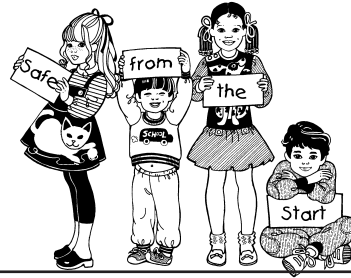


## Other Safety Concerns:

It's easy to let your guard down when on vacation. Here are other factors to consider:

- Familiarize you and your children with pool hazards (depth of pool, changes in depth, surfacing, etc.) **If a child is missing, always check the pool first!**
- If traveling to an open body of water, familiarize yourself with information on rip tides and other open water hazards.
- When at amusement parks, be sure to comply with age and height recommendations for all rides. Use your best judgment. If an operator or ride does not seem safe or your child is scared, do not ride it.
- When you are visiting large venues, develop a "family plan" if someone in your party gets separated from the group. Make sure your children know how to identify a "safe" adult.
- Familiarize yourself with the location of emergency rooms and urgent care centers, particularly if you have children with chronic health issues or severe allergies. Also, make sure you understand how to access the local '911' system.



For more information contact  
**Safe Kids Grand Forks**

c/o Altru Health System  
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or  
[www.safekids.org](http://www.safekids.org)



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Altru  
HEALTH SYSTEM

**SAFE  
K:DS**  
GRAND FORKS



## Traveling with Children

Warm beaches, time with grandparents, and new adventures can all be a part of family vacations. We work hard to save our time and money for such trips, planning weeks and months in advance. There is so much to think about! Do we remember to plan for our children's safety on such trips?

This brochure is designed to help you plan for safe family travels.

### Car/Booster Seats:

Before leaving home, familiarize yourself with the child passenger safety laws for where you are traveling. This information can be found at <http://www.safekids.org/statelaws>

However, regardless of the state laws, follow "best practice" for use of car/booster seats. For example, a state may require only children under four to use car seats. The "best practice" is for a child less than 4' 9" to be in a car or booster seat.

In general car seats with an internal harness system can be used on airplanes. Check the label for FAA approval. Children under age 2 are safer riding in a car seat than on your lap. Booster seats cannot be used on airplanes. They must be checked or stored in the overhead.

Other helpful hints:

- If you travel to the same location often, consider purchasing seats to leave there.

- You can sometimes rent car seats when renting a vehicle. Call ahead.

### Packing and planning for activities:

If you plan on riding horses, ATVs, bikes, scooters, etc. on your vacation, be sure to either pack your helmets and safety gear or ensure they are available in appropriate sizes at the designated location.

You may also want to pack life jackets. They are generally not available at beaches, hotels or resorts.

Also, consider packing "child-proofing" materials such as outlet plugs, blind cord wind-ups, cabinet locks and door knob covers.

Prepare an emergency kit for your car. Include a flashlight, first aid kit, jumper cables, blankets, water and non-perishable food.

### Medications:

Ensure you have packed all essential medications for you and your child. Leave medications in their designated bottles with child-proof caps. Do not use plastic bags to pack medication. Small children may mistake medication for snack foods.

Other helpful hints:

- Pack medication in carry-on luggage.
- Make sure children do not have access to carry-on bags with medications.
- Keep the number for poison control

centers handy (800-222-1222)

- Diabetes equipment and "epi" pens can be taken in carry-on bags.

### Upon Arrival:

When staying at a hotel or resort, familiarize yourself and your children with the fire escape plan. Know where the exits are located. Leave room keys by the bed.

If you are using a crib at a hotel or another home, check for the following:

- Does the crib meet CPSC guidelines? (Look for a label).
- Does the mattress fit snug against the crib slats?
- How old is the crib?
- Are there any broken pieces or sharp corners on the crib?
- Are the slats correctly spaced? If you can fit a soda can between the slats, they are too big.
- Is the sheet designed for the crib so it fits tightly over the mattress?

### House and room safety:

Remember, hotel rooms are not "child-proof". Also, the homes of family and friends may not be "child-proof". Of biggest concern:

- Medications, cleaning products, alcohol, etc. within reach of children.
- Electrical outlets and cords.
- Blind cords.
- Kitchen tools and cabinets.
- Doors to swimming areas.