

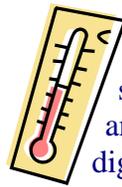
### Massive Crib Recall

You may have been hearing a lot in the news recently about a huge crib recall by the CPSC. More than 2.1 million Stork Craft cribs have been recalled due to entrapment hazards. Four deaths due to entrapment have been reported. See page 2 for more details and check your crib against the recall list today!!

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## Keeping Your Children Safe This Winter



The temperature has dropped, the snow is falling and parents are digging out snow pants and boots. It's winter! Safe Kids wants to help you and your family remain safe as the roads become slippery and snow piles up on street corners and berms. Here are a few reminders:

- The roads are slippery! Remind your children when walking to school or friends' homes to be extra cautious when crossing streets. Drivers may want to stop for pedestrians in crosswalks but may be unable to do so due to road conditions.
- When the wind causes blowing snow, visibility is reduced making it more difficult for drivers to see children at crosswalks and corners. Having children wear light colored clothing and/or

adding retro-reflective material to coats and backpacks will increase their visibility. If you are in need of retro-reflective zipper pulls, please contact [polsen@altru.org](mailto:polsen@altru.org). (We have them free of charge.)

- Similarly, as snow removal continues throughout the winter, the snow gets built up on the corners making it difficult for children to be seen by approaching drivers. Children may require more supervision when crossing streets due to this decrease in visibility.

- The snow banks that pile up on berms and corners are very enticing to children. Please remind children not to play on these snow banks as it puts them at risk for sliding into the streets. Additionally, road crews may not be able to see children playing on these piles and banks when

removing snow.

- When parking in school lots and school zones, please be cognizant of the location of crosswalks. While the crosswalks may be covered with snow, children will still be using them to get to and from school. **Do not park on or in crosswalks!**



We hope you and your children are able to get out and enjoy the winter wonderland of the Upper Midwest!

For more information on keeping your children safe this winter, contact Safe Kids Grand Forks at [safekids@altru.org](mailto:safekids@altru.org) or call 780-1489.

Don't forget to become friends with Safe Kids Grand Forks on Facebook to keep up on current events and to learn great safety tips!

# Shop Safely this Holiday Season!

Each year, more than 3 billion toys and games are sold in the United States, with 65 percent of those sales occurring between the day after Thanksgiving and the day before Christmas. Learn how to shop safe this holiday season by following these top 5 tips:

- Before shopping for toys, consider the child's age, interest and skill level. A fun, but inappropriate toy

for a particular child can be dangerous.

- Keep toys with small parts away from children under age 3. They can choke on small toy and toy parts.
- Shopping at a second hand shop this holiday season? Check recalls.gov to make sure kids' products and toys are safe and haven't been recalled.
- Bikes or scooters make great holiday

gifts, but remember that a helmet is a necessity, not an accessory when it comes to wheeled sports. Safe Kids Grand Forks has many helmets available for a reduced price, including winter sports helmets (skiing, snowboarding, etc.).

- Consider alternatives to putting children in shopping carts including strollers

and carts that have plastic mini-cars or trucks attached to the front or back. If you must use a cart, make sure your child stays seated and is secured by a seat belt.

For more information, contact Safe Kids at [safekids@altru.org](mailto:safekids@altru.org).



## CPSC Announces Largest Crib Recall in History!!

On November 23, the Consumer Product Safety Commission announced the recall of more than 2.1 million Stork Craft drop-side cribs, including Stork Craft drop-side cribs with the Fisher-Price logo. [The CPSC urges parents and caregivers to immediately stop using the recalled cribs and find an alternative, safe sleeping environment for their baby.](#)

The drop-sides of the recalled cribs can detach in one or more places due to problems with the cribs' plastic hardware or improper installation of the drop-sides. This creates space between the drop-side and the crib

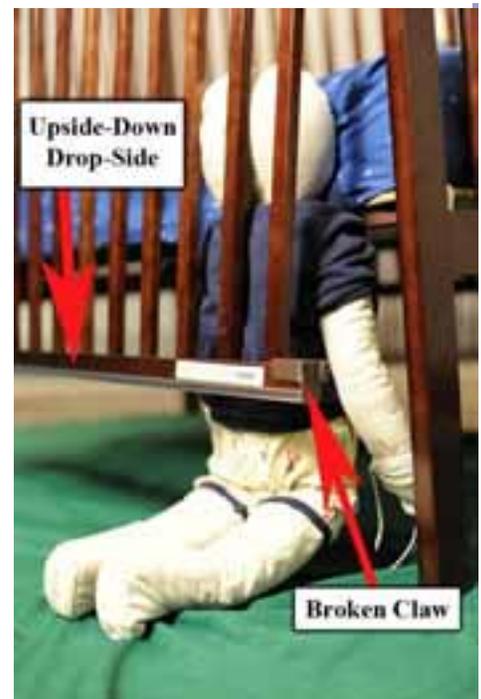
mattress where infants and toddlers can become entrapped, leading to suffocation. Falls can also occur if the drop-side detaches completely.

The CPSC is aware of 110 incidents of drop-side detachment, including 15 entrapments and 20 falls. Four of the entrapments resulted in suffocation deaths: a 7-month old in Gouverneur, NY; a 7-month old in New Iberia, LA; a 6-month old in Summersville WV; and a 9-month old in Bronx, NY.

The cribs were sold in the United States and Canada from January of 1993 to October of 2009 for \$100

to \$400. Major retailers included BJ's Wholesale Club, JC Penney, Kmart, Meijer, Sears, USA Baby, and Wal-Mart stores and online at Amazon.com, babiesrus.com, Costco.com, Target.com, and Walmart.com.

For more details, including how to receive a free repair kit that converts the drop-side to a fixed side, please read the CPSC recall notice at [CPSC.gov](http://CPSC.gov). Do not attempt to fix the cribs without the kit!



## Don't "Thump Your Melon" This Winter!!



**Protect yourself and children from a serious head injury this season! Wear a helmet when you and your family are skiing, sledding, ice skating or snowboarding. There are special helmets made just for these sports. They are made of a harder plastic, contain extra padding for protection and warmth and have a strap to affix ski goggles.**

**Safe Kids Grand Forks is now taking orders for winter sports helmets for adults and children available at a greatly reduced price.**

**Winter sports helmets are available in five colors and cost \$22.**



**Safe Kids Grand Forks also has Inmold ski/snowboarding helmets available. These helmets have built in speakers in the earflaps for use with your iPod or MP3 player.**

**Inmold winter sports helmets are available in two colors and cost \$35**



**To order your winter sports helmet, call 780-1856 or e-mail [polsen@altru.org](mailto:polsen@altru.org). There are only limited styles in-stock but they can be special ordered (at no additional costs). We will be placing multiple orders throughout the winter. Contact Safe Kids with the following: head circumference (measure just above the level of the eyebrows) and color choice. If ordering for a child, please include their age.**

# Safe Kids Star



On Friday, November 6th, Safe Kids Coordinator, Carma Hanson had the honor of attending the Stone Soup Luncheon and Civic Engagement Awards Program. This event was hosted by Grand Forks Mayor Mike Brown and UND First Lady, Marcia Kelley. Safe Kids Grand Forks had the privilege of nominating Bridget Thompson, UND Clinical Instructor and long-time Safe Kids member for the 2009 Faculty Service-Learning Award. We were provided with a letter of award categories looking for UND departments that engage

students within the community. Safe Kids Grand Forks immediately thought of Bridget and the work she has done with our coalition and local child care centers.

Nearly 3 years ago, Bridget and our coalition brain stormed about how the students might continue working with SKGF to integrate them into the community. We have since had students each semester pair up and go to local child care centers, three weeks in a row. The students develop parent take-home letters and resources, pro-

vide age-appropriate training to the children on a variety of injury topics and conduct pre and post testing.

Over the years, the students have presented on a variety of safety topics, some including: fire, wheeled sports, pedestrian, water, Halloween, winter, playground, motor vehicle and poison.

The centers have been delighted to have the students there to represent Safe Kids Grand Forks and to learn



more about safety topics. We are so proud of Bridget when we were able to showcase this UND-community partnership and most of all when they called her name as the award winner at the luncheon!!!

Congratulations to Bridget Thompson from Safe Kids Grand Forks!!!

**For her hard work and her recent award, we name Bridget Thompson as one of this edition's Safe Kids Stars.**

facebook

## Contact Us!

facebook

*Safe Kids Grand Forks has a new email address and is now on Facebook!*

*Become Safe Kids Grand Forks friend on Facebook to keep up with upcoming events, learn great safety tips, and to find out how you can volunteer your time or resources. Safe Kids also has a new email address.*

*Contact us at [safekids@altru.org](mailto:safekids@altru.org)*

# Gun Safety: After the Hunt!

Did you know that half of all households in America have at least one firearm? For that reason and now that gun hunting season is behind us for this season, it is important that all guns and firearms be properly locked and stored. Approximately 150 children age 14 and younger die each year from accidental gunshot wounds and hundreds more are injured or

permanently disabled. Accidental shootings among children most often occur when children are unsupervised and out of school.

You can help enforce gun safety by following these guidelines:

1) Assume all guns are loaded. Before handling a gun, make sure it is unloaded.

- 2) Keep guns out of sight and reach of children.
  - 3) Always keep guns unloaded and locked up.
  - 4) Use a trigger lock on all guns.
  - 5) Lock ammunition in a separate place from the gun.
  - 6) Teach your children to stay away from guns.
- Parents should teach children to follow a safety procedure if they see a gun:

**STOP! -  
DON'T TOUCH -  
LEAVE THE AREA -  
TELL AN ADULT**



## Keep Your Teen Driver Safe!

Traffic crashes remain the number one reason teens are killed in North Dakota. Help your teenager become a safer driver by checking out ND Teen Drivers.

[www.ndteendrivers.com](http://www.ndteendrivers.com) is a new website for North Dakota teens to help prepare for their driving permit or to sharpen their driving knowledge and skills. The website includes information on:

- ✦ rules of the road
- ✦ consequences for citations
- ✦ car care
- ✦ top ten driving mistakes

In addition, Parents LEAD provides parents and caregivers information on underage drinking.



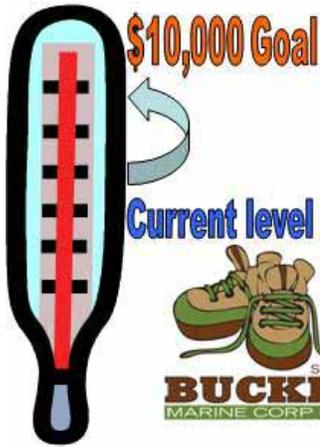
## Car Seat Check-Up Events

January 14	Grand Forks
February 4	Grafton
February 11	Grand Forks
February 24	Larimore
March 11	Grand Forks
March 23	Crookston
April 1	Grafton
April 8	Grand Forks
May 13	Grand Forks
May 19	Larimore



Car Seat Check-Up Events in Grand Forks and Grafton are held from 4-7 pm. Larimore events are from 3-6 pm and the Crookston events are from 4:30—6 p.m.

For more information, contact the Safe Kids Grand Forks car seat information line at 701-780-4995.



Safe Kids Grand Forks was proud to have been chosen as one of only 20 coalitions out of over 600 in the country to participate in this year's Marine Corps Marathon. Safe Kids USA was given 25 spots in the marathon to use as a fundraising effort. A special thank you to the MCM team at the Safe Kids USA office for placing their confidence in our coalition that we would raise money and awareness and represent Safe Kids well at the race. We were proud and honored to be chosen.

Back in May of 2009, we assembled a "planning team" that created flyers, posters and a web site. They brainstormed ideas for promoting the fundraiser and generated many great ideas. A special thank you to the team which consisted of the following individuals:

- Correen Radi - Altru Print Services
- Randy Schoenborn - Altru Foundation
- Sandy Schuster - Safe Kids Grand Forks
- Patty Olsen - Safe Kids Grand Forks
- JoLaine Knain - Healthy Families Region IV
- Alicia Sandbakken - Altru Corporate Development
- Lisa Soudreal - Community Member
- Julie Jeske - MCM Runner

During the campaign, we also had several "teams" form to challenge each other. Thanks to the following people for taking part in organizing the teams to raise funds:

- Altru Clinic Crookston - Mary Meine
- GF Sunrise Kiwanis - Lisa Berger and Yvonne Holter
- SNGF Buckle-up Team - Sadie Ripley, Jen Beck and Judy Larson
- SNGF Bike Team - Patty Olsen and Dawnita Miles

A special thank you also goes to Julie Jeske, our runner. Julie said "yes" to this challenge immediately and trained hard and raised funds for the event. She traveled to Washington D.C. to participate in this race and represent Safe Kids Grand Forks. We are SOOOO very proud of her for her efforts. She ran the 26.2 miles in a time of 3:58:52 with the last 0.2 miles being uphill to the two Jimn Memorial. Way to go, Julie!!

Last, but most importantly, we thank those of you that supported Safe Kids in the fundraising effort. The dollars raised will be used to support local injury prevention efforts to keep the children of our community and region safe. If you are interested in donating to our work, you may do so at any time. Checks can be mailed to use at Safe Kids Grand Forks - P.O. Box 6002 - Grand Forks, ND 58206-6002.

For all the efforts put into this event, we name Julie Jeske and the entire fundraising team our Safe Kids Stars for this newsletter's edition!!

## Holiday Decorating Tips

### Christmas Tree Tips

- Never leave a lighted Christmas tree or other decorative lighting display unattended. Inspect lights for exposed or frayed wires, loose connections and broken sockets. Do not overload extension cords or outlets and do not run an electrical cord under a rug.
- Natural Christmas trees always involve some risk of fire. To minimize the risk, get a fresh tree and keep it watered at all times. Do not put the tree within three feet of a fireplace, heater, radiator or heat vent.
- Decorate with children in mind. Do not put ornaments that have small parts or metal hooks, or look like food or candy, on the lower branches where small children can reach them.
- Do not burn Christmas tree branches, treated wood or wrapping paper in a home fireplace.
- Do not put candles on a tree or a natural wreath, or near curtains or drapes, and keep matches and lighters locked out of reach of children.

- Battery-operated flameless candles are an alternative that do not have a fire risk. Decorative lighting should be labeled with the seal of an independent testing lab and should only be used outdoors if it's labeled for outdoor use.

Safe Kids Grand Forks also offers these tips to prevent accidental poisoning:

- Keep alcohol (including baking extracts) out of reach and do not leave alcoholic drinks unattended.
- Color additives used in fireplace fires are a toxic product and should be stored out of reach. Artificial snow can be

harmful if inhaled, so use it in a well-vented space.

- Mistletoe berries, Holly Berry and Jerusalem Cherry can be poisonous. If they are used in decorating, make sure children and pets cannot reach it.
- In a poison emergency, call the national Poison Control Hotline at 800-222-1222 to be routed to your local poison control center.





**SafeRoutes**  
National Center for Safe Routes to School



Following are excerpts of a letter that Safe Kids Grand Forks just received relating to a new program entitled "Takin' It To The Streets". This program has been trialed in two elementary schools in Grand Forks (Kelly and Century). It consists of a partnership with the Grand Forks elementary schools, Safe Kids, local law enforcement bike patrol officers (UND and GFPD), the UND Cycling Club and the Ski and Bike Shop. Day one includes a presentation on the health, safety and environmental benefits of biking or walking to school. It provides the rules of the road and teaches 5<sup>th</sup> graders how to navigate on the streets and the trails. Day 2 consists of a trail and street ride to practice the skills learned in the gym class presentation. We are delighted to have been chosen for this grant and look forward to expanding the program in the future.

Safe Kids Grand Forks,

Congratulations! The National Center for Safe Routes to School is pleased to inform you that Grand Forks Public Schools / Safe Kids Grand Forks has been selected to receive a Safe Routes to School (SRTS) mini-grant for the spring 2010 semester. We received nearly 250 applications from across the country and were particularly impressed by the creativity of your proposed efforts to increase safe walking and bicycling to school in your community.

A check in the amount of \$1,000.00 will be disbursed to the recipient organization in January 2010.

Again, congratulations, and best wishes for your project's success!

Best regards,

Pam Barth, MRP

## Guideline Books for Off-Highway Vehicles

Safe Kids Grand Forks has obtained copies of the 2009-2011 Guideline Books for Off-Highway Vehicles (i.e. ATV's) and Snowmobiles. These guidebooks are published by the North Dakota Parks and Recreation Department and contain laws and safety information related to their use. For a free copy of these booklets, send an e-mail with mailing instructions to [safekids@altru.org](mailto:safekids@altru.org). Please let us know how many copies you need and what book you are interested in as they are published separately (off-highway and snowmobile).





## Safe Kids Safety Tip:

### Winter Safety

As the snow begins to fly, please keep kids off of snow banks along roadways. They may slip off of them onto the road and into on-coming traffic. It is also dangerous as road maintenance crews removing snow may not be able to see children in their paths.

For more winter safety tips, contact Safe Kids Grand Forks at Altru Health System (780-1489).



# Stay safe this winter and enjoy the season!!



## Safe Kids Safety Tip:

### Sledding & Winter Sports Safety

Enjoying winter sports on the Greenway or other locations in town can be great fun. Remember these tips to keep safe.

-Wearing a helmet while sledding or doing other sports is important. For information on selecting a winter sports helmet or to purchase one at a reduced price, contact Safe Kids Grand Forks at 780-1856.

- Obey all posted signs in the Greenway. They are there to keep you safe.



## Snowmobile Safety

“Tis the Season!” Yes, it’s that time of year again when jubilant snowmobilers gleefully inspect their anxious machines before powering them through the magnificent variety of landscapes that North Dakota offers. This also means the start of another season of Snowmobile Education classes. The goal of the North Dakota Parks & Recreation Department’s Snowmobile Education Course is to teach users the correct way to operate a snowmobile by instructing them in the appropriate handling methods, accurate maintenance inspections, use of suitable safety equipment, responsible riding techniques, and educating them in the current regulations. All riders over the age of 12 who do not possess a valid driver’s license must first receive a snowmobile safety certificate in order to operate on any

public land. The snowmobile safety certificate can only be attained through participation in the Snowmobile Education Course. Classes are offered in various cities throughout North Dakota for information on a class near year contact our office at 701-328-5357 or check out our website [www.parkrec.nd.gov](http://www.parkrec.nd.gov) under the snowmobile section.

**This information has been provided to Safe Kids Grand Forks by:**  
**Erik Dietrich**  
**Motorized Recreation Coordinator**  
**North Dakota Parks and Recreation Department**

Safe Kids Grand Forks also offers this information on safe snowmobiling: Each year, over 2600 kids are hurt on snowmobiles in the US. That is nearly 30 per day.

Most crashes happen due to excessive speeds and on off-trails locations. They usually result in the driver hitting an object.

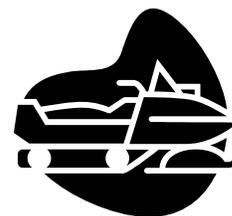
Snowmobiles are very heavy (up to 600#) and can reach speeds in excess of 100 mph. Crashes with vehicles this big and fast can cause very serious injuries.

Here are some safety tips for safe snowmobiling this winter season:

As Mr. Dietrich mention in his information, assure that all riders have taken a snowmobile safety course to learn how to handle the machines. To obtain the certification online, visit

[www.parkrec.nd.gov/online](http://www.parkrec.nd.gov/online)  
To further test your knowledge, visit [www.snowiasa.org](http://www.snowiasa.org) for a Safe Rider’s online safety quiz.

- Wear a helmet!!!! Your helmet must be made for



this type of sport, should fit well and the chin strap must be used at all times to keep the helmet in place in the event of a crash.

- Use eye protection, especially when traveling in wooded areas.
- Steer clear of driving by bodies of water where there may be thin ice or open water.
- Do not carry more passengers on the snowmobile than it is intended for.
- Know and use the approved snowmobiling hand signals.

For more information on these tips and ND guidelines for snowmobile use, visit [www.parkrec.nd.gov](http://www.parkrec.nd.gov)

## Make Your Holiday Decorating Safer with *Candle Impressions* and Safe Kids!!

Safe Kids Grand Forks is now offering *Candle Impressions* battery operated candles at a greatly reduced price! These battery operated candles are available now for a \$12 donation to Safe Kids Grand Forks.

No more open flames or messy wax! Use them year round for safe decorating. Great for houses with young children or pets and for dorm rooms or nursing homes where candles are not allowed!

Choose from three styles:

- Votives** – A four pack of unscented votive candles with batteries included. Total battery time is 100 hours!
- Pillar**- A four inch round unscented pillar candle . Two AA batteries last more than 250 hours.
- Hurricane**- A four inch carved hurricane candle with a light vanilla scent. It also comes in a organza gift bag. Two C batteries will last more than 350 hours.

To get your *Candle Impressions* battery operated candles at this great price in time for the holidays, contact Safe Kids Grand Forks at 701-780-1639 or email [sschuster@altru.org](mailto:sschuster@altru.org).



**Candle** BATTERY-OPERATED  
**IMPRESSIONS\*** FLAMELESS CANDLES



Proud Program Sponsor



## GRANT ANNOUNCEMENT!



Winship Elementary was recently awarded a \$3,000 Safe Kids Worldwide grant to form a **School Safety Committee**. FedEx, our longtime partner in pedestrian safety issues is the entity providing the funding for this grant. The purpose of this committee is to study and improve the safety of children walking and biking to school. Ultimately, we hope to increase the number of children and parents who choose this healthy alternative for getting to school. We are very excited to be working with the parents and staff of Winship Elementary and thankful to Safe Kids and FedEx for providing us with this opportunity!