21

Playground Safety – a Kid’s Point of View

Continued from page 20

7. And let us kids play only on equipment meant for our age. Seesaws, for example, are no-no’s for us toddlers and preschoolers. Such equipment requires coordination between two kids, something we can’t manage yet. And school-agers can get entangled in equipment meant for younger kids. Also, older kids, who think they’re smart alecks because they already go to school, can roughhouse or bully us younger kids, hurting us in the process. (Safety information for each type of equipment is available on the web.)

8. Dress us for safety, not to impress other grownups. Do we really care if we look like ragamuffins? Safety

means no hooded jackets, scarves or clothing with ties and loose cords; these can get caught in playground equipment. No sandals or flip-flops; they may cause tripping. Long hair should be tied back. Shoes should be on securely.



9. Trampolines and sandboxes are not well-suited for us kids. On trampolines, too often we land on our heads, collide with other kids or fall off. Sandboxes are rarely covered

when not in use and attract animals. And we know what animals do in sandboxes. Also, many of us real young kids are curious about what sand tastes like.

10. On family vacations, grownups, check the safety of playgrounds, pools, beaches, water slides, and such. (And, kids, no temper tantrums, if such checking delays us from having fun.) Non-professionally installed equipment is frequently found at small resorts and traveling carnivals. Be especially careful overseas. In many countries medical facilities to take care of us kids aren’t as good as they are back home.

More playground safety information can be found on pages 22 and 23

Never Leave Your Child Alone In a Car...



- 51 children died of heatstroke in 2018.
- Heat is much more dangerous to children than adults. When left in a hot vehicle, a young child’s body temperature may increase 3 – 5x’s faster than that of an adult. This can cause permanent injury and even death.
- In 10 minutes a car can reach deadly temperatures with a child locked inside.
- 50% = child was “forgotten” by a parent or caregiver
30% = child gained access to an unattended vehicle
17% = child was left intentionally
3% = undetermined





PLAYGROUND SAFETY:

AGE-APPROPRIATE EQUIPMENT

To help keep your child safe, use playground equipment designed to fit your child.

Child development experts and parents agree play is an essential part of childhood. Children learn through play and need opportunities to take risks, test their limits, and learn new skills. Playgrounds are important places for children to have fun, explore, and grow. Outdoor play areas can help children develop emotionally, socially, intellectually and physically.



Trauma Services

EMOTIONAL DEVELOPMENT

Well-designed play areas can help create positive emotional development for children. Appropriately designed play areas allow younger children to explore new ideas. Parents can help nurture positive emotional development by observing, supervising, facilitating, and complimenting.



SOCIAL DEVELOPMENT

Outdoor play areas may be one of the first social experiences for some children. Good play areas offer children opportunities to play alone or with other children. The playground should allow younger children to easily manipulate items, explore spaces, and begin to interact with others. Play areas for school-aged children should encourage social growth and cooperation.



INTELLECTUAL DEVELOPMENT

Playgrounds are a fun way for children to develop intellectually. Playgrounds offer opportunities to learn problem solving skills, to explore, and to manipulate items. Exploration areas include nature trails, large composite structures, and play houses. Manipulative equipment includes sand boxes, sand diggers, water-wheels, loose parts, and construction materials.





PHYSICAL DEVELOPMENT

Outdoor play areas can facilitate physical development. However, not all playground equipment is appropriate for all children.

Because children are developmentally different in size and ability, play equipment on public playgrounds is specifically designed for three stages of development:

- » Toddlers ages 6-24 months
- » Preschool ages 2-5 years
- » School-age ages 5-12 years

If you have to lift your child onto piece of playground equipment, it is a good sign that the equipment is not developmentally appropriate for your child. For example, steps or railings on a playground designed for school-age children maybe too far apart for a preschool age child. Play equipment for school-age kids is designed to match their coordination and strength but may cause a fall resulting in an injury if used by a younger child.

Although many injuries related to inappropriate design involve younger children playing on equipment designed for older children, the opposite can also lead to injury. Equipment that is too small is not developmentally challenging and older children will create hazards by misusing the equipment. Your child should play on equipment appropriate for their age.

Ideally, play areas for younger children should be separated from those meant for older kids with signs clearly designating each area to prevent confusion.

FOR CHILDREN
AGES
6-23
MONTHS

FOR CHILDREN
AGES
2-5
YEARS

FOR CHILDREN
AGES
5-12
YEARS



Children ages 6 months to 23 months (Toddlers) are learning to crawl, to walk and to climb. Playgrounds designed for toddlers offer equipment for a child to crawl through and ground level equipment they can climb over.

Children ages 2 to 5 years (Preschoolers)

are learning how to balance. Playground equipment designed for preschoolers helps to promote balance and provides children the ability to climb over things and manipulate objects. Play areas for preschoolers should offer areas with smaller steps and crawl spaces. Appropriate play areas for children ages 2 - 5 years could include: areas to crawl; low platforms with multiple access such as ramps and ladders; ramps with pieces attached for grasping; low tables for sand, water and manipulation of materials; tricycle paths with various textures; flexible spring rockers; sand areas with covers; and shorter slides, usually no taller than 4 feet. For preschool children no piece of equipment should be higher than 6 feet.

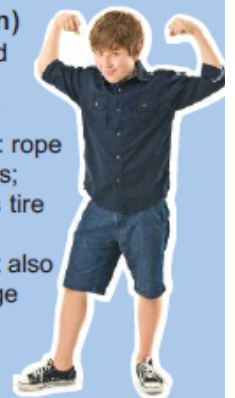
Equipment NOT Recommended for Children Ages 2 - 5

- » Chain or cable walks
- » Fulcrum seesaws
- » Log rolls
- » Track rides
- » Swinging gates
- » Free standing arch climbers
- » Free standing climbing events with flexible components
- » Overhead rings
- » Parallel bars
- » Spiral slides (more than one 360° turn)
- » Vertical sliding poles



5 to 12 year olds (school-age children)

are starting to become extremely active and developing new skills and really building muscles. Developmentally appropriate play areas for school-age children could include: rope or chain climbers on angles; climbing pieces; horizontal bars; cooperative pieces such as tire swings, slides and sliding poles; and open spaces to run and play ball. The equipment also needs to be at the right height for school-age children, no piece of equipment should be higher than 8 feet.



Life Jackets Save Lives

The National Drowning Prevention Alliance Encourages Boaters to Practice Safe Boating

Written By: Alan Korn, J.D. - Executive Director, Abbey's Hope



The National Drowning Prevention Alliance wants to get something off its chest and on to yours-- a personal flotation device otherwise known as a life jacket. If you are heading to a lake, river, ocean or other open body of water as the summer winds down, you'll be joining tens of thousands of other fun seekers to take advantage of these idyllic vacation spots. The enjoyment, however, is not without risk. Far too many boaters drown each year because they didn't know or ignored basic boating safety tips.

Each year, an average of 700 people die in boating-related accidents

nationally and nearly 80% of those victims were not wearing a life jacket.

"Many boating related fatalities are a result of people falling overboard or getting swamped in a small boat and eventually drowning. Those are precisely the type of accidents where a life jacket can make all the difference," says Dr. Adam Katchmarchi, Executive Director of the NDPA.

Life jackets are now more comfortable, convenient and lightweight than ever before. They come in a variety of sizes and styles to fit every person and recreational opportunity. There are even life jackets that can properly fit infants and very small children.

Before you hit the water this summer, the NDPA wants to remind parents and boaters:

- Boats must have a U.S. Coast Guard approved wearable (Type I, II, III, or V) life jacket on board

for each person.

- Children 12 years of age and younger must wear their life jackets while on the water or even when they are near water like on a dock, but it is highly recommended that ALL boaters wear an approved life jacket while on or near boats.
- Avoid overloading your boat with people or equipment. Check the capacity plate for the maximum weight or the maximum number of people the boat can safely carry.
- Take a boating safety course before you head out onto the water.
- Do not operate a boat or other watercraft while under the influence of drugs or alcohol.



HELP KEEP ATHLETES SAFE *from* CONCUSSIONS AND OTHER SERIOUS BRAIN INJURIES



Remind your athletes to tell coaching staff right away if they think they have a concussion or that a teammate has a concussion.



Make sure that athletes follow the rules for safety and the rules of the sport.



Encourage athletes to practice good sportsmanship at all times.



Keep the Heads Up Action Plan at all games and practices.

LEARN more AT:

www.cdc.gov/Concussion





APPLY
ONLINE

www.mayvillestate.edu/cdpapp

Early Head Start - ages 0-2 years
Head Start - ages 3-5 years
Child Care - ages 6 weeks-5 years



SAFE KIDS  **SUMMER**
2018 CAR SEAT CHECKS

- April 17 Crookston (Tri-Valley Head Start) 2:30-4pm
- April 25 Thief River Falls (Ralph Engelstad Arena) 4:30-6pm
- May 9 Grand Forks (Rydell Cars) 4-7pm
- May 13 East Grand Forks (Tri-Valley Head Start) 2-5pm
- May 23 Grand Forks (Fire Station #5) 1-3pm
- June 5 Warroad (WIC Office) Time TBD
- June 13 Grand Forks (Rydell Cars) 4-7pm
- June 24 Grand Forks (Fire Station #5) 9-11am
- July 10 Langdon (WIC Office) 9am-Noon
- July 10 Cavalier (Leevers) 2:30-5:30pm
- July 11 Grand Forks (Rydell Cars) 4-7pm
- July 15 Warren (WIC Office) 9:30-Noon
- July 23 Grafton (WIC Office) 1-4pm
- July 24 Grand Forks (Fire Station #5) 1-3pm
- July 25 Crookston (Brost Chevrolet) 4-5:30pm
- August 1 Grafton (Hanson's Auto Body) 4:30-6pm by appt only 701.352.5139
- August 6 Lakota (WIC Office) 1-3pm
- August 8 Grand Forks (Rydell Cars) 4-7pm
- August 13 McVille (WIC Office) 1-3pm
- August 15 Cooperstown (WIC Office) 9:30am-12:30pm
- August 26 Grand Forks (Fire Station #5) 9-11am
- September 18 Drayton (WIC Office) Time TBD
- September 18 Crystal (Location & Time TBD—by appointment only)
- September 21 Seat Check Saturday (AMC Theater, GF) Time TBD
- September 24 Roseau (Roseau Electric) 4-7pm

For more information on each event, visit safekidsgf.com
 or on Facebook search for Safe Kids Grand Forks



Change your Clocks, Change your Batteries

Submitted by Jessica Knutson, Safe Kids Grand Forks Coalition Member



Buying a new home can be a fun and exciting time. Recently we bought a fixer upper and channeled our inner Chip and Joanna Gaines to start our demo day. While I was walking through the house that day, I noticed there was no smoke detector in the kitchen, which I thought was strange, so I went to check the dining room and living room. Both of those rooms had no smoke detectors either. All three bedrooms, the bathroom and hallway were missing smoke detectors and I thought to myself, "How did someone live in this house and have no smoke detectors anywhere?" The basement was void of a carbon monoxide detector. I knew this was a problem that needed to be solved immediately, so I hopped in my car and drove to Menards. I proceeded to buy a smoke detector for each room and a combination smoke/carbon monoxide detector for the basement.

When I returned home, I had my dad install each smoke detector and the carbon monoxide detector throughout the new house. We recently moved into the house and we can now live and sleep in peace thanks to our new detectors.

Did you know that every time you change your clocks for daylight savings you should also check your smoke and carbon monoxide detector batteries? The saying 'change your clocks, change your batteries' makes it easy to remember and could help save someone's life. It is also important to test your smoke and carbon monoxide detectors monthly to make sure they are in proper working order. It is important to have a fire escape plan for your family with two separate ways out of the house and to practice this with your family often.



Working
SMOKE ALARMS
SAVE LIVES

Change Your Clock, Change Your Battery

