



AAP Recommendation Update on Rear Facing Car Seats

The American Academy of Pediatrics recommends that all infants ride rear-facing starting with their first ride home from the hospital. All infants and toddlers should ride in a rear-facing seat, as long as possible, until they reach the highest weight or height allowed by their car seat manufacturer.

When infants outgrow their rear-facing-only seat, a convertible seat installed rear facing is needed. Most convertible seats have limits that will permit a child to ride rear-facing for 2 years or more.

Types of Rear-Facing Seats:

Three types of rear-facing seats are available: rear-facing-only, convertible, and 3-in-1. When children reach the highest weight or length allowed by the manufacturer of their rear-facing-only seat, they should continue to ride rear-facing in a convertible or 3-in-1 seat.

Rear-facing-only seats

- Are used for infants up to 22 to 35 pounds, depending on the model.
- Are small and have carrying handles.
- Usually, come with a base that

can be left in the car. The seat clicks in and out of the base so you don't have to install it each time you use it. Parents can buy more than one base for additional vehicles.

Convertible seats (used rear facing)

- Can be used rear facing and, later, "converted" to forward facing for older children when they outgrow either the weight limit or the length limit, for rear facing. This means the seat can be used longer by your child.
- They are bigger than infant seats and they do not come with carrying handles or separate bases and are designed to stay in the car.
- Have higher limits in rear-facing weight (40–50 pounds) and height than rear-facing-only seats, which make them ideal for bigger babies and toddlers.

3-in-1 seats (used rear facing)

- Can be used rear facing, forward facing, or as a belt-positioning booster. This means the seat may be used longer by your child as your child grows.
- Are often bigger in size, so it is important to check that they fit in the vehicle while rear facing.
- Do not have the convenience of a carrying handle or separate base; however, they have higher limits in rear-facing weight (40–50 pounds) and height than rear-facing-only seats, which make them ideal for bigger babies and toddlers.

Source: www.healthychildren.org

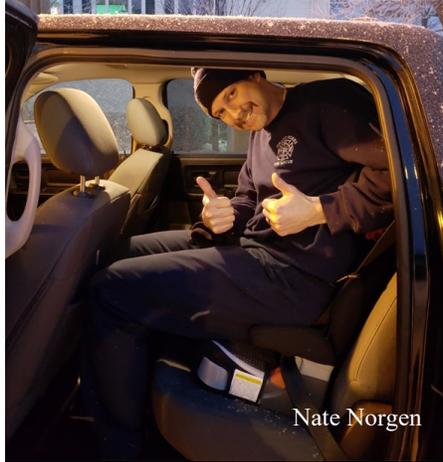


SAFE KIDS "STAR" - GFFD Car Seat Techs

We have so many wonderful car seat techs in our Safe Kids Grand Forks coverage area.... 108 of them to be exact!

We love that they are saving lives in so many ways!

This month, we would like to highlight a few of our car seat techs as our Safe Kids Star. We have 3 of them within the Grand Forks Fire Department: Aaron Braathen, Nate Norgren and Josh Russell. These guys have been car seat techs for 2-3 years and are a huge help when it comes to our car seat check up events at Fire Station #5. These events are offered monthly from either 9-11am or 1-3pm. We send a car seat tech from our office with the supplies, but these guys help staff the event when they are on duty.



Nate Norgren



Aaron Braathen



2018 - 1,506 car seats checked at Safe Kids Grand Forks car seat check-up events!



PROTECT YOUR CHILD'S HEAD

Use the tether when forward facing

Tether



NDHealth.gov

What is a tether strap?

A tether is a strap made of webbing that is attached to the back of the car seat and has a hook at the end of it. Tether straps are on car seats that can be used forward facing.

Why use a tether strap?

In a crash, a tether keeps the top of a forward-facing car seat from being thrown forward. This will help prevent serious head and neck injuries by protecting a child's head from hitting the front seat.

When do I use a tether strap?

When using a forward-facing car seat with a harness, attach and tighten the tether to the vehicle whenever possible (when car seat is used with seat belt or lower anchors).

How do I use a tether strap?

Almost all vehicles have designated locations (anchors) to attach the tether strap. Every car seat and vehicle is different, read your car seat instructions and vehicle owner's manual. After finding the vehicle tether anchor, attach the tether strap hook and tighten it according to the car seat instructions. The vehicle tether anchor may have a symbol like this: .

How do I know if my vehicle will work with a tether?

In most vehicles made since 2000, at least three seating positions have a tether anchor. Common places to find a tether anchor are on the back of the seat, in the floor of cargo area or on the shelf behind the back seat or in the ceiling. The anchor may look like a ring, bracket, webbing loop or bar – they are all different.

Older cars may not have a tether anchor available, but one could be added with a kit received from the vehicle manufacturer.

*In 2016,
50% of caregivers
were not using
their tether strap
on forward-facing
car seats.*

If you need help with your forward-facing car seat tether strap, visit a car seat checkup or child passenger safety technician near you.

Call 800.472.2286

or visit

www.nhtsa.gov/parents

Thank you!!

Come rain or shine, wind, snow or sleet, Safe Kids Grand Forks is committed to helping parents and caregivers to transport their children safely in motor vehicles. To that end, we offer not only classes, newsletter articles and tips on Facebook and Twitter, but a hands-on approach to car seat assistance. Safe Kids Grand Forks has scheduled car seat check-up events offered in Grand Forks, Grafton and Crookston. In order to assure that these events can happen no matter what the weather conditions are, we are grateful to our partners that allow us space inside their facility. These are committed businesses/agencies that have child passenger safety as a priority as well. Between these 4 locations we were able to check 481 seats in 2018!

During Child Passenger Safety month, we offer our thanks and gratitude to them for their on-going partnership. If you are in the area, stop and take the time to thank them for providing us with this valuable resource that allows our check-up events to continue!!



KEEPING NORTH DAKOTA KIDS SAFE IN VEHICLES

For car seats to be effective during a crash, they need to be used correctly.



Car seat misuse
73%

Tip: Read your car seat instructions!

Most misuse errors are due to car seat installation.

58% were not installed correctly

36% did not use the tether



The second highest misuse with car seats relates to securing the child in the harness.

53% of harnesses are misused

- Most misuse found:
- Harness loose 35%
 - Wrong slots 22%



Tip: The harness should be snug on the child with no slack and you should not be able to pinch excess webbing.

Car seats reduce the risk of fatal injury by:

71% for infants

54% for toddlers

Need help with your car seat?
Talk to a Certified Technician in your community

For a technician near you, go to NHTSA.gov or call the North Dakota Department of Health at 800.472.2286, press 1

For information about car seat checkups in North Dakota, visit:

<http://www.ndhealth.gov/injuryprevention/childpassenger/>

*Key Findings from 2017 North Dakota Car Seat Checkups



Why is it Best Practice to Keep Kids in the Back Until 13?

Front impact crashes are the most common type of car crash. So if we're talking about putting the odds in our favor, it makes sense to keep kids in the back seat for as long as possible — a minimum of 13 years old.

Two important reasons to keep kids in the back seat:

- keeps the child further away from the most common type of impact, and
- keeps them away from the frontal airbag and the potential of being inside the airbag deployment zone.

If front air bags are meant to be a supplemental source of protection, how can they be dangerous?

Children might not have the awareness and maturity to sit properly in the front seat, thus putting them inside the air bag deployment zone prior to a crash. Injuries don't occur from an occupant coming into contact with a fully inflated airbag. The injuries come from being in the deployment zone as the airbag is coming out at rocket speed (200-400mph).

This is why we never put a rear-facing car seat in the front seat because, by default, it is inside the deployment zone of that airbag. From a crash dynamic perspective, the further away you are from the point of impact, the less energy your body experiences. So having the child in the back seat keeps them further away from the point of impact in the most common type of crash.

SOME OTHER POINTS TO CONSIDER

What are they going to come in contact with? In the front seat we have the dash and the airbags. In the back seat we have the back of the front seats which typically are not hard plastic but rather fabric covered cushion.

There is a massive amount of energy that needs to be managed during a car crash. That is what all of the systems in the car are intended to do; to distribute and lessen that energy being transferred to the human body.

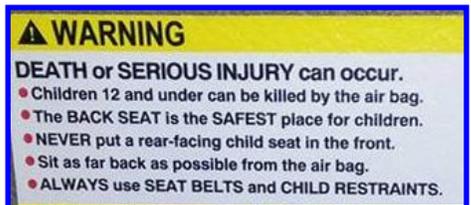
Our human body structure is muscle around bones. The stronger and

more dense those bones are, the less likely they are to experience bone fractures which could lead to secondary injuries of severe bleeding and things of that nature.

So the older our children get, the more dense their bones become. We want to give our children the best chance by keeping them in the back seat until their bones are stronger and until they need to be up in the front to start learning how to drive.

That is why best practice recommendation is to **keep kids in the back seat until at least 13 years of age**. So they'll just have to wait before they start calling "shot gun" with their siblings.

By Greg Durocher, CEO at Safe Ride 4 Kids and certified CPS Technician Instructor since 2002



Peace & safety to one and all.

HAPPY NEW YEAR!

April 27,
2019

10 a.m.
TO
1 p.m.

SAFE
K:DS
GRAND FORKS

Purpur
Arena

Grand
Forks

WE ARE COMBINING 3 GREAT EVENTS INTO 1 GIANT BASH!



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

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

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



Taylor Jane Photography

- Presented by -





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

- Check out our events section on Facebook to see a list of classes and events we will be attending in the community.
- Watch for updates of different unintentional injury topics.



- Ask questions
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489

E-mail: safekids@altru.org



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

**SAFE
K:IDS
GRAND FORKS**

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

Newsletter Sign-Up

First Name* Last Name*

Email Address*



**Enter your name and
email address.**

Choose All That Apply

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

**Select the Safe Kids Newsletter
& hit submit.**



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

**Welcome to the
North Dakota
Safe Kids Team!!**

**SAFE
K:IDS
BISMARCK-
MANDAN**

**SAFE
K:IDS
MINOT**

From: Your Colleagues at

**SAFE
K:IDS
GRAND FORKS**

**SAFE
K:IDS
FARGO-
MOORHEAD**



Car Seat Check-Up Events

presented by:



Rydellcars.com

2700 South Washington Street

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

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

No appointments needed at Rydell's

Fire Station 5

1002 47th Ave. S., Grand Forks

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

Appointments at Fire Station preferred, call 701.780.1489

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

Baby on the way?

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



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



Car Seat Check-Up Events



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

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

Safe Kids Grand Forks is pleased to partner with Walsh County Health District and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6 p.m. at Hanson's Auto Body, downtown Grafton **by appointment only.**

2019 Dates
February 7
May 2
August 1
November 7

presented by:



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

SAFE KIDS
GRAND FORKS

in cooperation with:



110 5th Street West, Grafton, ND



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



Car Seat Check-Up Events



presented by:

SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM

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

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4 - 5:30 p.m.

2019 Dates
January 24
April 25
July 25
October 24

For more information, contact Altru Clinic Crookston at 218.281.9100.

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

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



in cooperation with
Brost Chevrolet

1600 University Ave, Crookston, MN



www.brostchevrolet.com

Thank you Scheels!

Safe Kids Grand Forks, along with many local nonprofit agencies, were invited to Scheels for their 1st Annual Day of Giving. We are grateful for the continued partnership and support we receive from Scheels; from their monetary donations to their help at events with sports and wheeled sports safety and willingness to share our injury prevention information at their store.

On Dec 13th, Scheels donated \$1,000 to Safe Kids Grand Forks on their Day of Giving. This money will be put towards our injury prevention efforts for things like car seats, bike helmets and home safety supplies for families who cannot afford these items. Donations, no matter how large or small, make it possible for us to be able to continue keeping kids safe in northeast North Dakota and northwest Minnesota.



How to Dispose of a Car Seat

Do you have a car seat that is expired, has been in a crash, or you are just done using it? Now what? What do you do with this hunk of plastic, fabric and nylon that once protected a child?

Well, for starters, you should NOT donate it or sell it. The idea that it is better than nothing is not correct.

The manufacturers set limits on their seats after millions of dollars of testing. If they no longer guarantee a seat will work to save a child's life, please believe them.

Some people will try to continue to use a seat, so you must actively protect the now useless seat against well-meaning picker uppers or dumpster divers.

If you are in the Greater Grand Forks

area, bring that car seat to our Safe Kids office in East Grand Forks. We will either put that seat to use for training new car seat techs or make sure it is properly disposed of.

If you don't make it to Grand Forks often, the next best option for you would be to break down the seat as much as possible before tossing it in the trash. Remove the cover and cut the harness, make it as un-takeable as possible. If you have power tools and want to get out stress, now's your chance. Have at it! Smash the shell and do as much damage as you can.

Not sure if your car seat is expired? Look on the bottom of the seat for a sticker that has a

manufacture date. Most car seat are good for 6 years from that date. The expiration date can usually be found somewhere on the bottom of the car seat as well – sometimes on the manufacture sticker, other times embedded in the plastic.

Thanks for doing your part to keep unsafe car seats out of commission!

Source: Car Seats For The Littles



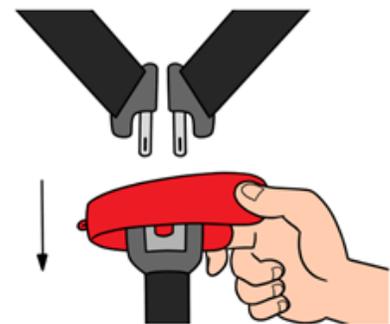
Do You Struggle to UNBUCKLE Your Child's Car Seat?



1. Lift lever arm to slide around buckle



2. Center the peg & pinch ends together



3. Pull down to release the buckle

Is arthritis making it impossible to unbuckle a car seat? Can your child in the 3rd row not get themselves unbuckled in the school drop off lane? There are many products out

to help with this problem, including the newest – “Unbuckle Me”

This plastic devise retails for \$14.99 and is designed to slide around the

buckle and give better leverage to unbuckle with ease. This product should remain out of reach of children while the vehicle is in motion.



What do I do if my car seat has been in a crash?



■ Follow your car seats instruction manual for what to do after a crash:

- Discontinue use of this child seat if it has been in a moderate or severe crash. It is not necessary to replace a car seat after a **minor** crash, defined by the US National Highway Traffic Safety Administration (NHTSA) as:
 - a. The vehicle is drivable from the crash site; **and**
 - b. The vehicle door nearest the child seat was not damaged; **and**
 - c. No vehicle occupants were injured; **and**
 - d. There is no visible damage to the child seat; **and**
 - e. The airbags (if present) did not deploy.

! If car seat is in a crash, it must be replaced. **DO NOT** use it again! A crash can cause unseen damage and using it again could result in serious injury or death.
! **DO NOT** use car seat if it is damaged or missing parts.

⚠ WARNING – DEATH or SERIOUS INJURY can occur

- Most insurance companies will cover the cost of a new seat but you must **ASK** for this coverage.
- Seat needs to be replaced even if **NOT** being used but was buckled in.
- Remember that adult seat belts in use during the crash also need to be replaced.
- **Put contact information on sticker and place on seat**



Special Needs Car Seats



We are often asked, “What’s the best seat for my child?” Our answer always is, “one that fits the child, secures properly in the car, and that caregivers are comfortable using”.

Sometimes, finding the right fit can

be challenging, especially if a child has special physical and/or behavioral challenges. Altru Health System has several car seat technicians at the Safe Kids office and in the pediatric rehabilitation department who are certified as “Special Needs Car Seat Techs”. We have worked with children with spina bifida, cerebral palsy, spinal cord injury, or behavioral issues to help families determine what seat works best for a specific child.

In addition to working with families in need of such seats long term, we also assist families needing a special needs seat temporarily following a surgery and/or injury requiring casting. Many of the seats also have much higher weight limits on the harness, making them an excellent choice for children who may need to



be harnessed well past the limits of standard car seats.

If you would like more information on the need for and availability of special needs car seats, please contact our Safe Kids office at 701-780-1489.

Buckling Up: Everyone, Every Time, Everywhere.

Sonya Lundstrom has been a member of our Safe Kids Coalition and a former car seat technician. She shared this story of an incidence with one of her children. We greatly appreciate her willingness to share her story.

PSA: This is my 5 year old daughter Sarah. Sarah rides in a 5-point harness forward facing child safety seat. ALWAYS.

One night we were on our way to the local ECFE Halloween party- 6 blocks away. Sarah didn't want to buckle up. We were in a hurry and after a couple of attempts I wasn't persistent in making her buckle up for such a short distance.

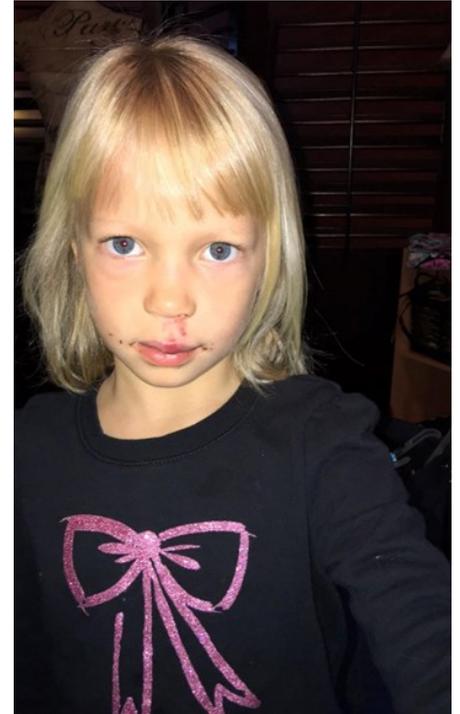
All it took was half a block.

Going 15 mph someone didn't yield to the intersection and I slammed on my brakes. Next thing I knew, Sarah was to my right screaming with blood everywhere. She flew about 3 feet and hit her face on the center console. Half a block from home. An accident that would not have happened if I would have insisted that she buckle up. Call it a mistake; call it negligence. Call it whatever you want but please learn from it.

Sarah is going to be fine. She will heal and it really could have been incredibly worse... I am thankful that it isn't.

The ride in the car is always long enough to take the 3 minutes to buckle up. It's worth the tantrum from a child or the extra cold fingers

in the winter. If you want to have a child buckle up- ALWAYS BUCKLE UP.



Minnesota Child Restraint Law

- Children under age 8 must ride in a car seat or booster seat, unless the child is 4'9" or taller.
- Infants under 20 pounds must be restrained in rear-facing seat and it is recommended to ride rear-facing as long as possible.
- Applies to both residents and non-residents
- Driver is responsible
- Suspected non-use is a valid basis to stop a motor vehicle
- \$100-\$130 fine

North Dakota Passenger Safety Law

- Children under 8 years of age must be in appropriate child restraint unless 4'9" are required to ride in a child restraint and the restraint must be used correctly following the manufacturer's instructions
- The law applies to all seating positions – front and back seat
- Driver is responsible
- \$25.00 fine and 1 point against the license of the driver



Have you ever tried to install a car seat into a vehicle?

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



Bringing Home Baby

For new or expectant parents

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

Cost:

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

2019 Class Dates

January

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

February

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

March

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

April

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

May

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

June

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

July

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

August

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

September

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

October

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

November

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

December

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

Locations:

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

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

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



SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM

Rydell cars.com



Vision Zero: Zero Fatalities. Zero Excuses

Motor vehicle crashes are the leading cause of injury-related death in North Dakota. Over the past five years (2013 to 2017), there have been 643 people killed in motor vehicle crashes in North Dakota. These aren't just numbers – these are people impacted by motor vehicle crashes, which extends to families, friends, and communities.

The good news is that crashes are preventable. Research shows that ninety-four percent of crashes can be attributed to human error.

In January 2018, the North Dakota Department of Transportation, North Dakota Highway Patrol, North Dakota Department of Health and the Governor's Office, came together to launch Vision Zero: Zero fatalities. Zero excuses. The Vision Zero strategy aims to establish a culture of personal responsibility where motor vehicle fatalities and serious injuries are recognized as

preventable and not tolerated.

Vision Zero will be implemented through various safety strategies including:

- 1) Widespread public education/outreach
- 2) Working with the legislature to ensure state laws represent best practices in traffic safety
- 3) Implementing workplace policies that support driver and passenger safety,
- 4) Conducting high visibility enforcement of existing laws,
- 5) Applying technology advancements that make vehicles, roads and drivers safer
- 6) Infrastructure/road safety improvements.

Every driver and vehicle occupant in North Dakota can help the state meet the Vision Zero goal of zero motor vehicle fatalities and serious injuries on North Dakota roads by taking personal responsibility when

traveling. This means always wearing a seat belt, transporting children in car seats appropriate for the child's age, height, and weight, driving distraction free, driving sober (i.e. not under the influence of alcohol and/or drugs), and obeying all posted speed limits and all other traffic laws.

The Vision Zero goal of zero fatalities and serious injuries is attainable and vital. When it comes to your life and the lives of your family and friends, is any other number acceptable? Let us all arrive at our destination safely by each taking a role in Vision Zero.



Featured Car Seat – Evenflo EveryStage DLX

Evenflo® EveryStage™ DLX All-in-One Car Seat delivers an unrivaled safety, comfort and installation experience. This all-in-one offers 10 years of safe and secure use as Rear Facing + Forward Facing + Booster Seat, from 4-120 lbs. Outperforming top competitor car seats, innovative EasyClick™ technology achieves a 3X tighter installation for a wobble-free seat, and can be fitted correctly in as little as 60

seconds. Fully adjustable with up to 10 different positions, EveryStage™ offers an accurate fit for a growing child.

Rear-Facing harness to 50 pounds, Forward-Facing harness to 65 pounds and Belt-Positioning booster to 120 pounds provides a safe and secure ride for 10 years of use.

Retail \$230



Babies under 2 use rear-facing car seats

- She always rides in a back seat and never in front of an air bag.
- She always rides in a car seat made for her size and age.
- She sits facing the back of the car in her car seat.
- The straps are snug on her, and I can't pinch the buckled strap.
- Her car seat is buckled tightly in the car and doesn't move more than one inch when I pull it.
- She uses a bigger seat rear-facing until she outgrows the harness. Many harnesses go to 35, 40 or 45 pounds.



Toddlers and big kids use forward-facing car seats

If my child is over age 2 AND has outgrown the weight and height limits for the rear-facing seat:

- He always rides in a back seat and never in front of an air bag.
- He always rides in a car seat made for his size and age.
- The straps are snug on him, and I can't pinch the buckled strap.
- His car seat is buckled tightly in the car and doesn't move more than one inch when I pull it. I use the top tethers designed for the seat.
- He uses this car seat until he outgrows the harness. Many harnesses go to 50, 60 or even 80 pounds.



Older, bigger kids use booster seats

If my child is under 4 feet, 9 inches tall AND has outgrown the weight and height limit of the forward-facing car seat:

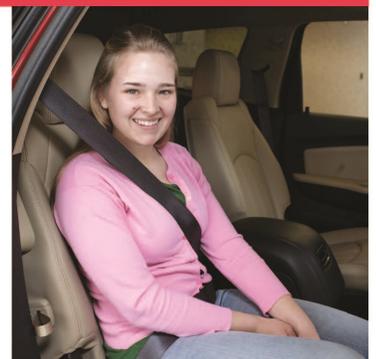
- She always rides in a back seat and never in front of an air bag.
- She always rides on a booster seat using a seat belt with lap and shoulder straps.
- The lap belt sits low on her hips, not her stomach.
- The shoulder belt is on her shoulder – not on her neck, under her arm or behind her back.
- The seat belt is snug, flat and comfortable on her.
- She may be between 8-12 years of age before the seat belt fits.



Kids ready for seat belts

If my child is over 4 feet, 9 inches tall and has outgrown the booster seat:

- She always rides in a back seat and never in front of an air bag.
- She always uses a seat belt with lap and shoulder straps.
- The lap belt sits low on her hips, not her stomach.
- The shoulder belt is on her shoulder – not on her neck, under her arm or behind her back.
- Her back is firmly against the seat back, her knees bend at the front edge of the seat, and she can sit this way for the whole ride.
- The seat belt is snug, flat and comfortable on her. If the seat belt does not fit right, she must use a booster seat.



2019 National Standardized Child Passenger Safety Certification Training

2019 DATES

Dickinson	March 19-22
Bismarck	April 30-May 3
Fargo	May 28-31
Grand Forks	June 24-27
Minot	August 13-16



Course Information

This training provides 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.

Course Content

This training will provide participants with the technical skills to:

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

Certification is achieved through a combination of lectures, hands-on practice, role-playing, and written and hands-on skills testing. The training concludes with a community car seat checkup. Participants must be in attendance for the entire course and successfully pass to receive certification.



Who Should Attend?

- Law Enforcement Personnel (POST available)
- Emergency Medical Personnel
- Physical/Occupational Therapists
- Agencies Who Transport Children
- Health Care Professionals
- Child Care Providers
- Safety Advocates
- Car Dealership Personnel
- Social Workers
- Nurses
- Firefighters

Registration & Fees

- Go to: <http://cert.safekids.org>, select "Become a Tech" and follow registration instructions. Fees include a two-year national certification (upon successful completion), technician manual and car seat instructions CD.
- National certification fee is \$95.
- Local fee is \$30.
- For more information; 701-328-4533 or drmayer@nd.gov.





TEEN DRIVER SAFETY

WHAT PARENTS CAN DO



Commit to being active in the learning-to-drive process and to setting a good example behind the wheel.



Enroll your teen in a quality driver education program.



Get Ready – sign-up for AAA's online StartSmart program, which provides all the info you'll need to get started.



Enforce Graduated Driver Licensing provisions at home.



Sign a parent-teen driving agreement.

Learn more at TeenDriving.AAA.com

EVERYONE'S AT RISK

NEARLY 2/3 OF PEOPLE INJURED OR KILLED

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

PEOPLE OTHER THAN TEEN DRIVER

KILLED

OCCUPANT OF ANOTHER VEHICLE



30%

OTHER PASSENGERS



23%

PEDESTRIAN, BICYCLIST, ETC.



12%



For more information on how to keep teens safe, visit TeenDriving.AAA.com



Safer Technology Changes Child Passenger Best Practices



Zero fatalities. Zero excuses.

Of the approximately 10,500 births in North Dakota every year, about 3,500 are to first time parents. One of many new things parents should learn is how to properly use their baby's car seat. Whether new to parenting or not, reaching all parents and caregivers with best practice information regarding child passenger safety is important to protect children from their number one cause of death and severe injury - motor vehicle crashes.

Child restraint technology is the best it's ever been, and because of that, best practice recommendations change due to new technology that provides better protection. In the fall of 2018, the American Academy of Pediatrics (AAP) revised their current recommendations to keep up with the current child restraints on the market.

The North Dakota Department of Health (NDDoH) recommends caregivers follow the most recent updates from the AAP when transporting children in vehicles:

Infants and toddlers should ride in a rear-facing car seat for as long as possible, until they reach the highest size limits allowed by the manufacturer.

Children who have outgrown the rear-facing size limits for their car seat should use a forward-facing car seat with a harness for as long as possible, up to the highest size limits allowed by the manufacturer.

Children whose size limits are above the forward-facing limit for the car seat should use a belt-positioning booster seat until the vehicle lap and shoulder seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.

When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap and shoulder seat belts for optimal protection. The lap belt must lie snug across the upper thighs and the shoulder belt should lie snug across the center of the chest.

All children younger than 13 years should be restrained in the rear seat of a vehicle for optimal protection.

In addition to choosing the right child restraint, parents and caregivers should carefully read car seat instructions to ensure correct use and reduce misuse. For additional information about child passenger safety, including dates of local car seat check-ups, visit the website at <http://www.ndhealth.gov/injuryprevention/childpassenger> or call 800.472.2286.



Safe Kids Worldwide Launches Parent Podcast

Safe Kids Worldwide is please to announce that on February 1st, they will be launching a Parenting Podcast, one that will look at injury prevention in a more holistic way. Gary Karton from Safe Kids Worldwide will host the podcast and you will be able to find it on YouTube. We will post the link to these on our Facebook page and our web site at www.safekidsgf.com/news.

We hope you will take a listen and share the information with your friends and family.

Thank you Sheriff Rost—Welcome Sheriff Schneider!!

In early January, Safe Kids representatives attended the retirement party of long-time Sheriff, Bob Rost and helped welcome our new Sheriff, Andy Schneider to his position. We are grateful for the partnership we have had with the Grand Forks Sheriff Department under Bob's leadership and we look forward to continuing that relationship with Sheriff Schneider. Andy has expressed a great deal of emphasis on childhood injury prevention and we look forward to continuing many of our programs and developing new ones to serve our community and county. We are also grateful that Bob plans to stay connected as a Safe Kids Grand Forks member in his new role as a Grand Forks County Commissioner.



Safe Kids Advocating for a Primary Seat Belt Law in North Dakota

Safe Kids Grand Forks has been working hard to secure sponsors and to testify on behalf of a primary seat belt law in North Dakota. This bill was last introduced in 2013 and lost by 7 votes on the House floor. Recently, the bill passed in the North Dakota Senate by a vote of 24-23. The bill would make wearing a seatbelt (already a law to do it) a primary offense instead of a secondary offense. That means that an officer has the ability to stop you if you are not wearing a belt; currently, they have to have another reason to stop you so it is a secondary violation. This bill would also require ALL passengers in the car to wear a seat belt whereas now it only applies to front seat passengers and the fine would increase to \$50 for violation of the law. Here are some reasons that we are supporting this bill:

- North Dakota ranks SECOND to LAST in our seatbelt usage at only 82% despite the fact that it is the law to buckle up. We can do better than that!! Other states that have enacted a primary law have seen the belt usage go up by 10-12%. Currently, there are only about 15 states that still have a secondary law with ND being one of them.
- Even without enforcement of the law, it is anticipated that we would see a 7% increase in seat belt usage. That would amount to 7 lives saved each year (just think, that could be your brother, mother, child, sister, neighbor or loved one). It would also eliminate 61 serious injuries and result in \$18 million dollars being saved each year. It costs each tax paying citizen in ND about \$1049 per year because of people's decision to not buckle up.. We can do better than that!!
- When parents are buckled up, kids usually are too. Increasing our use of seat belts will save not only adult lives but kids' lives as well.

If you would like to help us advocate for the passage of this bill, please reach out to us at safekids@altru.org and we will visit with you about how you can connect with your Representative to urge for their support of this bill. It is a quick and easy process and the more people they hear from, the more likely they will support it. Thanks in advance for your help. Please connect with us by 2-21 to have the most impact!!

February 2 is National TV Tip Over Day:

Are your televisions mounted to the wall or furniture?

Every 45 minutes in the US, a child is injured when a television tips over on them.

Every 3 weeks, a child dies in the US because of a television tipping over on them.

Here are some tips to keep your home safe from these types of incidents!!

**SAFE
K:DS**
WORLDWIDE

TV and Furniture Tip-Over Prevention Tips

Everything you need to know to keep your kids safe from TV and furniture tip-overs.

You wouldn't think to bring a baby home from the hospital without a car seat or have your child ride a bike without a helmet. Protecting your children from the potential risk of TV and furniture tip-overs is another important part of keeping them safe.

Secure TVs

- Mount flat-screen TVs to the wall. Follow the manufacturer's instructions to ensure that you have a secure fit.
- If you have a large, heavier, box-style cathode ray (CRT) TV, place it on a low, stable piece of furniture that can hold the TV's size and weight.



Recycle Old TVs

- To find a location near your home that safely and responsibly recycles unwanted TVs, go to www.GreenerGadgets.org.



Secure Furniture

- Use anti-tip brackets, braces or wall straps to secure furniture to the wall.
- Install stops on dresser drawers to keep them from being pulled all the way out. Multiple open drawers can cause the weight to shift, making it easier for a dresser to tip over.



Rearrange Household Items

- Keep heavier items on lower shelves and in lower drawers.
- Avoid placing remote controls, food, toys or other items in places where kids might be tempted to climb up or reach for them.



Every 3 weeks a child dies from a television tipping over. Ten children visit the emergency room every day because of a TV tip-over.