

Safe Kids Grand Forks
Child Passenger Safety Special Edition
February 2014

Rear Facing Until Age One – Two!



foot is much easier to "fix" than neck and spinal cord injuries. Infants and toddlers have a disproportionately large head to body size ratio and also have fragile, flexible and poorly developed neck muscles.

Recommendations from NHTSA (National Highway Traffic Safety Administration) say to keep your child rear facing well past the old mark of one year of age. A few years ago they changed it to two years of age or until the upper weight or height limit of the car seat.

Toddlers are more than FIVE times safer riding rear facing because of the way the seat and harness cradles the child and the direction the seat is facing helps to move with your child and reduce the stress to the child's fragile neck and spinal cord.

As your toddler grows you may think they are cramped in the rear facing seat or you don't like that their shoes are touching the seat and getting it dirty. In a car crash a broken leg or

When a child is forward facing and a frontal collision occurs, the child's head is flung forward in the seat. This will cause an enormous amount of stress in the neck. A child's neck and spine are vulnerable because their spines are still soft and not yet solidified like an adult's.

Need more proof? Take the time to check out this 40 second video:

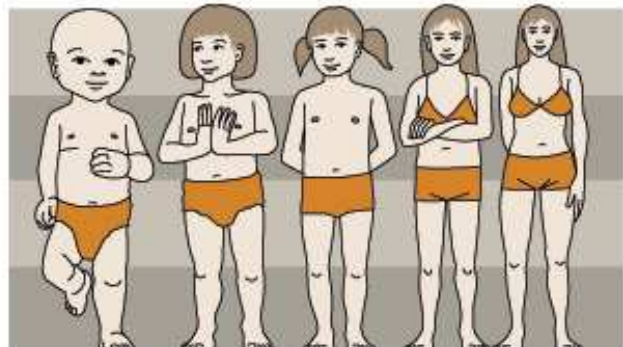
<http://www.youtube.com/watch?v=fKIeExpDLDA>

It shows a child around the size and weight of a 1 year old in a car crash. The side by side comparison is amazing! This shows a head on car crash, but even when hit from behind your child is still better off rear facing. The force of the crash will push them into the seat and they still have protection down their head, neck and

spine. Furthermore, a rear end crash is the LEAST common type of crash and the least dangerous. Frontal crashes are the most common and side impact are the most deadly.

Your child is always safer facing backwards so the head, neck and spine are supported by the seat. Did you know that in European countries they keep their children rear facing until 4 years of age?

Child Passenger Safety Month is celebrated in North Dakota in February. To celebrate that and bring you more information on this risk area, we offer you this CPS Special Edition Newsletter. We hope you find it packed with lots of tips on how to keep your family safe in and around motor vehicles. Remember, buckle up the ones you love!! Every trip—every time!!



Safe Kids Star



Thank you, John Friend (first on the left) for your dedication to our child passenger safety efforts. We LOVE having you on our team!!

Over two years, ago, Safe Kids Grand Forks partnered with Calvary Lutheran Church in their annual Mission Blitz Sunday. This event has congregation members going out into the community on a Sunday morning and “being the hands and feet of Christ”. Safe Kids offered to conduct a car seat check at a nearby Hugo’s location and we were fortunate that John Friend, a Calvary Lutheran Church member, signed up to be a volunteer for that event. John so enjoyed working with our team that he commented before it was over, “I enjoyed this. Do you do it often and do you ever need helpers?!?”

Did we have a deal for John!! We invited him to come to our monthly car seat check-up events at Rydells to see if helping there interested him. It has been a very rare occasion since then that John is not at our events, welcoming our clients, handing out clipboards, directing traffic, stuffing bags and serving as a GREAT volunteer. We are so grateful for his help and dedication to our efforts. For that, we name John Friend as our Safe Kids Star for this edition. Thank you, John!!



If you are from Minnesota and cannot afford a booster seat, Safe Kids Grand Forks may be able to assist!!



With the help of AAA, Safe Kids Grand Forks has booster seats for low-income residents of Minnesota who are in need of a seat of this style. The clients need to set up an appointment for training and assistance with installation of the seat. This can be done by calling the Safe Kids office at 701.780.1489. Appointment times vary so please call ahead for a time that will work into your schedule. Contact us today if we can assist. A HUGE thank you to AAA Minnesota for their donation of the seats to help out the people of this part of the state that we serve. Together, we are helping to keep the kids safe in motor vehicles!!



Orbit Baby Car Seat Base Recall

Dear Orbit Baby Customer,
As a result of a few customer calls, we have been made aware that in some cases the StrongArm knob on some **Car Seat Base G2** units may detach or spin without tightening the base, preventing the proper installation of the Car Seat Base G2 in accordance with the instruction manual.

Please always register your Orbit Baby products with us, with up-to-date contact information. Customers that have registered a product affected by this recall will receive a notice regarding this issue, as well as any safety updates or product notices in the future. Our registration list will not use your contact information for any other purposes.

If your Orbit Baby Car Seat Base G2 is affected by this recall, please keep the following in mind:

- You can repair your Car Seat Base G2 with a simple free StrongArm Repair Kit that we will mail to you; please register your product with Orbit Baby with your most current contact information so we can contact you.
- Keep in mind that all Orbit Baby car seats can be installed securely without a Car Seat Base G2, and that this recall does not affect any

Orbit Baby car seats.

Is my Car Seat Base G2 affected by this recall?

Your Orbit Baby Car Seat Base G2 is affected by this recall if it meets all of the following criteria:

- Product Name: Orbit Baby® Car Seat Base G2
- Model Number: ORB822000
- Manufacturing Date: Between March 20, 2013 and July 20, 2013
- Batch Number: any of A0840, A0860 or A088

You can find this information on the manufacturing label of your Car Seat Base G2, which is located on the back of the base upright. (see below)

What do I do if my Car Seat Base G2 is affected?

Register your product. If you have not done so already, register your Orbit Baby products. Our Customer Care Team will proactively contact you if you have a product that may possibly be affected by this voluntary recall.

Install the StrongArm Repair Kit. After receiving your registration and contact information, Orbit Baby will soon send you a StrongArm Repair Kit so that you can easily re-attach



your StrongArm knob to your Car Seat Base G2.

Continue using your Orbit Baby car seats. Keep in mind that you can continue to install your Orbit Baby car seat without your Car Seat Base G2 in the mean time if needed. Also, if your Car Seat Base G2 is already securely installed in accordance with the instruction manual and the StrongArm knob later detaches or just spins, your base will remain securely installed and can continue to be used with your car seat; this does NOT affect the performance of your securely installed Car Seat Base G2 in a crash.

We apologize for the inconvenience of this recall. At Orbit Baby, safety is a top priority, and we are fully committed to reaching out to our customers with any and all product updates. If you have any questions or concerns, please contact us. Thank you for your continued support of Orbit Baby.

Sincerely,

Orbit Baby Customer Care



**As a parent, you want your child to
grow up and realize their full potential.**

We just want them to grow up.

VEHICLE CRASHES are the #1 KILLER of drivers ages 14 to 24.

And the most dangerous year of a person's life is the first year they learn to drive.

**Help your child reach adulthood by
supporting **Alive at 25** in your community.**



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

Alive at 25 - Grand Forks Course Schedule

January 27 - February 24 - March 31

5pm - 9:30pm @ Altru Health System



**Reduce your child's risk of being in a crash -
enroll them in Alive at 25 today.**

Public Course Fee: \$50 Court/DOT Required: \$75

To learn more or register, log onto
www.ndsc.org and click the Traffic Safety logo.
For questions, call 701-223-6372.

A GIANT Thank You!



The Safe Kids Grand Forks staff and car seat technicians would like to thank our wonderful GM dealerships that allow us to hold our car seat check-up events at their locations. They are all so accommodating and keep us out of the rain and snow when we are out helping the community.

The next time you visit one of these fine dealerships, please stop to tell them **Thank You** for all they do for Safe Kids and helping to keep kids safe in their communities.



Following are the event flyers for the 2014 routine check-up events. We are super excited to have found a new GM dealership to partner with in Crookston so we can again offer events in that community.



Car Seat Check-Up Events

presented by:



in cooperation with
Brost Chevrolet

1600 University Ave, Crookston, MN

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

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4:30-6:00 p.m.

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



2014 Dates

January 23

April 24

July 17

October 16

For more information, contact Altru Clinic

**Crookston at
218.281.9100.**



Car Seat Check-Up Events

presented by:



in cooperation with
Hanson's Auto & Implement

110 5th Street West, Grafton, ND

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

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



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

Proud Program Sponsors



2014 Dates

February 6

April 3

June 5

August 7

October 2

December 4

For questions, call Donna at
Walsh County Health District,
701.352.5139.

Child Passenger Safety Made Simple

FOR NEW OR EXPECTANT PARENTS



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.

Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Child Passenger Safety Made Simple**. 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 already 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 your vehicle.

Cost:

Registration fee is included with the prenatal class registration fees of \$15.00. To register, please call 701.780.5179 or log on to altru.org. And, please remember to bring your car seat along if you have purchased it already!! (Fee waived if this is the only class being taken.)

2014 Class Dates

Rydell Auto Center - 2700 South Washington Street - Grand Forks, ND
(use front entrance on Washington St.)

2nd Thursday of each month 6 - 7:30 p.m.		4th Tuesday of each month 4:30 - 6 p.m.	
January 9	July 10	January 28	July 22
February 13	August 14	February 25	August 26
March 13	September 11	March 25	September 23
April 10	October 9	April 22	October 28
May 8	November 13	May 27	November 25
June 12	December 11	June 24	December 23



Car Seat Check-Up Events

presented by:



in cooperation with

Rydell Auto Center
2700 South Washington Street



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

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

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

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



2014 Dates

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

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

Buckle up Fido So He Does Not Become a Projectile

When you get in the car, you buckle up your little loved ones to keep them safe. You get in the front seat and buckle up to be safe as well. But, what do you do with your four legged loved one when he hops into the vehicle? In a car crash, not only can your dog get hurt, but your dog can hurt you as he has now become a

projectile object.

Even if you stop suddenly or turn a corner quickly, your dog can go flying across the seat. This can also be a danger if your pet hits the person driving or the steering wheel.

To help prevent these concerns, consider putting your pet in a vehicle safety harness. There are many options available to purchase, ranging in price from \$10 to \$55 and they come in many different styles and sizes. Most are built with the strength of car seat belts and secure around the dog's chest, not neck. Most allow for some movement on the seat so your dog is still comfortable.



News You Can Use

Featured Car Seat

In our upcoming newsletters, we are going to feature a new seat on the market. While we are not endorsing any particular brand or style of seat, we want to make our readers aware of some seats they may want to consider. Our featured seat for this edition is the Graco Highback TurboBooster Car Seat with Safety Surround. This seat does not have an

ternal harness, so Safe Kids does not recommend its use for anyone under 4 years of age or 40 pounds. (Keep your child in a harnessed seat until the upper weight or height limits have been met.)

The MSRP on the TurboBooster is \$79.99. Some of the features include:

- your growing child secure
- Open-loop belt guides help you correctly position your vehicle's seat belt
- Padded, height-adjustable armrests and hide-away cup holders



- Side impact protection grows with your child at each stage offering head and body protection
- In addition to meeting or exceeding U.S. safety standards this seat meets both Graco's side impact testing and Europe's draft side impact standard
- Helps safely transport your "big kid" from 30-100 lbs
- Easily converts to backless booster for years of use
- EPS, energy absorbing foam for effective impact energy management
- Fully-adjustable headrest keeps



When Is Your Child Ready To Ride Without a Booster Seat?



Unfortunately there is no one answer to cover this question. There are many different factors, including the kind of vehicle you drive and the law in your state.

met to safely move out of a booster seat:

- back rests against the back of the seat while sitting up right.
- knees bend comfortably at the edge of the seat.
- feet are flat on the vehicle floor
- shoulder strap crosses at the center of the chest and shoulder – NOT at the neck.
- the lap belt remains on the hips and does not ride up onto the stomach.

should ride in the back seat at all times.

To determine if your child is ready to ride without a booster and to find a certified child passenger safety technician in your area, visit Safe Kids Grand Forks at www.safekidsgf.com.

State law in ND requires a booster seat until 7 years old, MN state law is until 8 years of age. While these are the state laws to avoid a ticket, that doesn't mean this is the "best practice". There are 5 guidelines that MUST be

Generally, children do not fit properly in a seat until they are 4'9" and 8-12 years old and ALL children 12 years of age or under



Is Your Child Always Buckled Up?

Car crashes are a leading cause of death

to children in the U.S.



Of those children who died in crashes in 2011, **33% were not buckled up.**



221 children unrestrained

Who and Why? We asked 1,000 parents what risks they were willing to take while driving with their kids. The results were surprising.



1 in 4

parents say they have driven with their children unrestrained.

INCOME

1 in 3 affluent parents, with a household income of \$100,000 or higher, say it is acceptable to leave their child unrestrained if they are not driving a far distance, compared to 15 percent of parents making less than \$35,000.

However, 60 percent of crashes involving children occur 10 minutes or less from home.

“Not driving far.”



AGE

23% of younger parents (ages 18-29) said it would be acceptable to ride with a child unrestrained when traveling overnight compared to 13 percent of older parents (ages 30-49).

However, this is the time period when children are most likely to be injured in a crash.

“Traveling overnight.”

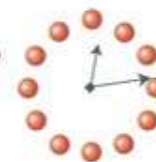


EDUCATION

Parents with graduate degrees are twice as likely to say it is acceptable to drive without buckling up their children, compared to parents with a high school education, particularly when they are in a rush (20 percent compared to 10 percent).

However, drivers in a rush may not be as careful as when they are fully attentive.

“In a rush.”



BUCKLE UP: Every Ride, Every Time

SAFE KIDS
WORLDWIDE

Proud Program Supporter

GM FOUNDATION

Car Seat Phone App

The American Academy of Pediatrics (AAP) has released a new smart-phone application to help parents ensure that their kids are buckled up as securely as possible on every trip.

Here's AAP's description of the app: HealthyChildren.org, the American Academy of Pediatrics' official website of parents, presents an easy-to-use "Find a Car Seat" checker to quickly learn what car seat is right for your child based on age, height and weight. The app includes installation instructional videos, audio clips and articles to help parents use their car seats safely. In addition, the app includes a full, sortable product guide, including prices and size limits.

Highlights for the app:

FIND A CAR SEAT:

- enter age, height and weight to determine the right seat type

- review car seats by weight limit, height limit, price and type
- drag icons into the "Favorites" row for quick access to the resources you use most often
- for children with special needs, access manufacturer contact information

- ping, recalls, etc.
- safety articles from www.healthychildren.org

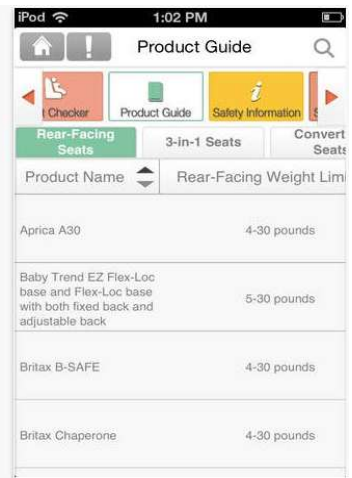
The app is available on the iTunes store at <https://itunes.apple.com/us/app/car-seat-check/id584790382?mt=8>

INSTALLATION ASSISTANCE:

- instructional installation videos
- installation safety articles
- find local Certified Child Passenger Safety Technicians

SAFETY INFORMATION:

- safety videos and audio clips
- connect to product recalls
- FAQ's of common questions on travel, shop-



Guidelines for Replacing Car Seats

Safe Kids recommends that car seats not be purchased at garage sales or thrift stores due to the unknown history of the seat. For more information please contact Safe Kids Grand Forks at safekids@altru.org or at www.safekidsgf.com

1

Seat History Unknown

If the history is unknown the car seat should not be used.

2

Car Seat Expired

Exposure to sunlight and extreme temperatures can damage the plastic and webbing in car seats. Car seats cannot be used longer than six years unless otherwise stated by the manufacturer. This information can be found on the seats' label.

3

Car Seats Involved in a Vehicle Crash

Visit www.nhtsa.gov to determine if your car seat needs to be replaced after a crash. Contact your insurance company for reimbursement information for a new car seat.

4

Missing or Broken Parts of Car Seat

If anything is missing or broken, contact the manufacturer to determine if the part is replaceable. If not, the car seat will need to be replaced.

5

Car Seats are Sometimes Recalled

To check for recalls or to obtain registration information visit www.nhtsa.gov. Submit your registration card to be notified of a recall.

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Altru
HEALTH SYSTEM
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Child Passenger Safety Recommendations

Information from your health care provider and Safe Kids Grand Forks

Keep your toddler in a rear-facing car seat until age 2



Research indicates that toddlers are more than five times safer riding in a rear-facing car seat until at least their second birthday. In a crash, they have better protection of their fragile head, neck and spine if rear-facing. Following are some safety tips for car seat use:

- All infants should ride rear-facing in either an infant carrier style or convertible car seat.
- If an infant carrier style car seat is used, the infant should be switched to a rear-facing convertible car seat once the maximum height (when the infant's head is within 1 inch of the top of the seat) or weight (usually 22-35 pounds) have been reached as suggested by the car seat manufacturer.
- Toddlers should remain rear-facing in a convertible car seat until they have reached the maximum height or weight recommended by the car seat (usually 30-40 pounds), or at least 2 years old.
- To see if your car seat is installed properly and to find a certified child passenger safety technician in your area, visit Safe Kids Grand Forks at safekidsgf.com.



Did You Know?
Did You Know?



Children seated in a booster seat in the back seat of the car are 45% less likely to be injured in a crash than children using a seat belt alone.

Child Passenger Safety Recommendations

Information from your health care provider and Safe Kids Grand Forks

Booster to Seat Belt



- A child is twice as safe using a booster seat than just a seat belt alone.
- It is important to remember that the "best" child safety seat is the one that properly fits the child, the vehicle, and is used correctly every time. Seat belts are designed for adults and don't usually fit kids until they are 4'9" tall and between 8-12 years old.



Are you ready to graduate from a booster seat to seat belt?

These 5 guidelines **MUST** be met to move out of a booster seat:

- Back rests against back of seat while sitting up right.
- Knees are bent comfortably at the edge of the seat.
- Feet are flat on the vehicle floor.
- Shoulder strap crosses at the center of the chest and shoulder – NOT at the neck.
- The lap belt remains on the hips and does not ride up onto the stomach.

State Laws:

- ND Law requires car or booster seat use until 7 years old
- MN Law requires car or booster seat use until 8 years old

Other Recommendations:

- Children are safest in the back seat. It is recommended all children 12 years of age or under ride in the back seat.
- To determine if your child is ready to ride without a booster and to find a certified child passenger safety technician in your area, visit Safe Kids Grand Forks at www.safekidsgf.com.

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North Dakota Department of Health Celebrates Child Passenger Safety Month in February

Child Passenger Safety Month will be observed in North Dakota during the month of February. North Dakota public health agencies, law enforcement officers and Safe Kids coalitions across the state will be reminding children and parents about the importance of using safety restraints on every trip. Representatives will be visiting schools, day cares and other locations to share their safety messages using “Buckle Up In The Back” materials developed by the North Dakota Department of Health and the North Dakota Department of Transportation. The materials contain educational activities that remind children of the importance of buckling up in the back seat when they ride in motor vehicles.

The Department of Health recommends adults follow these important steps when transporting elementary aged students:

- Children come in all sizes and need different forms of protection in a crash. When determining the best way to transport a child, follow the National Highway Traffic Safety Administration’s best practice recommendations (see below).
- When a child transitions from a car seat to a booster seat (minimum 40 pounds and 4 years of age), make it a special event and show them how to place the seat belt safely over their body. Explain that the seat belt is designed to go over their bones on their body because bones are the strongest points on their body.
- If your child uses a booster seat, make sure he or she uses it whenever they are in a vehicle, including with child care providers, field trips, grandparents, other parents, etc.
- Always make sure everyone is buckled up in your vehicle.
- Plan ahead – if you are car pooling, make sure every child has their own seat belt/booster. If you don’t have enough seat belts/boosters per child, add another vehicle. Don’t take the risk of transporting a child without a seat belt/booster.
- If someone else is transporting your child, don’t assume they will be transported correctly. Talk to them about how you want your child transported to make sure your child is safe.
- Never minimize buckling up a child due to the distance traveled. Most crashes occur close to home (because we take those short trips more often) and a crash occurring at 25 to 30 miles per hour can create a dangerous impact, especially for those unrestrained.
- Children younger than 13 should ride in the back seat. Most crashes are frontal crashes and children should not ride in front of an airbag.
- The N.D. child passenger safety law states that children younger than 7 need to ride in a child restraint and children ages 7 to 17 need to ride in a child restraint or seat belt. Be a good example and help children follow the law. Not buckling up a child is violating the law.

The Department of Health encourages parents and caregivers to follow child passenger safety best practices. A guideline for determining which restraint system is best suited to protect children is listed below:

- Children younger than 13 should ride in the back seat.
- Always follow the manufacturer’s instructions when using a car seat!
- **REAR-FACING**
Children should ride rear-facing until at least 2 years of age. Two types of car seats are available for rear-facing:
Infant Seats – Most of these seats can be used until 22-35 pounds. Use them until the highest weight limit or until the child’s head is within one inch of the top of the seat.
Convertible Seats – These seats can be used rear-facing and forward-facing. Most can be used rear-facing up to 30-40 pounds. Use them rear-facing until the highest weight or height limit allowed by the manufacturer.
- **FORWARD-FACING**
When children are at least 2 years of age or have outgrown the highest rear-facing limits of their car seat, they may ride forward-facing in a car seat with a harness. Use the seat until the child reaches the harness’s highest weight limit allowed by the manufacturer. Car seats with harnesses are designed for many sizes and can be used up to 40-100 pounds.
- **BOOSTERS**
When children have outgrown the harness in their forward-facing car seat, they may be moved to a booster. The child should be at least 40 pounds and at least 4 years of age. Keep the child in the booster until about 4’9” tall or the seat belt fits correctly over the child’s body. Boosters are designed for many sizes and can be used up to 100-120 pounds.
- **SEAT BELT**
Children should use a seat belt when it fits over their body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs. The shoulder belt should be centered and snug across the shoulder and chest. Seat belts should not lie on the stomach or across the neck.

Caregivers who need assistance should contact a certified child passenger safety technician for help. To find a certified technician near you, call the North Dakota Department of Health at 701.328.4536.

For more information about Child Passenger Safety Month, contact Dawn Mayer, North Dakota Department of Health, at 701.328.4536 or 800.472.2286, press 1.



**SAFE
K:DS**
GRAND FORKS

Safe Kids Grand Forks is grateful for the partnership that we have with the North Dakota Department of Health, specifically the Child Passenger Safety Program. They assist us with our car seat technician training courses, provide us with resources for many activities, including Child Passenger Safety Month and help set the strategic plan for car seat related initiatives in the state. To them, we are grateful and extend our appreciation!!

C.A.R.S (Child & Restraint Systems) Class 2014 Training Schedule

2014

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

Certificate will be provided at the completion of the class.

To register, call 701-780-1639

at least 2 weeks prior to the class.

January 11, 2014 (Saturday) 9 am—12:30 pm

February 18, 2014 (Tuesday) 6 pm—9:30 pm

March 15, 2014 (Saturday) 9 am—12:30 pm

April 15, 2014 (Tuesday) 6 pm—9:30 pm

May 13, 2014 (Tuesday) 6 pm—9:30 pm

June 5, 2014 (Thursday) 6 pm—9:30 pm

July 15, 2014 (Tuesday) 6 pm—9:30 pm

August 7, 2014 (Thursday) 6 pm—9:30 pm

September 13, 2014 (Saturday) 9 am—12:30 pm

October 7, 2014 (Tuesday) 6 pm—9:30 pm

November 8, 2014 (Saturday) 9 am—12:30 pm

December 4, 2014 (Thursday) 6 pm—9:30 pm

All classes are held at Altru Health System

Psychiatry Center - Grand Forks, ND

(860 S. Columbia Road)



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

Registration cost is \$30 per person. Registration forms can be obtained by calling 701-780-1639 or visiting our Safe Kids web site at www.safekidsgf.com (Click on Events/Classes).

**SAFE
K:IDS**
GRAND FORKS

Altru
HEALTH SYSTEM

2014

NEW
Training
Reduced
to 3 Days

Dates

March 4 - 6, 2014
Bismarck

May 20 - 22, 2014
West Fargo

June 9 - 11, 2014
Grand Forks

NATIONAL STANDARDIZED Child Passenger Safety Training

Course Information

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



Who Should Attend?

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

Course Content

This training will provide participants with the technical skills to:

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



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

Register

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

Certification Fee: The fee of \$85 is due 7 days prior to day one of class. Send fee with registration information to the Safe Kids address via online registration instructions.

Local Fee: The fee of \$30 should be sent to the North Dakota Department of Health address via online registration instructions. Make check payable to the North Dakota Public Health Association (NDPHA). Credit card payment is not available for local fee. Fees include a two-year certification, technician manual, car seat instructions CD and North Dakota child passenger safety resources.



Sponsored by
NORTH DAKOTA
DEPARTMENT of HEALTH

For more information

Dawn Mayer 701.328.4533 drmayer@nd.gov



Please see the article on the following page that was submitted by a person who was asked by her employer to take the above class and how she has used this training to assist patients/clients and her own child. If you are interested in learning more about the course and how it may be helpful in your place of employment or if you just want to help out in your community, please call us at SKGF.

As an employee in the Pediatric Clinic at Altru, I was approached by a co-worker who was a car seat technician to take the Child Passenger Safety Training course. I had never had a real strong interest in learning more about car seats, but knew within the next year or so I would be starting a family and it would be nice to know more than just the basics. Being a certified car seat technician would also be helpful to the parents of our patients in Pediatrics that come in or call with questions. I decided to sign up for the course. By the time the class date rolled around I was 7 months pregnant.

This class was such an eye opener as to how much there really is to learn about cars and how car seats are installed. Every car seat is so different that there isn't just one answer to each question.

The course was 4 days long and started with basics on the seat belts in cars and then we learned about all the different types and styles of car seats for children and how to use them properly. The course was taught by 3 wonderful teachers and included lectures, hands-on practice, role-playing and a written and hands-on skills testing. The course ended with a real-world community car safety seat check-up.

I couldn't believe how interested I became in car seats and wanted to share everything I learned with anyone that would listen. Safe Kids Grand Forks offers monthly car seat check up events at Rydells and other places around the community and I couldn't wait to attend as many as possible!

This course is great for: Law Enforcement Personnel (POST available), Emergency Medical Personnel, Nurses, Health-Care Professionals, Child-Care Providers, Car Dealership Personnel, Physical Therapists, Firefighters, Social Workers, ANY interested adults.

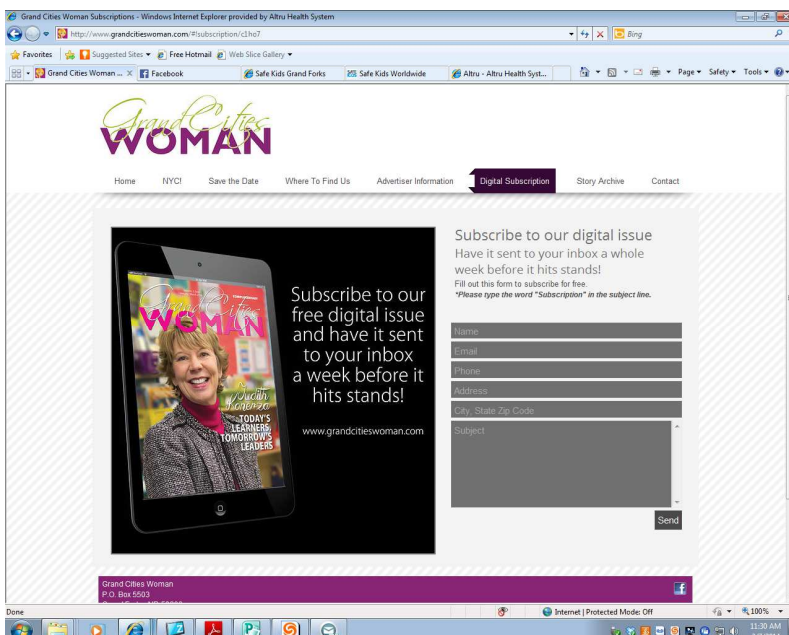
If you are interested in becoming a certified car seat technician, please sign up in advance as the class size is limited. Not only will you learn valuable, possible life saving information that you can pass on to your loved ones and others in your community, but your time spent helping at the Safe Kids events is a great way to volunteer your time!

Submitted by: Jasmine Wangen, Certified Child Passenger Safety Technician

IS BECOMING A CAR SEAT TECHNICIAN A "JOB" FOR ME?



Grand Cities WOMAN



Grand Cities Woman

We are so grateful for the partnership we have with the Grand Cities Woman publication. This magazine is produced and distributed every other month and FREE of charge at local grocery stores in the Grand Forks area. In each edition, Safe Kids Grand Forks has been extended an invitation to submit an article for a segment we call the Safe Kids Corner. In the February/March edition that just hit newsstands, we have an informative writing on many topics related to keeping kids of all ages safe in motor vehicles. This was done to help spread these important messages during Child Passenger Safety Month.

We are so appreciative of the Grand Cities Woman magazine for helping us to spread our injury prevention messages. To obtain your on-line copy for free, visit, www.grandcitieswoman.com and sign up under the subscription link. Happy reading!!

Remember: Strap Before You Wrap!!

Taking kids out and about in the winter can be lots of work!! They need to be bundled up to keep them from the cold... hat, mittens and big warm jacket. But have you thought about your child's safety when riding in the car in that big warm jacket?

You already know to make sure your child's straps in their car seat are nice and tight – can't fit more than 1 finger in between the shoulder and the strap. But have you thought about how that jacket can affect how tight the straps appear? In a car crash, the jacket will compress with the force of the crash and your child is actually much looser than you ever would have expected.

Especially for long car rides where the car will become toasty warm, nothing more than a light weight fleece should be between your child and the car seat straps. **Remember: Strap Before You Wrap.** Once your child is buckled in tight, you can put blankets over your child's lap. You can even put that big warm jacket on over their arms backwards too.

For infants it's much easier to keep them warm and safe at the same time. If you have an infant carrier that comes out of the car, you don't even need a winter jacket at all! When you are still in the nice warm indoors, you can strap your child into their harness and then put blankets or covers over them. Just remember when you get into the car to remove any covers that may be over their face.



Products to avoid would be car seat covers that go UNDER your child or BETWEEN your child and the harness straps.

Below is a description of something that would be warm and safe for your little one.

Fleece Covers for Infant Carriers

These allow you to keep your baby warm without having to bundle them up in thick coats and snowsuits. All the products are unique in that they will not interfere with the positioning or snugness of the baby's harness straps. This is because they fit OVER the top of the cover, not under. There are many other fleece products, most of which resemble sleeping bags, which can be extremely dangerous when used in the car seat. Products which fit under the child displace the shoulder straps off the child's shoulders, and also add too much extra slack into the harness, which might lead to the child coming out of the seat during a crash.



YOU MUST BE THIS TALL TO RIDE
with just a seat belt.
4'9" OR TALLER

SEAT BELTS ARE MADE FOR ADULTS.
Seat belts work best for people over 4'9" tall.

CHILDREN ARE AT RISK.
Children too small for seat belts may be ejected or receive internal injuries in a crash.

THE SOLUTION IS EASY.
Use booster seats for children up to 4'9".

THE RIGHT FIT:
Shoulder belt fits across the chest, NOT over face/neck.
Lap belt fits low and snug on hips, NOT across upper abdomen.

NORTH DAKOTA
DEPARTMENT OF HEALTH

NDOT
Department of Transportation



This past fall, AAA North Dakota provided funding to the North Dakota Department of Health to update the banners that we use for parent/patient education. These are the new banners, accompanied by a matching handout that are located across the state in physician offices, Public Health Departments and other strategic locations. Safe Kids Grand Forks has used this life sized banner at health fairs and classroom presentations to show kids how tall they need to be in order to ride safely in a seat belt. THANK YOU to AAA of North Dakota for your sponsorship of this project; the banners and printed materials have certainly enhanced our messaging and we are grateful!! AAA ND employee, Gene LaDoucer has been a member of our coalition and we appreciate his on-going support of our work!!

BE SAFE— BE GREEN!!

Looking to get rid of old car seats you no longer use or that are expired?? Please DON'T put them out in a dumpster or on the berm for pick-up. Safe Kids will be hosting our 4th annual Car Seat Recycling event this spring, just before City Clean-up Week. We will take your old seats and have them recycled so they don't end up in the landfill or being used by someone else where they may be unsafe!! Watch for more event details on our web page at www.safekidsgf.com or our Facebook page (Safe Kids Grand Forks). Second hand stores in town do not accept them (at our request) since it is unsafe to use a car seat that you cannot determine the crash history on so please don't drop them off at one of their locations. If you need to get rid of them prior to our event, we can store them here at our office until the recycling containers arrive this spring!!



Thank you Altru Alliance!!

Safe Kids Grand Forks would like to extend our thanks to the Altru Alliance for the generous donation of funds to purchase special needs car seats for our loaner program. Often, we have a patient at Altru Health System that needs a medical specialty seat for short term use due to casting, prematurity, surgery, etc. These seats are usually very costly but are essential to the patient's safe transportation and discharge. While we have several of these seats on hand, many of them needed to be updated since they were reaching their expiration date and we have had a need for additional specialty seats due to patient needs. We thank the Alliance for their generosity to make these purchases and care for the special needs of our patients. On behalf of Safe Kids Grand Forks and Altru Health System, we say THANK YOU to the Altru Alliance!!

(The photos below are of two of the specialty seats that we will purchase with this funding.)



Making their way to clinic spaces near you.



Are you ready to ride on the vehicle seat?

- 5'1"
- 5'
- 4'11"
- 4'10"
- ★ 4'9"
- 4'8"
- 4'7"
- 4'6"
- 4'5"
- 4'4"
- 4'3"
- 4'2"
- 4'1"
- 4'
- 3'11"
- 3'10"
- 3'9"
- 3'8"
- 3'7"
- 3'6"
- 3'5"
- 3'4"
- 3'3"
- 3'2"
- 3'1"
- 3'
- 2'11"
- 2'10"
- 2'9"
- 2'8"
- 2'7"
- 2'6"
- 2'5"
- 2'4"
- 2'3"
- 2'2"

Seat belts do not usually fit kids until they are 4'9" tall, which usually occurs between 8-12 years of age.

Booster until:

Back rests against back of seat while sitting straight up

Knees bend comfortably at edge of seat when back rests against the seat

Feet touch vehicle floor

Lap belt remains on hips and does not ride up on the abdomen

Shoulder strap crosses at center of chest and shoulder - NOT at the neck

All five guidelines MUST be met to move out of a booster seat!
 ND law states in a booster until 7 years old
 MN law states in a booster until 8 years old
 ALWAYS in the back seat if 12 years of age or under.



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With the "new look" that Safe Kids Worldwide is taking on, we are updating many of our materials in our Safe Kids Grand Forks supply as well. These new banners will be making their debut to physician offices, Public Health Departments and schools in the very near future. They are designed to be in the areas where the staff check the height (and often weight) of the clients/patients they are serving. They serve as a reminder that kids need to be nearly 4'9" tall before an adult seat belt will fit them well (and properly for safety reasons). If you have an area that these would serve a good purpose for educating kids and parents, contact us at Safe Kids and we will get you lined up with one. Once again, we offer our MANY thanks to the awesome Print Services Staff at Altru for their design and printing of these banners.

Another reminder: Kids 12 and UNDER belong in the BACK SEAT. Airbags deploy at 200 mph in 1/20 of a second. They can cause serious injury to small kids and the recommendation is for kids 12 and under to ride in the back seat.

Coming soon.
A new and updated Safe Kids Grand Forks web page.

Lots of work is going on behind the scenes to bring you a new and updated web page that we hope you will find helpful. In the meantime, check out our current site for childhood safety information at:

www.safekidsgf.com

Preventing injuries at home, at school, at play, and on the way.

Welcome to Safe Kids Grand Forks!

The Problem
Accidental Unintentional Childhood Injury (UCCI) is the leading cause of death among children ages 14 and under in the United States. Each year one out of every three children needs medical attention for an accidental injury. In addition, most of these unintentional injuries are avoidable.

The Solution: Safe Kids
Safe Kids Grand Forks is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing childhood injury. We know our efforts are needed because annually 500,000 reports of accidental injuries can be prevented. Safe Kids Grand Forks is one of over 400 centers and local coalitions and chapters in the United States and over 25 other countries of the world working together to prevent childhood injury. We are a coalition of parents, community, government and business leaders and school families.

Safe Kids Grand Forks brings together the expertise of individuals in our community who are dedicated to reducing childhood injuries. Safe Kids Grand Forks Coalitions members include, but are not limited to: EMS, law enforcement, fire, medical groups, child care providers, school personnel, government agencies, city personnel, parents, University of North Dakota staff, and Altru Health System staff.

For school, groups and just to use at home, we have some activities for your kids that will help them understand safety rules.

Click here to sign up and receive our quarterly newsletter via email!

Join us on Facebook

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 Grand Forks, ND | Phone: 701.780.1489 | Fax: 701.780.6655 | E-mail: safekids@altru.org

Role Modeling: “When you thought I wasn’t looking. . . .”

Following is a message every adult should read because children are watching you and doing as you do, not as you say. Role modeling is very important in childhood safety, especially with motor vehicle restraints. Read on.

When you thought I wasn't looking I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking I saw you make my favorite cake for me, and I learned that the little things can be the special things in life.



When you thought I wasn't looking I heard you say a prayer, and I knew that there is a God I could always talk to, and I learned to trust in Him.

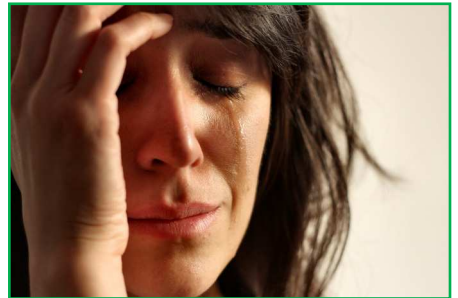


When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry. When you thought I wasn't looking I saw that you cared, and I wanted to be everything that I could be.



When you thought I wasn't looking I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking I looked at you and wanted to say, 'Thanks for all the things I saw when you thought I wasn't looking.'

Each of us (parent, grandparent, aunt, uncle, teacher, friend) influences the life of a child. Be a positive influence on the children that you love and care for. Buckle-up!!!



Statistics show that if the adult in the vehicle is buckled-up, the child is most likely properly restrained as well.

Be a role model and help keep kids safe: Buckle up—every trip, every time!!