



Safe Kids Tummy To Toddler Expo

Are you expecting a baby? Are you a grandparent or caregiver? Do you have young children at home? If you answered “yes” to any of these questions, you **NEED** to attend Safe Kids Grand Forks’ inaugural Tummy to Toddler Expo this fall!!

The Tummy to Toddler Expo will have many vendors ready to showcase their latest products, services, and fashions for new moms, families, and caregivers. This includes, pediatric dentistry, photography, accessories, clothing boutiques, and crafters just to name a few! The Tummy to Toddler Expo will also be providing safety information on topics such as choking, poison and car safety. As an added bonus, Safe Kids Grand Forks will be holding a car-seat check-up

event (weather permitting) in the parking lot east of the Ramada Inn for an extra half hour before and after the event hours (12:30-4:30 p.m.). At this check-up event, there will be certified car seat technicians to help make sure your car seats are installed correctly and being used properly.

In addition to booths and vendors at the Tummy to Toddler Expo, there will be mini break-out sessions focusing on topics relevant to new parents. These mini break-out sessions are about 30 minutes each and will focus on topics such as Babysitter Etiquette, Reshaping Helmets, Things Curious Kids Get Into and more.

The Tummy to Toddler Expo is the place to be this fall for those who are expecting, just gave birth, and have young children. At this expo, there will be tons of raffle prizes and the



first 300 admission tickets sold will receive a free reusable event bag!! This event bag, sponsored by Dakota Pediatric Dentistry, will be full of goodies, samples, and coupons from businesses and companies. Some of the raffle items include numerous car seats, a diaper cake, playard, ExcerSaucers, area restaurant gift cards and many other baby products. Donations made by companies such as Evenflo, Dorel, Chicco, and 4moms helped to supply thousands of dollars’ worth of raffle items.

For just a \$5 admission, you will be supporting the Safe Kids Grand Forks’ injury prevention efforts and receiving all kinds of information about how to

keep your children safe from the number one killer of kids: accidental injury. Come join us on **October 12, 2014 from 1:00 p.m. to 4:00 p.m. at the Ramada Inn in Grand Forks** for your chance to win any of our incredible raffle items, learn about safety information, and purchase items of the latest fashions and trends.

Join our Facebook event to get updates on all the great raffle items and vendor booths!



Safe Kids Star



Keeping us “up and running smoothly in the Safe Kids office!!”

We at Safe Kids Grand Forks have LOTS of volunteers that help to make our events go smoothly. From helping kids cross the street on Walk to School Day, to checking car seats, to manning booths at safety fairs, we call upon so many people to make our coalition’s efforts effective and successful.

While lots of those people are the “face of Safe Kids” at events, there are many people who work behind the scenes to keep our volunteer center and Safe Kids office running smoothly; Jeff Johnsen is one of those people. Jeff works in Altru Health System’s Maintenance Department and when there is a need to fix our heating or cooling (we have volunteers who like to stay cool while working away), to hang a shelf, fix a broken “something” or move things around, Jeff is our “go to guy”. He always greets our requests with enthusiasm and a smile and it is not hard to tell that he

has a special place for Safe Kids Grand Forks and the work that we do in his heart. We thank him for his efforts to make our work processes smoother at the Safe Kids Headquarters!!

Thanks Jeff for all you do for Safe Kids Grand Fork. You are our STAR!



Get Weekly Child Care Tips and Updates



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Child Care Aware® of North Dakota is a program of Lutheran Social Services in western North Dakota and Lakes and Prairies Community Action Partnership in eastern North Dakota



Medication Safety and You!



According to the U.S. Consumer Safety Commission during 2013, 67,000 emergency room visits were made for accidental medicine poisoning in young children. In 33% of the cases the grandparent's medication was the cause. Many grandparents keep their medicine in easy-open container or bottles without a child resistant cap.

POISONINGS ARE PREVENTABLE!!

Some tips for prevention include:

- Store medications safely – keep them up and away and out of sight after every use. Replace all safety caps on

bottles after every use; never leave medications out on the counter between doses. Don't keep medication in your purse that isn't in a child resistant bottle.

- Give medication safely - read all medication labels carefully and follow dosage directions.
- Get rid of expired or unused medications safely - take these medications to the community drop box at the GF or EGF Police Department or other law enforcement centers around the region.

Some stats from McNeil Consumer Healthcare and Safe Kids Worldwide (March 2013) are that kids are finding medicine in the following places

- 27% on the ground or misplaced
- 20% in a purse, bag or wallet
- 20% on a counter, dresser, table or nightstand
- 15% in a pillbox or a bag of pills
- 12% unknown
- 6% in a cabinet or drawer



Make sure you keep medications in the original bottles with clear labels and child resistant caps. This will decrease the chance of a child getting into the medication but will also help you to administer the correct dosage of medication. It has been found that 30% of dosing errors in kids under the age of 5 are errors in measurement. Always keep the dosing device that comes with your liquid medicine and don't use a kitchen spoon as its measurement is unreliable. Keeping a dosing chart will keep you organized as to what, when and how much medication you gave and this will decrease errors. You can also set alarms on your phone, watch or computer to remind you when the next dose is due.

In the event of an accidental poisoning call the Poison Control Center at 1-800-222-1222. This number is available in stickers and magnets from your local health department and from Safe Kids. Please also take a minute to add it to your personal cell phone contacts as well!

Article submitted by Danielle Bata, BSN, RN Grand Forks Public Health

Infants', Children's and Jr. TYLENOL® Use this chart to determine the proper dose of TYLENOL® for your patient. **If possible, use weight to dose; otherwise use age.**

Dosing Information for Healthcare Professionals

DOSE — Give your patient the dose indicated below every 4 hours as needed. Do not give more than 5 doses in 24 hours.

Weight (lbs)	Age	Infants' TYLENOL® Oral Suspension	Children's TYLENOL® Oral Suspension	Children's TYLENOL® Meltaway Chewable Tablets	Jr. TYLENOL® Meltaway Chewable Tablets
		Active Ingredient: Acetaminophen 160mg (in each 5mL or 1 tsp) Use only as directed.	Active Ingredient: Acetaminophen 160mg (in each 5mL or 1 tsp) Use only as directed.	Active Ingredient: Acetaminophen 80mg (in each tablet) Use only as directed.	Active Ingredient: Acetaminophen 160mg (in each tablet) Use only as directed.
6-11 lbs	0-3 mos	1.25 mL	—	—	—
12-17 lbs	4-11 mos	2.5 mL	—	—	—
18-23 lbs	12-23 mos	3.75 mL	—	—	—
24-35 lbs	2-3 yrs	5 mL	5 mL (1 tsp)	2 tablets	—
36-47 lbs	4-5 yrs	—	7.5 mL (1½ tsp)	3 tablets	—
48-59 lbs	6-8 yrs	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs	9-10 yrs	—	12.5 mL (2½ tsp)	5 tablets	2½ tablets
72-95 lbs	11 yrs	—	15 mL (3 tsp)	6 tablets	3 tablets

Remind parents and caregivers to:

- Read and follow the label on all TYLENOL® products
- Take every 4 hours as needed
- Do NOT exceed more than 5 doses in 24 hours
- Do NOT use with any other product containing acetaminophen
- Keep all medicines out of the reach of children
- Do NOT administer adult medicines to children
- Use only the dosing device that comes with a specific product:
 - Infants' TYLENOL® Oral Suspension — enclosed SimpleMeasure™ syringe
 - Children's TYLENOL® Oral Suspension — enclosed measuring cup
- Children's TYLENOL® Meltaway Chewable Tablets are not the same concentration as Jr. Strength TYLENOL® Meltaway Chewable Tablets. Jr. TYLENOL® Meltaway Chewable Tablets contain 160mg of acetaminophen, while Children's TYLENOL® Meltaway Chewable Tablets contain 80mg of acetaminophen
- All Infants' and Children's TYLENOL® Oral Suspension products in stores have the same acetaminophen concentration (160mg/5mL)

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For more information, visit TylenolProfessional.com

Parking Pal: A Parent's Helping "Hand"



Parking Pal was designed to keep children by the vehicle in parking lots, while you load or unload other children or packages. Parking Pal can be used in many types of parking lots: apartments, grocery stores, malls, etc. The magnet should be placed on the rear panel of the car, closest to the door most commonly used by the child. The parking Pal is used by instructing the child to place their hand on the magnet, before they enter or after they exit the vehicle, and having them stay there until you tell them it is okay to remove their hand. Children are drawn to place their hand on top of the "hand" that is indicated on the magnet. The designs on the outside of the magnet keeps kids' attention. Have them find a letter in the alphabet, find a certain colored fish, or count the stars. (A child cannot be left unintended by the vehicle at any time.) Magnets can be ordered for \$9 at www.parkingpalmagnet.com.





Have you liked Safe Kids Grand Forks on Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.



- Ask questions
- View our weekly Area Voices blog
- Contact information for the Safe Kids Grand Forks office

701.780.1489
safekids@altru.org



North Dakota Conference on Injury Prevention & Control

"Preventing and Responding to Injuries"

SAVE THE DATE

October 1-2, 2014

Radisson Hotel
6th and Broadway - Bismarck, N.D.

"Bringing the Pieces Together"

Topics will include:

- General Injury Prevention
- Suicide and Mental Health
- Domestic/Sexual Violence
- Traffic Safety

Purpose:

To encourage professionals to develop multifaceted approaches to promoting awareness, prevention and intervention of unintentional and intentional injuries in North Dakota.

Continuing education credits have been requested for nurses, social workers, licensed counselors, law enforcement, emergency medical services, and domestic violence advocates.

Interested in presenting or need more information?

Call 800.472.2286 or visit www.ndhealth.gov/injury/trainings.htm.

Registration will be available soon.

Hosted by: North Dakota Department of Health - Division of Injury Prevention & Control

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

Nap Nanny Still a Danger!



On May 26th, the U.S. Consumer Product Safety Commission (CPSC) received a report of a sixth infant death attributed to the use of a Nap Nanny Infant Recliner. CPSC urges parents and caregivers who own a Nap Nanny or Nap Nanny Chill to stop using it immediately.

For safe sleep practices, remember the ABC's of Safe Sleep:

A = Alone - No blankets, stuffed animals, bumper pads, etc. in the crib.

B = Back - Place the child on their back to sleep.

C = Crib - The child should sleep in an approved crib with the proper crib mattress, not on a couch, propped in a chair or on an adult bed.





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.



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.

U.S. Consumer Product Safety Commission

A SAFER GENERATION OF STROLLERS

New Federal Requirements

ALL types of strollers and carriages must be built, tested and labeled to minimize issues with:



All strollers and carriages made after
September 10, 2015 must meet new federal
requirements for overall stroller safety.



Coming to a Neighborhood Near You: A Safer Generation of Strollers



CPSC recently passed a new rule that will require all strollers and carriages to meet strong safety requirements next year.

The new stroller standard continues the U.S. Consumer Product Safety Commission's (CPSC) efforts to strengthen the safety standards for children's nursery products. This new standard is part of the transformation to a new era in product safety for infants and toddlers, which has included improved safety requirements for cribs, play yards, bassinets and cradles, and soft infant and toddler carriers.

The flyer describes the changes that are being implemented.



Featured Car Seat– Evenflo Symphony

The new Evenflo Platinum Symphony™ DLX All-In-One Car Seat is among Evenflo’s award-winning car seats that carry forward their passion for products that foster a safer, more peaceful ride. The Symphony car seats are designed to rear face from 5-40 pounds and forward face with a harness to 65 pounds and booster mode to 110 pounds. This car seat expires 8 years after the manufacture date.

The seat features OUTLAST® Performance Fabric that absorbs hot and cold temperature, releasing as needed, to balance your child’s body temperature for a safer, more peaceful ride. Our new Buckle Pockets protect from hot buckle burns and eliminate digging under your child for lost buckles. Advanced SureLATCH® Technology helps provide a secure installation in less than 60 seconds! Simply click the LATCH into your vehicle and push down to hear and feel the seat auto tighten.

This seat includes e3 Side Impact™

Protection, which is designed and tested to reduce side impact forces up to 50%. Features: OUTLAST® Performance fabrics, Buckle pockets, e3 Side Impact™ protection, converts to booster, 65 lb. harness weight rating, SureLATCH® connectors, Infinite Slide™ harness, upfront harness adjust, machine-washable pad, energy-absorbing foam, cup holders, made in the USA



Graco Recall-Infant Seats

This winter, Baby Trend, Evenflo and Graco issued a large recall on the crotch buckle on some of their car seats. Recently Graco extended that recall to some of their infant car seats as well.

If you sent in the registration card that came with your car seat, you would have received notification from these companies if your seat was affected. If you did not fill out the registration card, please go to the car seat manufacturer’s website to register your car seat to be notified of any future recalls.

1. Check your car seat model name and date of manufacture:

Look under or behind your car seat, locate the white label and note the NAME and Date of Manufacture.



2. Check your model name and date against affected models list below.

Models Affected:

Model Name	Dates Produced
SnugRide SnugRide Classic Connect	March 1, 2011 through May 31, 2013
SnugRide 30 SnugRide Classic Connect 30	July 1, 2010 through January 31, 2013
SnugRide 35 SnugRide Classic Connect 35	May 1, 2011 through January 31, 2013
SnugRide Click Connect 40	June 1, 2012 through December 31, 2012
Aprica A30	July 1, 2011 through April 30, 2012



Back to School Safety



It's that time of year again when children head off to school. Whether your kids are just starting in the classroom setting or are seasoned veterans, there are lots of tips for keeping them safe on their way to school and on their way home.

Pedestrian Safety:

Walking is a healthy, fun way to get places and lots of elementary schools have incentive programs for walking.

- Provide children under age 10 supervision while walking and crossing streets. Young children do not possess the cognitive skills or depth perception to safely judge the distance and speed of oncoming vehicles.
- Cross only at corners and crosswalks.
- Look left, right, left before crossing and make eye contact with the driver. Many drivers are distracted and you want to be sure they see you and have come to a stop.
- Make sure to keep looking as you cross.
- Don't be a distracted pedestrian. Remind tweens and teens to remove ear buds and not use their cell phone when crossing the street.
- Be a role model!

Bicycle Safety:

Riding a bike can also be a safe and fun

way to get to and from school.

- **WEAR A HELMET.** It is the most effective way to prevent a head injury in the event of a crash when participating in any wheeled sport.
- Walk your bike on school property and when using crosswalks.
- A bicycle should not carry more people than it was designed for, such as on the handlebars or pegs. One seat, one rider.
- When riding a bicycle, don't carry anything in your hands. Make sure backpack straps do not hang down into the wheels or pedals.

School Bus Safety:

More children are injured each year around school buses or at bus stops than while riding in them.

- Get to the bus stop early so you don't have to rush. Stand at least 3 giant steps away from the curb.
- Wait until the bus stops, the door opens and the driver says it is okay to get on the bus.
- If you have to cross the street in front of a bus, use a crosswalk and be sure the driver sees you and you can see the driver.

Motor vehicle safety:

Many children ride to school in a family vehicle and/or in a carpool.

- Children 12 and under should not ride in the front seat due to the presence of air bags. When deployed, an air bag can seriously injure or kill a child.
- Never have children double buckle. Every passenger needs a seatbelt, regardless of the proximity to the school.
- Many elementary children should ride in a booster seat for the safest ride. See our article on page 13 on carpooling for more information.

Driver responsibilities:

When driving in neighborhoods and school zones, it's important that ALL drivers keep an eye out for children going to and from school.

- When backing out of a driveway or

leaving a garage, watch out for children walking or biking to school.

- Slow down. Follow posted school speed limit signs and be aware of arrival/dismissal times at your neighborhood school. Take an alternative route if possible.
- Watch for children playing and congregating near bus stops.
- **BE ALERT.** Children are impulsive. They depend on us to drive safely.

The start of the school year is a time of new beginnings. Let's all work together to keep our students safe.



Photographs on this page provided by Farrah Spivey Photography. Used with permission.



Distracted Driving—North Dakota Department of Transportation Grant



Distracted driving has become a huge issue and is causing thousands of car crashes now that we are able to do more and more things on our phones. Thanks to a grant from the North Dakota Department of Transportation, Safe Kids Grand Forks teamed up with the HOSA (Health Occupation Students of America) class at Red River High School to do a study on how many students at their school were driving distracted. We found that 21% of the students were distracted while driving. Of those distracted, 49% were distracted by texting while driving.

Sending or reading a text takes your eyes off the road for about 5 seconds. At 55 mph, that's like driving the length of an entire football field, blindfolded. We live in a fast pace world and don't always think about the consequences of our actions. Challenge yourself or your children to put down their phone or leave it in the back seat while they are driving. There are also smartphone apps available to help avoid distraction. One is called TextLimit – for \$25 a year it will disable the phone's screen while driving, track the phone's location and monitor the user's behavior.

A great website to show the distracted drivers in your life is WhatsLethal.com They have a Wheel of Death that will tell you based on your driving actions how likely you are to be in a car crash.

The National Safety Council declared April to be Distracted Driving Awareness Month. We were delighted to partner during this month with Red River to spread many messages about the dangers of distracted driving. There is lots of information on distracted driving available online to share with your loved ones. Thousands die needlessly each year because people continue to use their cell phones while driving – handheld or hands-free.



X **Myth vs. Reality**

Myth #1 Drivers can multitask.

Reality Contrary to popular belief, the human brain cannot multitask. Driving and talking on a cell phone are two thinking tasks that involve many areas of the brain. Instead of processing both simultaneously, the brain rapidly switches between two cognitive activities.

Take the classic example of the act of walking and chewing gum. There is a common misconception that because people appear to simultaneously do both that they can just as easily talk on their cell phones and drive safely at the same time.



The truth is that walking and chewing gum involve a **thinking** task and a **non-thinking** task.



Conversation and driving are **both thinking** tasks.

Myth #2 Talking to someone on a cell phone is no different than talking to someone in the car.

Reality A 2008 study cited by the University of Utah found that drivers distracted by cell phones are **more oblivious** to changing traffic conditions because they are the only ones in the conversation who are aware of the road.





In contrast, drivers with adult passengers in their cars have an **extra set of eyes and ears** to help keep the drivers alert of oncoming traffic problems. Adult passengers also tend to adjust their talking when traffic is challenging. People on the other end of a driver's cell phone cannot do that.

Myth #3 Hands-free devices eliminate the danger of cell phone use during driving.

Reality Whether handheld or hands-free, cell phone conversations while driving are risky because the distraction to the brain remains.

Activity in the parietal lobe, the area of the brain that processes movement of visual images and is important for safe driving, decreases by as much as **37%** when listening to language, according to a study by Carnegie Mellon University.

Driving alone



Driving with sentence listening





Drivers talking on cell phones can miss seeing up to 50% of their driving environments, including pedestrians and red lights. They look but they don't see. This phenomenon is also known as "inattention blindness."

Myth #4 Drivers talking on cell phones still have a quicker reaction time than those who are driving under the influence.

Reality A controlled driving simulator study conducted by the University of Utah found that drivers using cell phones had **slower reaction times** than drivers with a .08 blood alcohol content, the legal intoxication limit.



vs.



There is a simple solution – drivers talking on cell phones can immediately eliminate their risk by **hanging up the phone**, while drunk drivers remain at risk until they sober up.

Sources: National Highway Traffic Safety Administration | University Of Utah | The AAA Foundation for Traffic Safety | National Safety Council







Distracted Driving-Talking on the Phone

Do you talk on your phone while driving? Safety experts agree that cell phone use is a dangerous distraction. Distractions now join alcohol and speeding as leading factors in fatal and serious injury traffic crashes.

By multitasking, you may think that you're making efficient use of your time behind the wheel. In reality, you are actually putting yourself, your passengers and others at risk.

When behind the wheel, we depend heavily on our vision. However, when we really think about it, eyes do not actually see. Your eyes send a message to the brain which computes what the eye is seeing.

Inattention Blindness

Drivers talking on cell phones miss up to 50 percent of what they should be seeing in their driving environments. Why? Because having a cell phone conversation while driving overloads the brain. When the brain is overloaded, it

fails to compute or process incoming information. In other words, even though you are actually looking at the roadway through your windshield, that cell phone conversation causes a phenomenon known as inattention blindness.

Brain Overload

Our brains are not capable of multitasking. The brain cannot perform two thinking tasks at the same time; instead, the brain quickly switches back and forth between those tasks.

When a person's brain is overloaded, it filters out the information it receives for processing. When a driver is engaged in a cell phone conversation, they experience brain drain, this causes the brain to shut down many of its key functions, which are necessary for the driver to understand and react to changes in the roadway. We can become blind to what's right in front of us.

Because their visual field narrows, drivers talking on a phone are less likely

to see high and low pertinent objects, missing visual cues critical to safety and navigation. They tend to miss exits, go through red lights and stop signs, and miss important navigational signage.

Just Drive

More than 30 studies have shown hands-free devices are no safer than handheld, because the brain remains cognitively distracted by the conversation. Additionally, recent studies show using voice to text is more distracting than manually typing texts.

Next time you're behind the wheel and reach for your cell phone, keep in mind that whether hands-free or hand-held, your chances of being involved in a crash significantly increase. Any secondary, non-essential activities you perform while driving puts you and the people you share the road with in harm's way. Bottom line: When you drive, just drive.

This article was written by Bill Vasicek – Community Safety Coordinator at Altru Health System.

Don't be a distracted pedestrian!
Devices DOWN and heads UP!

TURN THE ELECTRONICS DOWN

TURN THE SAFETY UP

SAFE KIDS GRAND FORKS

Altru HEALTH SYSTEM





Even great parents
can forget.

Every year dozens of children and babies get left in hot cars and die from heatstroke. It could happen to anyone. Even you. So, be extra careful and always check the back seat before you walk away.

where's  baby?

Look before you lock.

safercar.gov/heatstroke

#checkforbaby

**SAFE
K:DS**
GRAND FORKS

6053-0259 JULY 14

Altru
HEALTH SYSTEM

CARPOOL SAFETY CHECKLIST



Transporting your child safely is important – transporting someone else’s child is even more important. When your child is riding in a carpool with someone else or other children are riding with you, please make sure you can say “Yes” to all the following items:

BEFORE THE RIDE

- » The person driving the carpool is a responsible, trusted person who has their driver’s license and carries auto insurance.
- » Before the driver gets into the car, they walk completely around the car – looking for kids, toys and pets.
- » The driver can see each child in the carpool as they are approaching the car.
- » I teach my child not to play around or near cars in driveways, parking lots or the street.

DURING THE RIDE

- » Each child rides in a car seat, booster seat or seat belt, based on individual age, weight and height.
- » Each child has their own seat belt system to hold them, the booster seat or car seat.
- » Each child under 13 is riding in the back seat.
- » Airbags have been disabled for children who must ride in the front seat (front seat location is NOT recommended.)
- » The driver knows how to use a booster seat or car seat correctly for the children they transport.
- » The car does not start until every person is properly buckled.

AFTER THE RIDE

- » Keep the vehicle locked, so kids cannot play in or around the car when an adult is not there.
- » Each child has seen and knows how the glow in the dark emergency trunk handle works in an emergency.
- » All children exit the car on the curb side.
- » Once children exit the car, the driver waits until they are safely supervised before driving off.
- » Never leave children alone in the car, not even for a few minutes.

SAFE
KIDS
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HEALTH SYSTEM

6053-0257 JULY 14





No Boosters on Buses

Parent and caregivers are often surprised to learn that best practice is to NOT use a booster on a school bus, even though the child would normally ride in a booster in the family vehicle.

The reason for this is that, on a school bus seat, the seat depth dimension is much smaller to fit shorter legs. The bus seat is pre-scaled to suit a child's dimensions, whereas a regular vehicle seat is not.

Remembering the 5-Step Test to determine seat belt readiness, it is easy to imagine why this difference in seats is important: a child does not have to grow nearly as tall to have his legs bend comfortably on the shallower lower cushion of a school bus.

Adding a booster unnecessarily could detract from safety. A booster with a back would position the child's torso closer to the seat ahead, and a child is safer sitting lower on a bus seat, with the head down within the padded seating area. Also, a booster must fit entirely on the seat, and some models may overhang on a shallow school bus seat.

Bus seats that have lap-shoulder belts have shoulder belts can be moved up and down so that it can be adjusted to have the correct belt fit for various sizes of students. School bus seating with lap-shoulder belts is typically made to start fitting at around the size of an average kindergartner. For children too small to fit on the bus seat properly, rather than a booster, pupil transportation professionals should plan to

provide a child safety restraint system for the students, as may be the case for children being transported to and from Head Start programs.

As in any circumstance, best practice is to assess the child for fit when deciding whether to use a car seat/booster or a seat belt, rather than just relying on age or weight.

This article was written by Safe Ride News

TIP #7: BOOSTERS UNTIL KIDS PASS 5-STEP TEST

- 1** Back against the vehicle seat
- 2** Knees bend at edge of seat
- 3** Lap belt low on tops of thighs
- 4** Shoulder belt between neck and shoulder
- 5** Sit properly. No slouching, leaning over, etc

MUST SAY YES TO ALL 5 TO RIDE SAFELY WITHOUT A BOOSTER

MOST KIDS 10-12 YEARS OLD BEFORE THEY PASS

ME ME

THECARSEATLADY.COM

Safe Kids Grand Forks has been extra busy this summer with car seat check up events. From May through September we are holding 24 check ups! We are going all over Grand Forks and the surrounding communities, even all the way up to Roseau.

To date, at these events we have checked 299 seats! Thank you to the wonderful certified car seat technician volunteers that helped to make these events possible. If you would like more information about setting up a car seat check up event, please contact Jasmine at 701.780.1660.



Sports Nutrition: Protein supplements, do athletes need them and are they safe?



Protein is an important nutrient for athletes. Exercise breaks down muscle proteins which then require repair and rebuilding. Even though protein provides calories, unlike carbohydrate it is not a preferred source of energy during exercise. If protein is being used for energy, it cannot do its job of repairing and rebuilding muscle tissue. With that being said, more protein does not build more muscle. Increased muscle mass and strength is due to physical activity, not excessive protein intake. Any extra protein consumed could be converted and stored as fat. The recommended protein intake for Americans is 0.4 grams/pound/day. Athletes may have different needs ranging from 0.6-0.8 grams/pound/day depending on their sport and level of fitness. This doesn't mean that athletes need to put extra effort into increasing their protein intake and usually protein supplementation isn't necessary. Protein powders and amino acid supplements are widely available and although they make all sorts of claims for helping athletes get bigger, faster, and stronger, they are no more effective than food for gaining muscle mass and they are

a potential source of illegal substances which most likely will not be listed on the label. An athlete who is consuming enough calories to meet the demands of their sport would most likely be consuming adequate protein. A 150 pound athlete would need 90-120 grams of protein a day. This would mean 20-30 grams of protein with each meal and 10-20 grams of protein with snacks. Below is a chart with the protein content of some commonly eaten foods.

If you are interested in more information to meet specific needs, call to schedule an individual appointment with a Sports Dietitian at the Sanny and Gerry Ryan Center for Prevention and Genetics at 701.732.2620. Fueling for Performance Classes are also available and times and dates can be found on the Choice Health and Fitness website. For more information on Fueling for Performance or other sports nutrition services call 701.732.7624.

This information has been provided by:
Becky Westereng RD, CSSD, LD, CDE
Board Certified Specialist in Sports
Dietetics



Protein Foods	Portion	Grams of Protein
Baked Beans	½ cup	6
Beef/Chicken/Fish/Pork/Turkey	3 ounces	21
Cheese	1 ounce	7
Cottage Cheese	¼ cup	7
Dried Beans, cooked	½ cup	8
Egg	1	7
Fruit	½ cup	0
Grain servings	1 serving	3
Milk	1 cup	8
Peanut Butter	2 Tbsp.	8
Soymilk	1 cup	7
Yogurt	1 cup	6
Greek Yogurt	1 cup	13
Vegetables	½ cup	3



Sports Safety - “Get In the Game”



The start of the school year also brings the start of many fall sports – tennis, football, soccer;

the list goes on. Participation in sports offers tremendous social, emotional and physical benefits for children. We know that one of the worst things for kids is being on the sidelines with an injury. As parents and coaches, there are simple things we can do to help reduce preventable injuries – so our kids can continue playing the games they love.

The Hard Facts

In 2012, more than 1.35 million children ages 19 and under were seen in emergency departments for injuries related to 14 commonly played sports.

Top Tips

- Before playing organized sports, make sure your child receives a pre-participation physical exam, or PPE, by a doctor. This can help rule out any potential medical conditions that may place your young athlete at risk.
- Bring a water bottle to practice and games. Encourage children to stay well hydrated by drinking plenty of water before, during and after play.
- Stretching before practice and games can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains. Make sure there is time set aside before every practice and game for athletes to warm up properly.
- An off-season is important, too. It is recommended that kids get 10 consecutive weeks of rest from any one sport every year. Playing different sports throughout the year is OK.
- Make sure you and your child know the signs and symptoms of a concussion. If

you suspect your child has had a concussion, seek medical attention as soon as possible. **WHEN IN DOUBT SIT THEM OUT!**

- If your child plays a contact sport and your school does not require ImpACT testing, consider scheduling an appointment for this testing at Altru Health System. We have included a flyer about ImpACT testing on the following page
- It’s also a good idea for coaches to get certified in first aid and CPR, learn the signs and symptoms of a concussion and help avoid overuse injury by resting players during practices and games.



SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM

www.safekidsgf.com

When in doubt, sit them out!

CONCUSSION SIGNS

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Feeling more emotional, nervous, or anxious
- Does not “feel right” or is “feeling down”

CONCUSSION SIGNS

- Appears dazed or stunned
- Is confused or forgets about assignment or position
- Is unsure of score or opponent
- Moves clumsily/poor balance
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to, or after, hit or fall

Always contact a physician if there is any signs or symptoms of concussion.



Baseline ImPACT Testing



Altru Physical Medicine and Therapy Services department offers Baseline Impact Testing for concussion management through Altru's Medical Fitness Center.

ImPACT (Immediate Post-Concussion Assessment and Cognitive Training) is a computer based screening to help healthcare professionals evaluate the recovery of a patient following a concussion. The individualized baseline test is used to measure recovery against testing done post injury.

Many area schools offer ImPACT testing for their student athletes and now this service is available to teens and adults that participate in high risk activities outside of middle or high school sponsored sports.

It is important to get tested to keep our athletes safe and in the game. The baseline test is available for individuals for a \$40 fee. Baseline testing is also available for groups and organizations by calling 701.780.2516.



Safe Kids Grand Forks highly recommends this testing for athletes of all skills as an aid in post-concussion management. Parents and caregivers: You pay for their jerseys, lessons and safety gear. Please consider this one essential to put on your list to obtain as part of sports participation.

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September is Baby Safety Month

Unintentional injuries are the number one cause of death for children age 19 and under. In order to prevent these accidental injuries there are many steps parents and caregivers can take to make sure their homes are safe. Although it may be unnatural, an important step in child-proofing your home is to look at your home from a baby or child's perspective. Literally getting down on your hands and knees can allow you to see potential dangers from your child's view. Here are a few other common threats that may not be as obvious to new parents and caregivers as you go through your home to prepare for a baby's arrival:

Making sure a child's bedroom or nursery is safe is one of the most important things when going through your home. If the child is sharing a room with an older sibling, be sure to keep their toys separate. Many toys for older children pose a major choking hazard to young children. To test if a toy is a choking hazard, you can use a small parts tester. An alternative to this device is the "toilet paper roll test". If a toy can fit through the middle of an empty toilet paper roll, then a child less than three years of age could potentially choke on that toy.

Poisonous threats to small children that most people don't know about are button batteries. These batteries are the small circular ones found in electronic toys, car starters, and even baby thermometers. If swallowed, within 2 to 3 hours a button battery can cause significant damage. A child who swallows a button battery should seek medical attention immediately.

Another danger in the nursery or bedroom is the blind cords that hang from windows. Children can get caught and strangled in these cords, so be sure to shorten them or tie them up high. Furniture placement in a child's bedroom is important as well. Avoid putting furniture in front of or near a window where a child could climb up and fall out of the window or get tangled in the blind cords. Remember, window screens are meant to keep bugs out, not kids in.

Newborn babies sleep as much as 16-18 hours per day so assuring a safe sleep environment is critical for their safety.

Recently, the Consumer Product Safety Commission (CPSC) issued new standards that regulate cribs due to deaths of children from these products. These standards include the ban of traditional drop-side rails on cribs. For more information on the new crib standards, go to www.cpsc.gov. Never use blankets, pillows, quilts, or crib bumpers in the baby's sleeping area. Be sure to keep soft objects such as stuffed animals and loose bedding out of the crib. Babies need to sleep in a crib or playpen, never on an adult bed/mattress, a couch or other furniture. Also, they should not sleep with an adult or another child due to the risk of being rolled on and/or suffocated. The easiest way to remember how to create a safe sleep environment is to think of the ABC's of sleep:

Babies sleep safest Alone, on their Backs, in a Crib.



Today many people are buying flat screen televisions and putting the old tube TV's in their children's rooms. Every 45 minutes a child visits the emergency room somewhere in the US because of a TV tipping over. This means, in less time than it takes to watch an episode of Sesame Street, a child is injured from a television. 7 out of 10 children injured by TV tip-overs are 5 years old or younger. To prevent TV tip-overs, secure your TV with a wall mount or anchor the television to the entertainment center. Keep televisions off of dressers or other furniture that is not mounted to the wall. Often, children use the dresser drawers or shelves as a step ladder to reach the television, causing it to topple over. Televisions should only be placed in areas of the home where children are supervised and never store the remote or other objects where kids may try to get on top of the furniture piece to reach them.



High chairs are also a safety concern for parents and caregivers. Make sure the high chair cannot be tipped over easily, and if it is a folding high chair, make sure it is locked each time you set it up. Whenever the child sits in the chair, use the safety straps; including the crotch strap. This will prevent your child from slipping down, which could cause serious injury or even death. Lastly, do not put the high chair near a table or counter; your child may be able to push hard enough against these surfaces to tip the chair over.

If you are a parent or caregiver, chances are you have used a baby gate at some point. Baby gates are designed to protect young children from stairs and other dangers around the home; but be aware that if used incorrectly, gates can lead to serious injury. Since 1990 there have been on average, 5 children injured per day from baby gates and more than 60 percent of the children injured were younger than 2. Most baby gate injuries occur after a gate was left open or collapses resulting in falls down stairs. Baby gates are important in home safety for the child, however, be sure you are using the gate correctly. Do not use pressure-mounted gates at the top of stairs, as they are not designed to withstand the force or prevent a fall down stairs. Instead, use the pressure-mounted gates as room dividers or on the bottom of stairs. Gates with hardware that allow it to be screwed into a wall or railing are more appropriate for the top of stairs to prevent falls.

While all these topics are important to protecting a baby, the number one cause of injury and death to children is motor vehicle crashes. Parents should take time



to select an appropriate car seat and then learn how to use it correctly. Reading the instruction manual for the car seat and your vehicle is a great place to start. Most car seat manufacturers also provide installation instructional videos on their web sites. Safe Kids Grand Forks offers car seat classes for expectant parents and car seat check-up events are another great resource to get one-on-one assistance from a trained expert. This summer, Safe Kids Grand Forks is offering a record number of car seat events around the region and they are offered routinely in many areas of our region throughout the year. To find a check-up event or to learn about our car seat classes, visit our web page and look under the “upcoming events” tab on the home page.

While being a parent doesn't come with a prescribed and formal orientation, there are many resources available. Altru Health System provides many parenting classes and Safe Kids Grand Forks has a multitude of information about injury prevention. This fall, Safe Kids Grand Forks will also be hosting the inaugural “Tummy to Toddler Expo” on October 12, 2014. This event will showcase safety information and demonstrations as well as the latest fashions, products and services for new parents in the Greater Grand Forks area. Watch for more details about this exciting event on our web page or Facebook page (Safe Kids Grand Forks). It will be a great event for new or expectant parents, grandparents or others caring for children.



New Children's Safety Standard: Soft Infant & Toddler Carriers



The Consumer Product Safety Commission is continuing to make great progress with child safety work to establish federal safety rules for infant and toddler products. The newest one, which takes effect Sept. 29, 2014, is for soft infant and toddler carriers.

A soft carrier is usually made of sewn fabric and holds a child upright. It is designed to be worn by a caregiver. Soft carriers are typically meant for full-term babies who weigh seven pounds or more through toddlers up to 45 pounds.

The new regulation requires that all new soft infant carriers will be tested to meet safety standards. Some key safety requirements are:

- Leg openings are designed to prevent an infant from falling through them.
- The carrier can hold the weight that it's advertising.
- The fasteners and straps are designed so that they won't come apart while a caregiver is holding a child.
- All soft carriers must contain a warning label about fall and suffocation risks with the product.

CPSC received nearly 125 incident reports—including four deaths—related to soft infant and toddler carriers over the past 15 years.

Whether your child is placed in a crib, a stroller, or a baby wearing product, we want you to have confidence that these products are covered by strong safety standards.

This information was provided by www.cpsc.gov.





7 Steps to Prevent the Flu

Influenza is a contagious respiratory illness caused by the influenza viruses. Serious outcomes of flu infection can result in hospitalization or even death.

Here are seven smart, simple steps you can take to lessen your chance of getting the flu.

1. **Avoid close contact with people who are sick.**
2. **If you or a family member gets sick with flu-like symptoms, stay home for at least 24 hours after the fever is gone, except to get medical care.** When getting medical care, be sure to use the masks available at the clinics or emergency room to prevent spreading germs.
3. **Cover your nose and mouth with tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
4. **Wash your hands often with soap and water.**
5. **Avoid touching your eyes, nose and mouth.** Germs spread this way.
6. **Clean and disinfect surfaces and objects that may be contaminated.** These include light switches, appliance handles, door knobs, remote controls and more. Wash dishes, such as cups and water bottles, well before reusing. Don't share utensils.
7. **Get vaccinated.** Flu shot clinics are offered this fall and winter at Altru in Grand Forks and throughout the region. See the full listing at altru.org/flu. It can take up to two weeks for the flu vaccine to take full effect.

People infected with the flu may infect others beginning one day before symptoms and five to seven days after being sick. Everyday preventive action can slow the spread of germs that can cause many different illnesses, and may offer some protection against the flu.

Flu Symptoms

Influenza symptoms can range from mild to severe. The flu is different than a cold. Symptoms of the flu usually come on

suddenly. People with the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills (Not everyone with flu will have a fever.)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Vomiting and diarrhea (more common in children)
- Flu Complications

Most who get influenza will recover in a few days to less than two weeks. However, some will develop complications, some of which can be life-threatening.

Pneumonia, bronchitis, and sinus and ear infections are examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks when they have the flu, and people with congestive heart failure may experience worsening of this condition.

Visit altru.org/flu to learn key facts about the seasonal flu vaccine and what to do if you get sick.



7 Steps to Prevent the Flu

 Altru



Hunting From Duck Boats Requires Safety

Waterfowlers hunting from boats are encouraged to wear properly-fitted life jackets while on the water. Kids in boats under the age of 10 are required by law to have a life jacket on at all times as well.

Nancy Boldt, Boat and Water Safety Coordinator for the North Dakota Game and Fish Department, said there are comfortable jackets available with life jackets already built in.

“They are no longer too bulky to wear, you can’t even tell you have one on,” Boldt said.

Eight people have drowned in state waters since 1998 while hunting from a boat, and none were wearing life jackets. Boldt wants to make sure a duck hunter doesn’t become another statistic.

“Capsizing and falling overboard from small boats are the most common types of fatal boating accidents for hunters,” Boldt added. “With all the gear in the boat, including dogs, it can quickly become unbalanced.”

In addition, wearing a life jacket will not only keep the overboard hunter afloat, but also help him or her to slow the loss of critical body heat caused by exposure to cold water.



This information has been provided by Marty Egeland with the ND Game and Fish Department, a member of Safe Kids Grand Forks’ Water Safety Subcommittee.



Halloween Safety



Halloween is just around the corner. Safe Kids Grand Forks wants to make sure all children stay safe on the big night. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Top Tips

- When selecting a costume make sure it is the right size to prevent trips and falls.
- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Since masks can sometimes obstruct a child’s vision, try non-toxic face paint and makeup whenever possible.
- Have kids use glow sticks or flashlights to help them see and be seen by drivers.
- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.
- Review pedestrian safety tips with children such as crossing at corners and crosswalks.

- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

Consider attending alternative and/or indoor events or hosting your own Halloween party. Each October, Safe Kids Grand Forks compiles a list of Halloween/Harvest events throughout the community which provide events free from vehicle traffic and other dangers. Watch our web site in Octo-

ber for a listing of these events. We will also post them on our Facebook page as they are scheduled.

Proud Program Sponsor





Winterizing Your Pool Means Thinking Safety

It's that time of the year again -- the weather is about to change and that means it is time to close your pool. Abbey's Hope wants to remind you that just because your pool is closed does not mean you do not need to think about safety. As you close your pool for the season, there are several steps you should take to make sure children are not injured (or worse) over the winter:

1. Pool Covers Save Lives-- A safety pool cover offers numerous benefits for swimming pool owners, but the benefit that trumps them all is that they prevent drowning. As a safety device, the cover acts as a horizontal fence, completely sealing off the pool and preventing accidental access to the pool water by children. And while there's no substitute for proper supervision, your pool can be protected even when you're not
2. Clear The Pool Deck-- Make sure to store away all pool furniture, toys and ladders. Each of these items can provide either unauthorized access to a pool/spa or can attract children to the water's edge-- a possible deadly combination.
3. Portable Pools Should Be Taken Down-- Portable pools vary in size and height, from tiny blow-up pools to larger designs that hold thousands of gallons of water. They are easy to use, affordable and fun for the family. But portable pools can be deadly and present a real danger to young children. At the end of the season, make sure you empty the water and store.
4. Time For Safety Maintenance-- Take

around. A pool cover is the ultimate safety barrier that no pool (in-ground or above-ground) should be without.

advantage of pool closing time to make sure your fencing around the pool is in good order. The fence should be at least 4 feet high and the gate should be self-closing and locking. Also make sure your pool or spa has anti-entrapment drain covers.

Now that your pool has been safely closed and winterized, get out your skis, ice fishing equipment or skates. Enjoy the winter!!! For other pool safety tips, please visit our website: www.abbeyshope.org

This information has been provided by Abbey's Hope. We are grateful for them sharing their expertise on this water safety topic.



SAFE KIDS Says Thank You to Those Who Make a Difference!



SUNRISERS KIWANIS CLUB

After many years of volunteer service, Safe Kids Grand Forks says "farewell and thank you" to all the members of Sunrisers Kiwanis Club who have given their time and talent to help us fulfill our mission, as well as theirs.

These wonderful volunteers have given numerous early morning volunteer hours, to compile "Safe from the Start" bags for first time parents, as well as helping with so many other Safe Kids' events and "behind the scenes" jobs. You will be missed!

We are also grateful for your monetary donation of \$300 to help our Coalition's efforts to keep the children of our community and region safe.

"Kiwanis is a global organization of volunteers, dedicated to changing the world, one child and one community at a

time."



KIWANIS CLUB of GRAND FORKS

Safe Kids also thanks the Kiwanis Club of Grand Forks chapter for their June donation of \$250 towards our mission of safety and "Safe Kids Day". Together we can help keep the kids of our area safe from preventable injuries. We appreciate each and every donation!

UNITED WAY COMMUNITY OPPORTUNITY GRANT & "Designated Donations"

Safe Kids Grand Forks was a 2014 recipient of a generous \$2,500 grant for the "Safe Kids at Home" program from the Grand Forks/East Grand Forks United

Way. This program provides funds to purchase home safety supplies that are distributed to families in the community based on needs and a home assessment completed by a home visitor.

We also received over \$300 in "designated donations" from the annual United Way campaign. We are grateful to those donors who ask on their pledge forms that their contributions be directed to Safe Kids for our injury prevention work. We express our gratitude and thanks to United Way, once again, for their continued partnership in keeping kids safe!



United Way of Grand Forks East Grand Forks & Area



Never leave your child alone in a car.



Your car heats up faster than you think. Help reduce the number of deaths from heatstroke by remembering to ACT.

A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination.

T: Take action. If you see a child alone in a car, call 911.

Take them with you. It's the law.

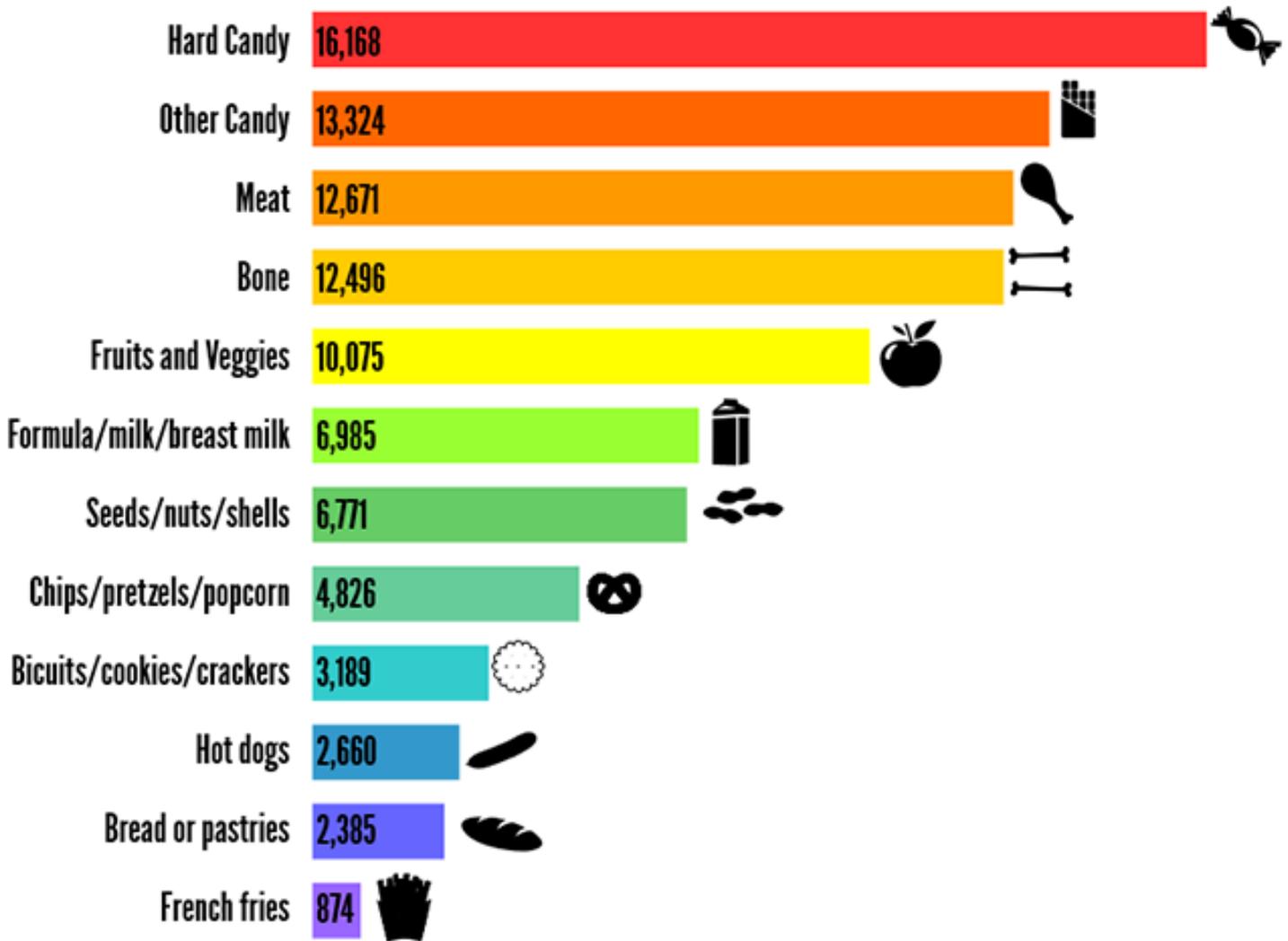
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www.safekidsgf.com.



ER Visits for Choking by Type of Food

2001-2009



Kids' Choking Hazards: Hard Candy Tops List Of Foods That Send Children To The ER | Huffington Post
http://www.huffingtonpost.com/2013/07/29/kids-choking-hazards-hard-candy_n_3672125.html

Nonfatal Choking on Food Among Children 14 Years or Younger in the United States, 2001-2009 | Pediatrics
<http://pediatrics.aappublications.org/content/early/2013/07/23/peds.2013-0260.abstract>

CSN Children's Safety Network
www.ChildrensSafetyNetwork.org

You will not want to miss the First Annual Tummy to Toddler Expo presented by Safe Kids Grand Forks. Check out our web site (www.safekidsgf.com) for more information and event details or our Facebook page (Safe Kids Grand Forks)!!



Kelly Elementary School AAA Safety Patrol Award Recipient

On 5-22-14 5th Grader Camden Larsen received AAA Patroller of the Year for the State Of North Dakota. It's believed that it may be the first time the Award has ever been presented in North Dakota. This Award was presented at a School assembly at Kelly Elementary School.

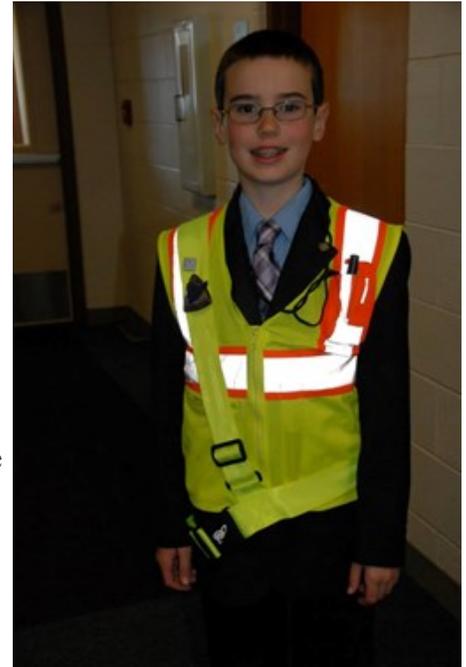
The AAA School Safety Patrol has a long history. Millions of U.S. boys and girls have honorably served their classmates since the AAA School Safety Patrol began in the early 1920s, and the program has spread around the world. At least 30 other countries, including New Zealand, the Netherlands, England, Germany and France, have emulated the program.



We are very excited to see the program being promoted at Kelly Elementary and other schools in Grand Forks. This program has been successful thanks to the hard work and dedication of Grand Forks Sheriff, Bob Rost who is at the school with the kids every morning and afternoon. He works with a very dedicated group of kids, helping to make the environment around Kelly a safer place for all students.

Along with a plaque awarded to Camden and another one to the school, Gene LaDoucer of AAA presented to Camden a token of appreciation for his dedication to helping keep his fellow classmates safe while crossing the busy street in front of Kelly Elementary.

Finally, to recognize the other students who participated in the program Gene LaDoucer of AAA will give each School Safety Patrol/Hard Rock Café pins.



We are grateful to Sheriff Rost, Proud of Camden Larsen and thankful to AAA for their support of this program.



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



Safe Kids Grand Forks just launched a new web site after over a year in design. About two years ago, Safe Kids Worldwide created new logos and design looks for our organizations and the coalitions around the country and globe. We have kept up with that change with the launch of this new site. It went live on September 9th and while there are still some glitches to work out (some links that don't work, etc.), we are thrilled to present it to you as a resource in childhood injury prevention. Please stop by www.safekidsgf.com and take a look. We are open to feedback but hope you will love it as much as we do!! We offer a HUGE shout out to our web designer, Christi Stonecipher of Gold Stone Marketing, LLC for her tremendous amount of work to make this happen and to Correen Radi of Altru's Print Shop for the page designs (side bars, header, etc.) Beth Splichal, also a Graphic Designer in the Print Shop at Altru and Correen have certainly had their work cut out as we made logo and design changes on over 200 documents in preparation for this new web site. Many, many thanks ladies!!



A Mother's Scary Story—But, With a Happy Ending



Jessica and her husband and daughter moved to Grand Forks about a year ago when her husband took a new job in town. She saw a Facebook post we made, seeking volunteers to assist with Safe Kids Day 2014. We have enjoyed her skill, her passion for children and her assistance with that event and many other volunteer activities in our office. One day, she shared this story with us and we asked if we could pass it along to our readers. She graciously agreed, hoping it would help prevent another parent from having to go through this scary situation. Thanks Jessica for shedding more light on the danger we often don't think of with kids in and around cars. We remind our readers that locksmiths will come EMERGENTLY and usually for FREE for a child locked in a car. While we hope you don't ever need that piece of information, we offer it in case that you do.

I had just put my 9 month old, Harper, in her car seat, we were on our way to go swimming on this 98 degree Saturday. With all of the bags and gadgets I had begun carrying around, I had gotten into a habit of reaching over the front passenger seat to set my purse and keys on the center console in order to free both hands to strap Harper into her seat. On this day, I was driving my husband's car and when I went through these same steps like I always do, as soon as I shut the door- I heard all the locks click. Panicking, I ran around the car to check each door and the tailgate. To my dismay, they were all locked, with my only set of keys in the vehicle on the center console. I ran to call a tow truck and after a few minutes of waiting and watching my sweet baby begin to sweat (in only about 3 minutes) I made a decision to call 9-1-1.

The ending to my story is not one of tragedy, I am so thankful to say. The tow truck arrived in enough time that the police officer did not need to break any windows and Harper did not receive any medical attention. But with only about 20 minutes passing by- in 98 degree weather- my daughter was drenched in sweat and stayed flush for a couple hours after. It was such an easy mistake to make. As parents, we are busy, tired and always trying to think one step ahead. But do yourself, and your baby a favor, and slow down when it comes to getting in and out of the vehicle as to not forget your baby in the back seat.

Jessica Ford – Grand Forks, ND resident

Child Passenger Safety Week—September 14—20, 2014



Join us as we celebrate Child Passenger Safety Week around the country from September 14, - 20, 2014. There will be lots of car seat related events going on with the week culminating on Seat Check Saturday. Safe Kids Grand Forks will host a car seat check-up event at Old Navy in Grand Forks from 11 a.m.—1 p.m. on September 20. During the week, we will also be featuring car seat displays at local clinics and Public Health Departments and the billboard featured here will be on display across the state. The two primary focuses of this year's National Child Passenger Safety Week is to remind parents that kids should ride in a booster seat until they are 4'9" tall for the safest ride and kids 12 and under should be in the back seat.

Join us at one of these check-up events to see if your child is riding safely:

- 9-16 from 3:30—6 p.m.—Little Lambs Childcare Center in Larimore, ND
- 9-20 from 11 a.m.—1 p.m.—Old Navy in Grand Forks

