



Fall 2020

## Covid, Campaigns & Back-to-School



While the news is abuzz with all things Covid and political campaigns, the folks at Safe Kids Grand Forks have their minds on back-to-school time and getting kids there safely. Thinking of the ways kids get to school, we offer these tips:

**Biking:** Lots of kids ride their bike to school, especially when the fall weather is nice and conditions are perfect. Here are a few bike safety tips:

⇒ Always wear a helmet. . . . Older kids and adults too. Wearing a helmet can reduce the chance of a head injury by as much as 85% and having a brain that is working well during school is important. If you need a helmet, we have them available at our office for a suggested donation of \$8 (bike) or \$12 (multi-sport). If you can't afford one, let us know and we will help.

⇒ Remind kids on bikes to cross at the street corners and to obey the rules of the road. If there is a STOP sign, they need to "act like a car" and stop. In recent years, we have

seen incidents of kids hitting vehicles when they forget to stop before crossing the street.

⇒ School rules in Grand Forks say that a bike must be walked on school property. There is lots to navigate with other kids around and walking your bike helps to make a safer environment for everyone.

**Walking:** Walking to school is a great way to decrease congestion in the area around the building and to get some great physical exercise. Here are some tips to keep our walkers safe:

⇒ Just because kids know the way to school does not mean they will make good pedestrian decisions when getting there. In fact, kids under 10 years of age may know the way to school but their brains don't have the cognitive ability to make decisions about crossing a street based on if there is on-coming traffic, how far away it is and how fast the vehicle is moving. They may think they have more time than they do and a poor decision that results in a car hitting a child means tragedy most times. Take some time and walk with your kids. . . . See if they know the way and can make sound pedestrian decisions before you let them venture off on their own.

⇒ Remind students to only cross at the street corners and to assure that the wheels on the car have stopped and the driver sees them before crossing.

⇒ Most of the risk areas that Safe Kids covers have seen a decrease in injuries and deaths over the years. One area that has not is pedestrian incidents involving youth ages 10–14. To keep youth this age safer, remind them put keep their HEADS UP—PHONES DOWN. Inattentive pedestrians are at risk of being injured and with a simple step of eliminating distractions, injuries can be prevented.

Tips continued on the next page. Please also read the back-to-school safety message offered on page 3 from the Associate Principal at Discovery Elementary School, Loren Hoheisel. His message will make you think about the role of each of us in keeping kids safe this school year.

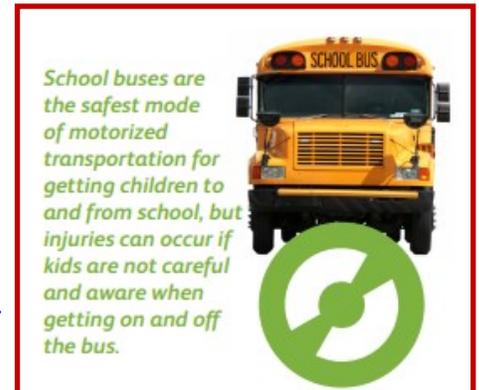
## Back to School (Page 1) Continued:

**By car:** Many kids get to school by car as their parents drop them off on their way to work. While the trip to school may only be a few blocks, it is still important that everyone in the vehicle is being safe on the way.

- ⇒ If you are carpooling with other families, remember that the driver is responsible for the safety of everyone in the vehicle. That means that all occupants need to have a proper seat belt, booster seat or car seat. There are booster seats now on the market that are inflatable, foldable and/or very small so they make keeping them with the child very easy. If you need help in picking out a booster or car seat that is convenient for switching between cars, please contact our Safe Kids Grand Forks office and we will help.
- ⇒ When kids are getting out of the car at school, remember they should do so on the grass/curb side of the vehicle. This keeps them from exiting into on-coming traffic. If you are using a drive through lane at the school, help the kids figure out where to best exit so they aren't getting out into on-coming and passing traffic.
- ⇒ As a reminder, it is ILLEGAL in Grand Forks to drop your child off in front of the school and have them cross the street at a non-crosswalk area. While it might mean they have to walk a half a block or so down to the street corner to cross, that is the safest and only legal way to do that.
- ⇒ While airbags prevent injuries and save lives for adults, they can be dangerous for kids. All kids 12 years of age and younger should be in the back seat. If your kids must ride in the front, please contact the Safe Kids Grand Forks office so we can provide tips on how to use that seat position a little safer.

**By bus:** What's more iconic about back-to-school than a big yellow school bus. . . . While this is longtime mode of transportation, we offer these tips so using a school bus remains a safe way to get to and from school.

- ⇒ Most injuries and deaths surrounding a school bus don't happen ON the bus but rather around it. Remind kids to stand back from the school bus stop at least 3 giant steps (about 6 feet). When getting off the bus, get away from it right away so you are not within a blind zone of the bus where the driver can't see you.
- ⇒ When on the bus, remain seated at all times until the bus comes to a complete stop. While many school buses do not have seat belts, the high padded seats will provide protection as long as the student is sitting down and facing forward on the bus seat.
- ⇒ For drivers, remember that it is ILLEGAL to go past a school bus from either direction when it is stopped, has its flashing lights on and the STOP arm out. They do this so that kids can cross in front of the bus, so keeping traffic stopped in both directions is important. If you pass while the bus is stopped, the driver will likely take down your license number and you will be issued a citation.



## For drivers in our communities:

When a car meets a kid, the car is going to "win" every time, despite who had the right-of-way. As kids head back to school, these reminders will help keep the environment safer for them.

- ⇒ SLOW down, especially in school zones and watch for kids that may not be watching for you.
- ⇒ Put away distractions like cell phones, pets or activities in the car such as eating or drinking.
- ⇒ If you can take an alternative route to work or the gym rather than going by a school, please do so. Less traffic in the neighborhoods around a school creates for less things the kids need to navigate around. Going a few extra blocks out of the way may actually get you to your destination quicker anyway.



## A “Normal” Day Turned Tragic: It Doesn’t Have to Be That Way

There you are, leisurely driving to work on a Monday morning in August as you observe one of the midwest’s gorgeous sunrises straight ahead. You’re admiring the beautiful colors that fill the neverending sky while listening to your favorite podcast as you prepare for the day. While looking at those incredible colors hugging the sky, your eyes become entranced on its artistry. Before you know it, you’re coming upon a pedestrian crosswalk. You take a quick glance to your left and right, and continue through the crosswalk watching the sunrise, thinking about the day ahead of you, and making to-do lists in your head. Being distracted by your daily life and surroundings, you failed to see a bike rider on his way to school. The sound of your screeching tires break the morning silence. You come to a stop. You catch another glimpse of that exquisite sky. But this time, your view is blocked by a swarm of people standing in front of your car attending to that child that was on his way to school. Attending to the child that you hit!

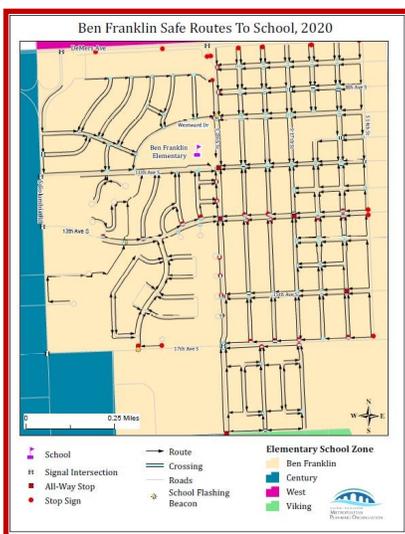


Of course, this is an extreme account of what could happen to anyone on their commute to work, however, we think that it would never happen to us. There are several things that we can do as drivers, parents, community members and advocates to make our roads safer for each other and the children in our neighborhoods. When students return to school this fall, they will have not been to their school buildings for over five and a half months. That’s at least 170 days since they saw some of their teachers and friends. Can you imagine their excitement? Can you imagine their eagerness? Can you imagine how distracted they will be? Our goals as drivers, parents, community members and advocates are to try to ensure the safety of everyone on the road and sidewalks. It is our duty to continue to educate our riders and walkers, continue to be vigilant on the roads, continue to model safety measures, and continue to share the road. I ask you, actually, I beg you, please ensure our neighborhoods are safe for walkers and bikers, practice safe driving behaviors, become an even more attentive driver and educate your children about lifelong safety skills.

Now, go back and imagine that magnificent sunrise. This time, imagine admiring the scenery with you and the pedestrians arriving to school and work safely because we all practiced safe driving, walking and riding habits. When we practice those safe behaviors, each of us get to appreciate another charming midwest sunrise.

Loren Hoheisel

Associate Principal, Discovery Elementary School, Grand Forks Public Schools—Loren is also a member of our Safe Kids Grand Forks Pedestrian & Wheeled Sports Safety Subcommittee. His school perspective is appreciated within that group as we plan for ways to keep kids safe while getting to and from school each year.



### Overcoming Barriers      Strengthening Connections



### Ensuring Opportunities      Planning One Community

“A community that provides a variety of complementary transportation choices, that are fiscally constrained, for people and goods.”

Each year, the Grand Forks—East Grand Forks MPO updates the Safe Routes To School maps that can be found at this link:

<https://theforksmpo.com/safe-routes-to-school-maps/> .

Each school has a map so check them out and find the safest route students should be taking to get to school.

**Thank you to our partners at the MPO for your work on these maps.**



# Safe Kids Stars: Our Vision Zero Award Winners



In our summer edition of this newsletter, we mentioned that three folks we had nominated were presented with the North Dakota Vision Zero Awards in various categories. The awards ceremony for those presentations was cancelled due to Covid but we were able to receive a photo of each of them with their award and a statement from them. We honor them and are proud of their contributions to our work.

## **Kallie Christenson: Child Passenger Safety Award Recipient**

**Here is what we had to say about Kallie in her nomination:** Kallie Christianson is a nurse with the Pembina County Public Health Department. She became a Certified Child Passenger Safety Technician (CCPST) in 2013 in an effort to help the children and parents of her county with their car seat and child passenger safety needs. Kallie has worked with the school system in her county in conducting child passenger safety education and with many entities in regional towns to set up car seat check-up events. She has great connections and knows just the right people to get the logistics figured out to make for a successful event.

In 2019, Kallie became a CCPST proxy so that she could further assist the other CCPST's in her region with keeping current with their certification. Kallie is approachable and kind. She works well with families and is very good at providing car seat assistance and education. She knows her resources and seeks them out appropriately when she needs assistance. Kallie has been a valuable member of our Safe Kids Grand Forks network of technicians that offer car seat check-up events throughout northeast ND. Not only does Kallie conduct events in her community but she has been known to travel to Grand Forks to assist at our monthly events and to keep current on her skills.

**Here is what Kallie had to say about her award:** "I have accepted this award with so much honor and pride for the great experiences that being a CCPST/Proxy has brought to me. I cannot thank Safe Kids Grand Forks enough for this nomination. It is wonderful to have some positivity in this world we are living in. I am grateful to put our region on the map for this!"

## **Harlan Brekke: Child Passenger Safety Award Recipient**

**Here is what we had to say about Harlan in his nomination:** In 2004, an EMT from Valley Ambulance in Grafton came to Grand Forks to take the 4-day tech training class. Harlan had worked for that agency for many years as a volunteer paramedic and also was on-staff at Altru Health System. Harlan is a person that cares deeply for his community and the children in it. At the time, Harlan was 68 years old and he had a long history of volunteering and working to keep the kids of his community safe. Fast forward to today and Harlan is 83 years and while he may not be as limber as he once was, Harlan continues to renew his CCPST certification and comes routinely to help us with our quarterly car seat check-up events in the Grafton community. He often times serves as the scribe and is always anxious to lend a helping hand when we need help with the installation and to provide education to the parents and caregivers. He is helpful-beyond-helpful and we love that he knows so many people in his community and encourages them to get their car seats checked. We have conducted car seat check-up events at the local Head Start, Migrant Head Start and the car dealership and Harlan is always willing to volunteer. He has also offered to man a child passenger safety education booth at a local church that was just starting out and working to appeal to families with young children.

Harlan has been a member of our Safe Kids Grand Forks car seat team since he became certified in 2004 and while most people would have let their certification lapse by this age in their life, Harlan is just as proud of his CCPST designation today as he was when he obtained it 15 years ago. I would bet he is North Dakota's oldest technician on record!!!

**Here is what Harlan had to say about his award:** It has been great seeing the happy parents and helping them to keep the little ones safe. It is so great working with everyone at Safe Kids Grand Forks.



Additional Vision Zero Awards Continued on Page 5.



## Safe Kids Stars: Our Vision Zero Award Winners (Continued)

### Matt Henson: Traffic Safety Media Award Recipient

Here is what we had to say about Matt in his nomination: As the Coordinator of Safe Kids Grand Forks, I have worked with Matt Henson while he has been a reporter and news anchor with WDAZ (out of Grand Forks) and WDAY (out of Fargo). Matt is always willing and receptive to do a news story that will make a difference in the lives of children. Over the years, we have done stories on pedestrian safety, child passenger safety, water safety, safe sleep, heatstroke and many other injury prevention related topics. This past fall, I approached Matt about a story that was sensitive in nature and one that I knew could have far-reaching impact. What became of this news story is something that I don't know if even I had imagined!!



In the spring of 2019, I was contacted by a couple from Bismarck that had lost their baby after a childcare provider left him sleeping in his car seat. The couple was parents to twins and the baby boy was the one that died. The autopsy ruled that the baby had died of positional asphyxia after being left to nap in his car seat. The parents reached out to me and wanted to "share their story so that a tragedy of this nature did not need to happen to anyone else".

I met with Rachel and Ryne Jungling and developed a relationship with them. In fact, I took them with me to our national Safe Kids Worldwide Conference in Washington, DC this summer. It was during this event that they realized they had a very powerful and impactful story to share. While we had written it up on a flyer for distribution and shared it on our social media pages, they were also willing to have it shared in the news media. I immediately contact Matt Henson as I knew he would tell it well and be sensitive with the Junglings as they shared this tough message. I was able to connect Rachel and Ryne with Matt and he traveled to Bismarck and spent a considerable amount of time with them to hear their tragic story and the safety messages they wanted to share. Matt also came and interviewed me to get the "technical part" of the story in our interview. During National SIDS month in October, WDAY shared the story Matt had produced about the dangers of leaving a baby to sleep in their car seat. While many people know about the need for a car seat to protect children in motor vehicles, many were unaware of the dangers of having them use that seat for a sleeping device outside of the car.

The story aired on WDAY TV and was a full 5 ½ minutes in length, a very long story for only a 30 minutes news segment. This spoke volumes to the story, the message and the well-done news story that Matt had produced. Not long after this story aired on the news and went out on the wire, the Junglings, Safe Kids Worldwide and I began getting requests from all over the country for additional news interviews. We spoke with reporters (both print and news) from New York to Los Angeles and many places in between. The story has gained national attention that we never imagined and their safety message has been shared many times. I did a post on our Safe Kids Grand Forks social medial page linking to this news story and we have had over 500,000 views and nearly 2000 shares of the post. This story has been printed and run on the news in many states around our country and it started because of the great reporting and production from Matt Henson. He not only treated the parents gently because of their loss but he made sure there was a technical aspect so people could learn more about this danger and how to prevent it from occurring. The story was interesting and compelling and I know it will go a long ways in educating others to this car seat danger.

Matt never passes up the opportunity to be a friend of Safe Kids Grand Forks and to share a safety message but this one was a "hit it out of the park" moment and we are forever grateful to him for his amazing work!!

### Here is what Matt had to say about his award:

"I would like to thank Carma and the rest of her staff at Safe Kids Grand Forks for this honor. I was very flattered. This award is not about me. The people really deserving of it are those who have had the strength and courage to share their stories, some of them heartbreaking. Those stories have saved lives! Safe Kids Grand Forks is a life-saving organization that has done a wonderful job of embedding itself in the community to get a wide range of safety messages out. Their mission and strategy should be as a worldwide model for Safe Kids. They are truly dedicated to making sure our kids are safe!"

# SAFE K:DS GRAND FORKS



UND THE UNIVERSITY OF  
NORTH DAKOTA

The Safe Kids Grand Forks adaptive aquatics classes offered each spring and fall at UND are being cancelled this fall due to the Covid pandemic. The UND campus is limiting the number of additional folks in their buildings and on the property so water safety courses are being affected by that decision.

Once we are able to get these scheduled, we will provide flyers in our Safe Kids newsletter, on our UPCOMING EVENTS section of our web page ([www.safekidsgf.com](http://www.safekidsgf.com)) and on Facebook. If you would like a personal notification, please send the following

to [safekids@altru.org](mailto:safekids@altru.org):

- ⇒ Child's name and age
- ⇒ Parent / caregiver's name
- ⇒ Phone number
- ⇒ Email

We will add you to our list and update you as classes get scheduled. Thanks for your understanding.

## THE Parent Pep Talk

ADVICE AND UNDERSTANDING FROM  
PARENTS, PROS AND KIDS



The Parent Pep Talk is a heartfelt and humorous podcast filled with advice and understanding from empathetic experts, honest parents, and teens who are willing to talk. It's for all parents looking for a little perspective, a few well-tested tips, and the feeling that you're probably doing a lot better than you think, even if it doesn't always feel like it. The Parent Pep Talk is brought to you by Safe Kids Worldwide and more information can be found at this link or by downloading Parent Pep Talk in your podcast app.

<http://www.parentpeptalk.org/>

SAFE  
K:DS  
WORLDWIDE™

**NO KEYS UNTIL YOU KNOW THE RULES**

- NO CELL PHONES WHILE DRIVING
- NO PASSENGERS
- NO SPEEDING
- NO ALCOHOL
- NO DROWSY DRIVING
- ALWAYS BUCKLE UP

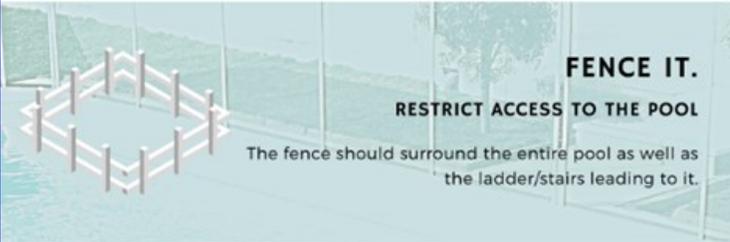
LEARN THE 6 RULES FOR THE ROAD

NHTSA RULES for the ROAD



# ABOVE GROUND POOLS

## SAFETY TIPS



### FENCE IT.

#### RESTRICT ACCESS TO THE POOL

The fence should surround the entire pool as well as the ladder/stairs leading to it.

### INSTALL AN ALARM.

#### KNOW IF SOMEONE IS IN THE POOL

Be made aware immediately if children, pets or just plain trespassers have gained access to your pool.



### INSTALL A LADDER.

#### ENSURES SAFE ENTRY AND EXIT

Keep them in when the pool is in use and immediately remove them when not in use.

### VISIBLE SAFETY SIGNS.

#### TO MAKE SURE ALL POOL USERS KNOW:

Depth of pool, diving is not allowed, no running when wet, no eating in the pool and any other rules you want users to follow.



### CONSTANT ACTIVE SUPERVISION.

#### ACCOMPANIED WITH OTHER LAYERS OF PROTECTION

If there is an accidental lapse in supervision, ensuring other layers are in place can be the difference between life and death.



ndpa.org

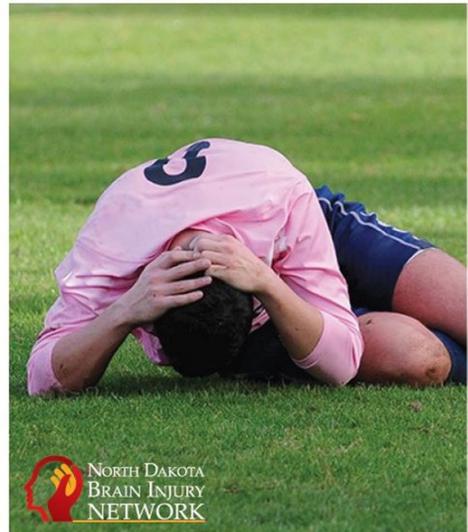
## North Dakota Brain Injury Network to Hold Virtual Concussion Training

NDBIN is hosting a Virtual Concussion Symposium set for September 18, 2020! A formal agenda will be sent out once it is finalized.

### Carly Endres, MS, CBIS

Outreach Coordinator, North Dakota Brain Injury Network  
Center for Rural Health—University of North Dakota  
School of Medicine & Health Sciences  
[carly.endres@und.edu](mailto:carly.endres@und.edu)  
Direct 701-777-8004 | Toll-free 855-866-1884

Sign up to receive updates from NDBIN at [www.ndbin.org/subscribe](http://www.ndbin.org/subscribe)



## Save the Date!

## Virtual Concussion SYMPOSIUM

September 18, 2020

8:00 am – 4:00 pm

*No cost to attend*

Registration: [und.qualtrics.com/jfe/form/SV\\_bfupdHZW0t6RthX](https://und.qualtrics.com/jfe/form/SV_bfupdHZW0t6RthX)  
For more information: [ndbin.org](http://ndbin.org)

## Head Up, Phone Down When Headed Back to School

Summertime offers a reprieve from school-year activities, but once fall rolls around again life becomes much more hectic. Parents and kids have a lot of new distractions to deal with: carpools, early schedules, after-school activities, bus traffic and more. As your children march out the door on that first day of school – and every day – there is really only one priority: Making sure they get home safe.

### Teens at Greater Risk

Back in 1995, children ages 5 to 9 were more at risk than any other age group under 19 for being struck by a vehicle while walking. Today, there has been a noticeable demographic shift. It is now much more likely a teenager will be hit by a car than his younger counterpart.

According to Injury Facts, of the 374 pedestrians ages 5 to 19 who died after being hit by a motor vehicle in 2017, 241 of those, or 64%, were 15 to 19 years old.

Over all age groups, since 2009, pedestrian fatalities have trended up sharply, totaling 5,977 traffic-related deaths in 2017.

### Cell Phones: A Deadly Distraction

The National Safety Council is focused on efforts to eliminate distracted walking – specifically walking while using a mobile device. Kids often don't recognize the dangers of distracted walking.

Before your children head out, remind them of these year-round safety tips:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk
- Never cross the street while using an electronic device
- Do not walk with headphones in your ears
- Be aware of your surroundings
- Always walk on the sidewalk if one is available; if you must walk on the street, face oncoming traffic
- Look left, right, then left again before crossing the street
- Cross only at crosswalks



### Kids Aren't the Only Ones Distracted

Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. One call or text can change everything.

A study conducted by the Centers for Disease Control and prevention reveals that the most common form of travel to school for students age 5 to 14 is the family car. That translates into a lot of cars in school zones at the same time. Eliminating all distractions is key to keeping children safe.

This information has been provided by the National Safety Council.



# Staying Hydrated to Stay in the Game

Hydration is important! Here are some tips to stay hydrated during your sporting activities!

- Bring a water bottle to practice and games
- Drink fluids before, during and after play
- Have mandatory fluid breaks during practice and games



## Did you know?

For every 20 minutes of play, a young athlete should drink 10 gulps of water.

How much does 1 gulp equal?

1 gulp = 1/2 oz. of fluids

A teenager should drink 20 gulps before, during and after play (every 15-20 minutes during play).

It is so important for you to talk to your athletes about the importance of drinking fluids and the seriousness of dehydration.

## Did you know?

The Centers For Disease Control & Prevention reports that more than 300 people die each year from heat related illness.

## How can you tell if you're dehydrated?

- Thirsty
- Dizzy
- Irritable
- Cramps
- Headache
- Weak
- Dry mouth
- Tired
- Feel like you are going to throw up

## What should you do if you feel this way?

- Tell your coach or trainer
- Drink lots of fluids
- Take a timeout

The logo for SAFE KIDS GRAND FORKS features a central text 'SAFE KIDS GRAND FORKS' flanked by two large water drop shapes. The left drop contains icons of a hand holding a water bottle and a basketball. The right drop contains icons of a soccer ball and a football. Below the logo, the text reads 'reminds athletes to STAY HYDRATED to stay in the game.'

reminds athletes to  
**STAY HYDRATED**  
to stay in the game.

Drink 20 gulps from your water bottle every 20 minutes, including before and after the game.

An advertisement for the Chicco Fit4 4-in-1 Convertible Car Seat. It features four panels showing the car seat in different stages: Stage One (Infant, Rear-Facing, 4 to 16 lbs), Stage Two (Toddler, Rear-Facing, 12 to 40 lbs), Stage Three (Preschooler, Forward-Facing, 25 to 65 lbs), and Stage Four (Big Kid Booster, 40 to 100 lbs). The Chicco logo and 'fit4 4-in-1 Convertible Car Seat' are at the bottom left. Text on the right describes the car seat's features and provides the retail price of \$349.99.

**STAGE ONE**  
INFANT  
Rear-Facing  
4 to 16 lbs

**STAGE TWO**  
TODDLER  
Rear-Facing  
12 to 40 lbs

**STAGE THREE**  
PRESCHOOLER  
Forward-Facing  
25 to 65 lbs

**STAGE FOUR**  
BIG KID  
Booster  
40 to 100 lbs

**Featured Car Seat: Chicco Fit4**

**Day One to Year Ten**  
The Chicco Fit4™ 4-In-1 Convertible Car Seat, designed to deliver child fit and comfort at each stage, makes it easy to correctly secure your child from birth through big kid booster. Easy-to-use installation and safety features unique to Chicco combine with an innovative 4-Stage FitKit™ System, for peace of mind as your baby grows to age ten.

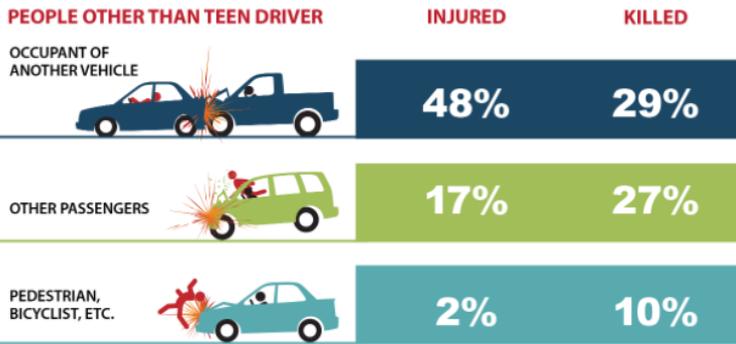
**One Car Seat – 4 Stages to Grow**  
The 4-Stage FitKit™ System provides optimal fit and comfort through multi-staged construction and easy-to-remove layers, providing more room to grow through each unique stage. Combined with a 10-position easy-adjust headrest and 9 recline positions, your child will be riding in comfort as they grow, correctly secured in each stage.

Retail Price \$349.99

**Page 9**

# EVERYONE'S AT RISK | NEARLY 2/3 OF PEOPLE INJURED OR KILLED

in a teen driver crash are people *other than the driver*.



 For more information on how to keep teens safe, visit [TeenDriving.AAA.com](http://TeenDriving.AAA.com)

## Free AAA Teen Membership

AAA has been an advocate of safe driving for more than 100 years. They care about new drivers who may be particularly vulnerable to challenges on the road. That's why they offer a free AAA membership to teenagers once they've obtained their learner's permit. Plus, their website offers tips, tools and resources that can help teens navigate the road ahead.  
[www.teendriving.aaa.com](http://www.teendriving.aaa.com)

## Halloween!

What's spookier than ghosts and goblins on Halloween? Check out these scary facts:

### DID YOU KNOW?!?!

- 12% of children 5 years of age or younger are permitted to trick or treat alone!
- Kids are more than TWICE as likely to be hit and killed on Halloween than on any other day of the year.
- ONLY 18% of parents use reflective tape on their children's Halloween costume!

### How to Keep Your Children Safe on Halloween:

- Give your trick-or-treaters a glow stick or flashlight to carry or attach reflective hangtags or tape so they are visible.
- Watch for cars backing up or turning and teach your children to never run out on the street or cross between cars.
- Have children get out of the vehicle on the grass or sidewalk side so they are not exiting into traffic.
- Even if you are only traveling a short distance in the car, remember to have everyone buckled up in a proper car/booster seat or seatbelt as appropriate.
- Children under 12 should trick or treat with an adult.
- Older children should trick or treat in groups.
- Use face paint instead of masks so vision is not obstructed.

If you would like a mylar (metallic) reflective trick-or-treat bag for your Halloween fun, contact our office at [safekids@altru.org](mailto:safekids@altru.org). We encourage these to be used for kids out and about in the community, not for events held within facilities where there are no cars to navigate around.





## HALLOWEEN SAFETY TIPS



**DRIVERS!** Watch for children walking on streets, medians and curbs. Excited kids, often in dark costumes, may cross between parked cars.





**PARENTS**

**ADD REFLECTIVE TAPE** to costumes and treat buckets and bags to increase visibility of your trick-or-treaters.



Have children try on costumes and shoes in advance to check fit. Check that wigs or other accessories

**DO NOT OBSTRUCT THE CHILD'S VIEW.**



# October 4—10, 2020 is National Fire Prevention Week: Is Your Family Fire Safe?

“Serve Up Fire Safety in the Kitchen!”™



The National Fire Protection Association® (NFPA®) — the official sponsor of Fire Prevention Week for more than 90 years has announced that October 4—10, 2020 is National Fire Prevention Week and this year’s theme is: “Serve Up Fire Safety in the Kitchen!” The campaign works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44%) of reported home fires started in the kitchen. Two-thirds (66%) of home cooking fires start with the ignition of food or other cooking materials.

Safe Kids Grand Forks and our partnering regional fire departments want to share safety tips to keep you from having a cooking fire.

- Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.
- If you are simmering, baking, roasting or boiling food, check it regularly. Remain in the home while food is cooking and use a timer to remind you that you’re cooking.
- You have to be alert when cooking. You won’t be alert if you are sleepy, have taken medicine or drugs or consumed alcohol that makes you drowsy.



**Keep kids safe from burns and scalds. Have a kid-free zone of at least 3 feet (1 metre) around hot things in the kitchen. Learn how to keep your family safe at [fpw.org](http://fpw.org)!**

- Always keep an oven mitt and pan lid nearby when you’re cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner and leave the pan covered until it is completely cool.
- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

For more general information about Fire Prevention Week and cooking fire prevention, visit [www.fpw.org](http://www.fpw.org).



## Safe Kids Partner, Bill Vasicek, Recognized by the North Dakota Safety Council

Bill Vasicek has been a part of our Safe Kids Grand Forks injury prevention work for many years and we always knew "he was the best". Much of his work with Altru Health System's Trauma Services is spent on adult injury prevention work. Recently, Bill was awarded the Outstanding Instructor Award for teaching the 4 Hour Defensive Driving Course, Alive at 25 and the Attitudinal Dynamics of Driving courses in ND. This was presented to him by the North Dakota Safety Council and we could not be more proud of Bill for his work and dedication to injury prevention in so many arenas. Congratulations, Bill!!!





# SAFE AT HOME ALONE

Are you ready to stay home alone?

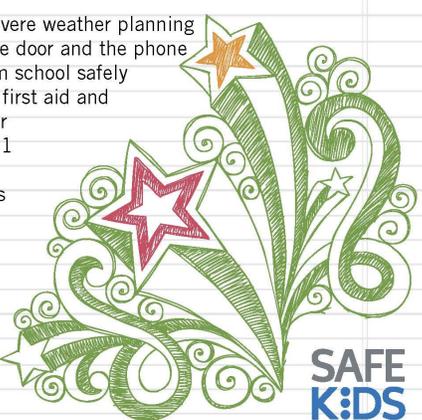
## 2 sessions available in 2020

*(Pick one to attend)*  
**November 7**  
Class Times: 9 a.m. - Noon or 1 - 4 p.m.  
**607 DeMers Ave., East Grand Forks**  
*(Location TBD based on social distance guidelines)*

Help your 8-12 year old prepare for independence with this class created by Safe Kids Grand Forks. Drop your child off and they will learn:

- » Fire escape and severe weather planning
- » When to answer the door and the phone
- » Getting to and from school safely
- » Medication safety, first aid and Heimlich maneuver
- » Reasons to call 911
- » Cooking safety
- » Setting house rules
- » And much more!

**Cost: \$20**  
Call 701.780.1489 to register.



Registration is required at least **3 days** prior to class date. Class size is limited.

Want more safety tips, announcements about upcoming events and links to great resources? Follow us on Facebook at:

<https://www.facebook.com/safekidsgf/>



The staff at Safe Kids Grand Forks are here to help with your safety needs but our office is not staffed regular clinic hours. We are often times out teaching classes or conducting community events. We don't want to miss you when you stop by so please call ahead to 701.780.1489 to schedule an appointment for all your safety needs. We look forward to serving you!!



## Altru Named Among Best Maternity Care Hospitals by Newsweek

If you're thinking about starting or expanding your family, you know that what matters most is the health of mother and baby. Choosing the right maternity hospital can be key to achieving that all-important outcome.

To help our readers make informed decisions about maternity care, *Newsweek* partnered with The Leapfrog Group, a national nonprofit organization that reports on the safety and quality performance of U.S. health care facilities. Our list of the Best Maternity Hospitals 2020 presents 231 entries in 36 states, categorized by region.

A panel of national experts advised Leapfrog on standards for excellence in maternity care, including achieving low rates of C-section, episiotomy and early elective deliveries, and following crucial protocols to protect mothers and babies. Though these are standards aligned with medical research and best practices, not all hospitals achieve them. The facilities cited by *Newsweek* as Best Maternity Hospitals 2020 are an elite group demonstrating excellence in maternity care.

We are thrilled that Altru Health System's maternity unit was recently on this list, the only one in North Dakota, South Dakota and Minnesota.

Here is a letter recently issued by Altru Health System's President, Dr. Steven Weiser. We are proud of our lead agency, Altru Health System for receiving this recognition.

It is with great pride that I share an important announcement with you. Altru has been named one of *Newsweek's* Best Maternity Hospitals of 2020. We are one of 231 hospitals across the country to earn this recognition, and the only hospital in North Dakota, Minnesota and South Dakota. This is a significant achievement and should be celebrated.

The recognition as a 'Best Maternity Hospital' is based on nine key quality metrics related to delivery. *Newsweek* has partnered with the Leapfrog Group, a national non-profit organization that reports on the safety and quality performance to determine those deemed the 'Best' in healthcare. A panel of national experts advised Leapfrog on standards for excellence in maternity care, including achieving low rates of C-section and early elective deliveries, and following protocols to ensure safe care for mother and baby. Being named 'Best Maternity Hospital' means that we are demonstrating excellence in care and a commitment to quality.

Please join me in congratulating our teammates who earned this recognition, of which there are many. The providers, the nursing team, environmental services and many others have a hand, each and every day, in ensuring that great care is given to our patients. We thank you for your dedication to delivering high-quality, safe care for our new mothers and their babies.

Steven J Weiser, MD

President

Altru Health System has served as the lead agency for Safe Kids Grand Forks since it was started in our community 28 years ago. We are proud of them for this recent recognition and applaud them for their hard work to achieve this status.



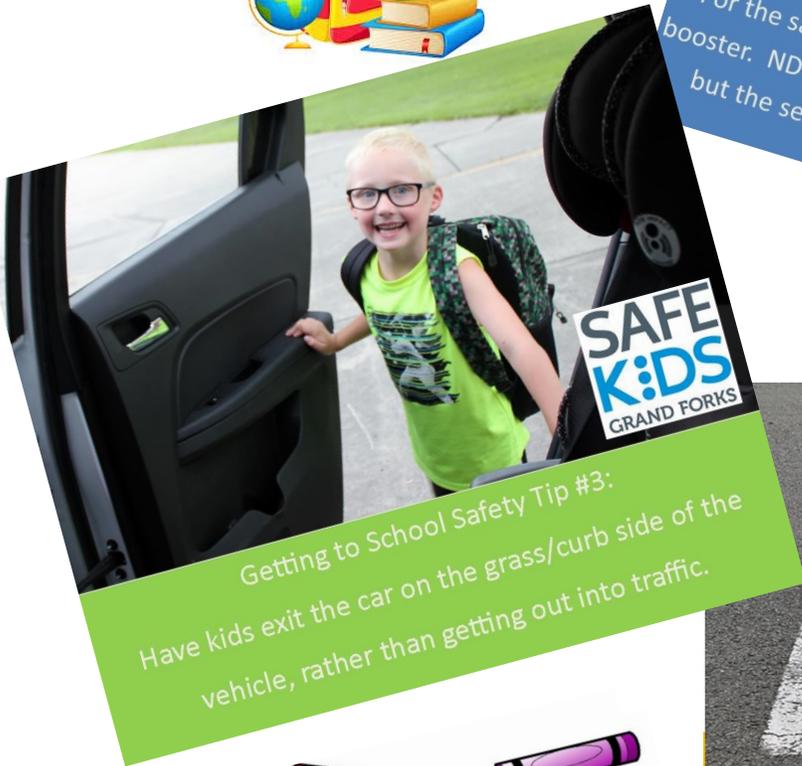


Getting to School Safety Tip #1:  
Kids age 12 and under need to buckle in the back seat.  
(This includes kids in grades K-5.)

Happy Back to School  
Time!! Have fun and  
be safe!!



Getting to School Safety Tip #2:  
For the safest ride, kids under 4'9" tall need to be in a  
booster. ND & MN law requires a booster seat until age 8,  
but the seat belt doesn't usually fit until age 10-12.



Getting to School Safety Tip #3:  
Have kids exit the car on the grass/curb side of the  
vehicle, rather than getting out into traffic.



Getting to School Safety Tip #4:  
Always use the crosswalks.  
It is illegal to have students cross at  
non-crosswalk locations at schools.



# Safe Kids Grand Forks Holds 4-Day Technician Training

In early August, Safe Kids Grand Forks held a 4-day certified child passenger safety technician training course designed to equip attendees with the skills and knowledge to assist clients with their car seat installation needs and education on best practices for buckling up children. We are proud to have 12 new technicians who completed the course and who are now serving their communities and clients. A huge thank you to our course instructors and congratulations to the following new CCPST's.



From August 10—13, 2020, Safe Kids Grand Forks hosted a 4-day training course for people in our community to become certified child passenger safety technicians. We trained 12 new technicians for our community/region/state and are so proud of their hard work. On the last day of the class, the new technicians hosted a car seat check up event and following that, we received this photo and note of gratitude.

This is being shared with permission from Axel's mom.

"Thank you for the thorough and informative car seat check-up event today. We are grateful to have the Safe Kids program in our community! Your resources and work are greatly appreciated."

Brooke, Cole, and Axel Goodwin



## Instructors:

- ⇒ Bill Vasicek—Altru Health System
- ⇒ Jasmine Wangen—Safe Kids Grand Forks / Altru Health System
- ⇒ Gennifer Baker—NDSU Police Department



## New CCPST's:

- ⇒ Samantha Beck—Cavalier County Sheriffs Office
- ⇒ Michael Brown—North Dakota Highway Patrol
- ⇒ Nevon Heisler—North Dakota Highway Patrol
- ⇒ Bridget Cardinal—Lifecare Pregnancy Center in TRF
- ⇒ Jaclyn Doyle—Lifecare Pregnancy Center in TRF
- ⇒ Lee Mewes—Grand Forks Sheriff's Office
- ⇒ Adam Vonasek—Grand Forks Sheriff's Office
- ⇒ Michelle Perreault—Grand Forks County Human Services
- ⇒ Elisabeth Storkson—Lutheran Social Services—Healthy Families
- ⇒ Becky Beneda—Healthy Families in Park River
- ⇒ Jaden Jangula—Eide Chrysler Bismarck
- ⇒ Dre Parks—Eide Chrysler Bismarck

A special thank you to the Grand Forks County Sheriff's Department for allowing us to use their facility on Gateway Drive for our training. We are grateful to them for offering this space for our use!!



## HANDS-FREE MINNESOTA

ONE YEAR HANDS-FREE, Minnesota drivers are not allowed to hold their phones while driving. Instead, drivers may access their cell phones **ONLY** by **voice command** or **single touch activation** (without holding the phone) to make calls, text, listen to music/podcasts, and get directions.

*Remember, hands free is not necessarily distraction free.*

Hand-held phone use is allowed to obtain emergency assistance, if there is an immediate threat to life and safety, or when in an authorized emergency vehicle while performing official duties.

## WHAT IS DISTRACTED DRIVING?

Any activity that diverts a person's attention away from the primary task of driving. ALL distractions endanger the driver, passengers, & bystanders. There are 4 forms of distraction:

THE EPIDEMIC OF **DISTRACTED DRIVING**

**TYPES OF DISTRACTIONS**



**VISUAL AUDITORY MANUAL COGNITIVE**

## ALWAYS BUCKLE UP

- The back seat is the safest place for children to ride.
- All children must be restrained properly for their size and age.
- Minnesota Law states that anyone under the age of 8 or under 4 feet 9 inches tall should be in a booster seat.
- Do not leave your children or pets alone in vehicles.



## TYPES OF DISTRACTIONS INCLUDE:

- Texting/Using a cell phone
- Eating /Drinking
- Talking to passengers
- Grooming
- Reading
- Using a navigation system
- Watching a DVD/ Video
- Adjusting the audio
- Listening to music with headphones



*Is this you or someone you know?*

## Sponsored by:

Polk County Toward Zero Deaths Coalition



## Back to School, School Bus Safety!

- \* Walk with your children to the bus stop.
- \* Make sure the children are 3 steps back from the curb.
- \* Let children know to board the bus one at a time.
- \* Teach children to wait for the bus to come to a complete stop before exiting.
- \* Never walk behind a bus.
- \* If your child needs to cross the street after exiting the bus, make sure they take 5 steps in front of the bus, make eye contact with the bus driver and cross when the driver signals it is okay and teach children to look left right and left again.
- \* Younger children should use handrails when getting on the bus as well as exiting the bus.
- \* Follow the speed limit signs in school zones.



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 | Fall 2020**

Are your young adults looking to babysit or take care of younger siblings? This class is a great way to prepare them for that responsibility. Class size is limited so don't delay in getting them signed up.

**Altru**  
HEALTH SYSTEM

**SAFE  
KIDS**  
GRAND FORKS

**October 10**

9:30 a.m.—2:30 p.m.

607 DeMers Ave, East Grand Forks (Altru Clinic, lower level)

Cost: \$50 (lunch included—please bring water bottle and snack)

**Registration is required at least 3 days prior to class date. Class size is limited.**

To register, please call 701.780.1400

# North Dakota Game & Fish Partners With Safe Kids Grand Forks to Establish Lifejacket Loaner Boards in the Northeast Region of the State



Modeled after a program that was started by Safe Kids Alaska and some of their partners, the North Dakota Game & Fish Department has a lifejacket loaner board program that they operate across the state. This spring, they partnered with Safe Kids Grand Forks to establish three new sites in the northeast part of the state. Recently, this site (pictured left) was put up at Stump Lake Park and soon, other ones will be up at Red Willow Resort and Larimore Dam and Campground.

While Safe Kids Grand Forks has had life jacket loaner programs in which people check life jackets out from facilities for up to two week (clinics, YMCA, etc.), these loaner boards are placed right by the water's edge at public boat ramps. The life jackets can be used for swimming, fishing, boating and other water recreation and are then returned at the end of that adventure for others to use. We are grateful to the North Dakota Game & Fish Department for providing the materials for this program and we also want to extend our gratitude to those we have worked with to establish these sites. They have provided the poles and concrete for the signage, will help to promote the program with those using their facilities and will monitor the status of the life jackets. Thank you to the following:

Stump Lake—Bruce Ellertson

Larimore Dam—Nat Henderson

Red Willow Resort—Randi Hanson

North Dakota Game & Fish— Brian Schaffer

Together, we hope that this program will help to keep those on, in and around the waters safe.



## Life Jacket Tips:

- The best life jacket is the one you WEAR.
- Always wear a life jacket when in a boat, on a dock or near water.
- Make sure your life jacket fits properly and the buckles are fastened.
- Never swim alone - adult supervision is a must!

### HOW TO PROPERLY FIT A LIFE JACKET



Fit to size    Fasten all straps    Lift to test



**Call 701-328-6300**

for more information about "Kids Don't Float".  
Please let us know if our life jackets saved your life.

NORTH Dakota | Game and Fish  
Be Legendary.



SAFE KIDS  
GRAND FORKS

RED WILLOW  
RESORT

# LIFE JACKET LOANER STATION



# Thanksgiving & Cooking Safety

Gobble! Gobble! Children love to help cook food during the holidays, but their safety in the kitchen is important ESPECIALLY at Thanksgiving time when there are many guests and activities happening all around.

What can you do to help your child stay safe while in the kitchen during these holidays?

- ◇ Stay in the kitchen while preparing food on the stove top so you can keep an eye on it.
- ◇ Keep children away from the stove by at least 3 feet.
- ◇ Make sure children are staying away from hot foods and liquids--these could cause serious burns.
- ◇ Keep knives out of reach of children.
- ◇ Make sure your smoke alarms are working. Test them by pushing the test button.
- ◇ Keep the floor clear so you do not trip over toys, shoes or bags.



## Get Creative!

Give the children some activities such as coloring, puzzles or books to help keep them out of the kitchen while you are cooking.

## Fall Back: Change Your Clocks, Change Your Batteries in Your Smoke Alarm

When fall comes and it is time to change your clock for daylight savings time, that is also a great time to change the batteries in your smoke/fire detector. While some newer models of alarms have long-life batteries, others need to be changed 1-2 times per year to assure they are working properly. While the new recommendation is that batteries only have to be changed once per year (or when chirping that they need to be changed), getting in the habit of installing fresh batteries is a good one when you change your clocks each spring and fall.

As mentioned, newer models of alarms have long-life batteries in them and instead of changing the batteries, you change the entire alarm. Please take time to see what model you have and how you need to maintain them. Also, assure that your alarm is free of dust.

Each month, you should be in the habit of checking the batteries to assure they work. Set a reminder on your phone and have the kids help with this chore. They can keep track of when it is done using the chart shown here. Safe Kids Grand Forks has these sheets available that were created by our injury prevention partners at the NFPA. We can send you one from our office or you can download them from our web page at <http://safekidsgf.com/Documents/6053-0160-Smoke-Alarm-Safety-Checklist.pdf>



## Announcing: Two Wonderful Opportunities of Support For Safe Kids Grand Forks and the Work That We Do

**Randy Fenley Agency**  
Get to know #1 auto insurer in ND



**Phone:** 701-772-5684 **Website:** randy@rfenley.com

**Address:** 2750 26th Street S, Suite A, Grand Forks, ND 58201



Stay Connected:     

### QUOTES FOR GOOD

The Randy Fenley State Farm Agency is proud to partner with Safe Kids Grand Forks in our mission to improve child safety. The Fenley agency will donate **\$10 for every auto quote** provided during 2020 when you mention "Quotes for Good". These dollars will be used for the many Safe Kids programs that improve the safety and well-being of our community and region.

Call Randy for your free quote today.

**Randy Fenley**

Owner



### United Way Launches Partnership with SKGF to Assist With Car Seats For Those In Need

The United Way of Grand Forks, East Grand Forks and Area and Safe Kids Grand Forks is excited to announce the launch of their new program Car Seats for Kids. Car Seats for Kids is a collaboration between the two agencies that will ensure children are kept safe when traveling in a vehicle. Thanks to a generous donation from United Way, Safe Kids is able to provide car seats to families in need at little to no cost. To apply for a car seat, please contact Safe Kids at 701.780.1489. Together, we are fueling opportunities to thrive!

We are so grateful for businesses and agencies that step up and offer their support of our work to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. If you would like to learn about more ways in which you can be a part of our efforts, please reach out to Carma Hanson, Coordinator—Safe Kids Grand Forks at 701.739.1591 or simply go to our web page and see some of the areas of work in which we are involved. We are always looking for volunteers, expertise in our injury risk areas, donation of in-kind services or financial support to carry out our work. Together, we can help keep the kids of our community region safe from their number one cause of death—preventable injuries. To donate or get involved, contact our office at 701.780.1489 or email us at safekids@altru.org.

We appreciate your support!



# Gun Safety Tips

Everything you need to know about keeping kids safe around guns.

We need to take extra precautions when kids are in an environment where guns are present.

## Store Guns and Ammunition Safely

- » Store guns in a locked location, unloaded, out of the reach and sight of children.
- » Store ammunition in a separate locked location, out of the reach and sight of children.
- » Keep the keys and combinations hidden.
- » When a gun is not in its lock box, keep it in your line of sight.
- » Make sure all guns are equipped with effective, child-resistant gun locks.
- » If a visitor has a gun in a backpack, briefcase, handbag or an unlocked car, provide them with a locked place to hold it while they are in your home.
- » Leaving guns on a nightstand, table or other place where a child can gain access may lead to injuries and fatalities.

## Talk to Your Kids and Their Caregivers

- » Explain how a gun your kids might see on television or a video game is different from a gun in real life.
- » Teach kids never to touch a gun and to immediately tell an adult if they see one.
- » Talk to grandparents and the parents of friends your children visit about safe gun storage practices.

## Dispose of Guns You Don't Need

- » If you decide that you no longer need to have a gun in your home, dispose of it in a safe way. Consult with law enforcement in your community on how to do so.



*Free gun locks are available at Safe Kids Grand Forks and the Grand Forks County Sheriff's Department. We thank them for their generous support of this distribution program.*



*It is estimated that about one third of households with children ages 17 and under have a gun in the home.*



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



6053-0288 JAN 20



# Hunter Safety in the Region

## Firearms Safety Certification for Youth in Minnesota:

### Requirements

- » Youth ages 11 and older can attend a firearms safety certification course and receive their certificate. The Firearms Safety Certificate becomes valid at age 12.
- » DNR Firearms Certification is required of anyone born after December 31, 1979 to purchase a hunting license in Minnesota.

### When and where are firearms safety classes offered?

Classes are added to the DNR website as the information becomes available. Check back often.

- » Spring classes - February - June
- » Fall classes - July – October

<http://www.dnr.state.mn.us>



## Hunter Education Requirements for North Dakota

**By law, who must take a certified hunter education course prior to obtaining a firearm or bow hunting license?**

- » Persons born after 1961

### Exceptions

There are exceptions to the law. Check with the North Dakota Game and Fish Department for these exceptions.

## Hunter Education Courses: North Dakota

There are two types of hunter education courses offered by the North Dakota Game and Fish Department:

- » Traditional Hunter Education: 14-hour course taught entirely in the classroom.
- » Home Study: 14-hour course time split between classroom and online study (there is a fee to take this course online).

Courses focus on safety, ethics, laws and regulations, landowner relations, wildlife identification and conservation.

### Scheduled Classes:

Hunter education classes are taught by volunteers across the state and are held primarily during the spring and early summer months. In some areas a few classes may be available during the late summer and fall depending on volunteer instructor availability.

<https://gf.nd.gov/education/hunter>

If you need FREE gun locks, please contact our office. We have them to distribute thanks to our partnership with the Grand Forks Sheriff's Department.



Safe Kids Grand Forks Presents:

## Parent & Foster Parent Safety Sessions

Join us via Zoom calls as we discuss topics to help keep your kids and family safe from preventable injuries. These sessions qualify as continuing education hours for N.D. foster families in need of them, but they are open to anyone wanting a little more information on these topics, including parents, grandparents, foster parents or other caregivers. The sessions are free but registration at the link below is required. (Once registered, the Zoom link and password will be sent to participants via email. Please register at least one day in advance of each session so we can plan accordingly for sending sessions handouts and password).



**Saturday – September 12 | 9 -10 a.m. – Safe Sleep**

**Thursday – September 24 | 6:30 – 7:30 p.m. – Child Passenger and Keeping Kids Safe In Motor Vehicles**

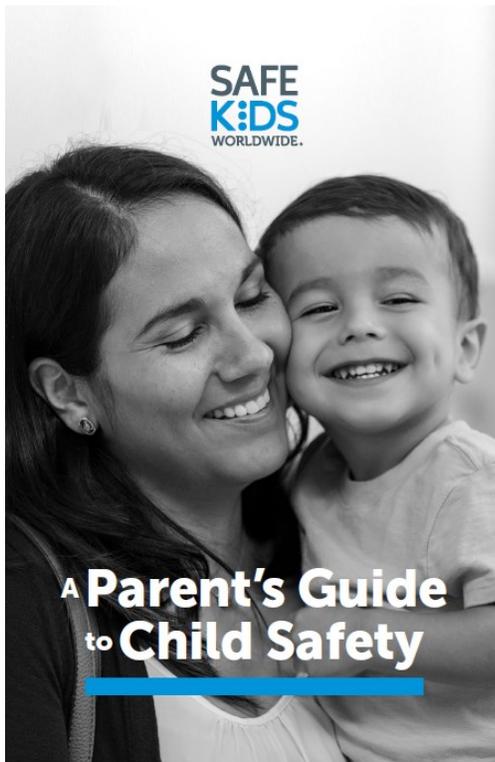
**Tuesday – October 13 | 7 – 8 p.m. – Medication Safety in the Home Environment**

**To register visit:**

**<https://www.signupgenius.com/go/10C094EA5AB2FA3FA7-parent>**



1



**“Being a parent is the most important job you will ever have and it comes with the least amount of orientation.”**

**Carma Hanson—Coordinator, Safe Kids Grand Forks**

Our parent organization, Safe Kids Worldwide is always working hard to find ways to provide resources to parents and caregivers to help make keeping their kids safer a little bit easier. This summer, they launched a new tool called the “A Parent’s Guide to Child Safety”. This toolkit provides a room-by-room, risk area guide for ways to keep your children safe from a whole host of injury areas. In some ways, this serves as bit of an “orientation binder” for parenting. Check it out on their web page at <https://www.safekids.org/parents-guide-child-safety>



## It's A Medication Take Back Event Challenge

Altru Health System, Safe Kids Grand Forks and the Grand Forks Sheriff's Department are teaming up to host a Medication Take Back Event and a partner agency challenge has been issued. As part of this event, we are challenging Spectra Health, Edgewood Healthcare and Grand Forks WIC to a contest to see who can inspire the most amount of drop offs. Come by this event and donate your expired or unused medications. Let us know what agency you want them donated on behalf of and the one that collects the most amount of weight in their disposal bin on the day of the event will be declared our winner!! We can take pills, creams, ointments, liquids, patches and even pet meds and they can be over-the-counter or prescription. Items can be left in their original packaging with the labels on them as they will be incinerated.

**Date:** Tuesday, September 22, 2020

**Time:** 8 a.m. — 1 p.m.

**Location:** 1375 S. Columbia Road

(Hugo's parking lot across from Altru Health System)

Drive up and drop off your medications with a contactless system.

