



News You Can Use



Fall 2018

Child Passenger Safety Celebrated in September

While we celebrate Child Passenger Safety month in September nationwide, we embrace and commit a large part of our work at Safe Kids Grand Forks to Child Passenger Safety all year long. The summer months are a busy time for everyone. Traveling to the lake, family reunions and just enjoying the warm fresh air. While just about every season seems to be a busy time for Safe Kids, summer is extra busy! We take advantage of the warm weather and host most of our regional car seat check up events between the months of May and September. We are blessed to have our regularly scheduled check ups at indoor venues, but don't always have that luxury when we visit some of the more remote towns in our coverage area.

In the past 4 months we have held 49 check up events and checked 801 seats!! With 4 out of 5 car seats being used incorrectly in some way, it is so important that everyone get their car seat checked. We work with some wonderful car seat techs when we go out into the community and they take ownership of the check up events and work hard to make them successful. In Cavalier County, we have 3 techs that secure funds through a Thrivent grant and are able to offer a free treat for everyone that attends and then give away 2 bikes to a couple lucky kids that attend the check up.

Summer isn't over yet! We still have a busy September of check up events ahead of us. September 23-29th is National Child Passenger Safety week. We are celebrating the week by holding a car seat check up event on National Seat Check Saturday (Sept 29th) at Hugo's in East Grand Forks from 11am-1pm.

If you have never had your car seat checked, or it's been more than a year since you've done it, we urge you to have it checked! Each seat takes less than 20 minutes to check – not only will we make sure it is installed correctly and tight, we will check for recalls and make sure your child fits properly in the seat. You will never regret spending a little time to make sure your kids are riding as safe as possible in the car!

Check out our website or facebook page to see which of our car seat check up event works for you to attend.



Rachel Ramsay, RN from Pembina County Public Health is pictured with Brinxlee, one of the bike winners from the car seat check up events in Walhalla and Cavalier.

Safe Kids Grand Forks STAR



Safe Kids Grand Forks has had a long standing relationship with many of the departments at the University of North Dakota. We are grateful to have representation from the Office of Public Safety on our Coalition and thank Chief Eric Plummer for all his contributions to Safe Kids and to our community. Recently, Eric completed his doctorate degree and we are so proud of him for that accomplishment. Way to go, Dr. Plummer!! Besides leading the safety division at the University of North Dakota, Chief Plummer is also a car seat technician and has helped us with many car seat check-up events. His skill and

expertise in vehicles is a wonderful addition to our team and we often pick his brain about law enforcement issues that are of interest to our coalition.

Recently, Chief Plummer worked hard to get a permanent drop box for medication disposal located in the Safety and Security Office at the University of North Dakota for staff and students to use. It is this kind of work that we applaud and are grateful that Dr. Plummer is a member of our coalition. Congrats on the PhD, Eric and for being this edition's Safe Kids STAR!!



Do Not Cross-Use Crosswalk Signage In Use



Last year, the GF Sheriff's department observed these signs being used at Bismarck Public Schools and brought the idea to Grand Forks. When the signs became available for distribution, elementary schools in Grand Forks jumped on board to place these on their berms.

The purpose of the signs is to encourage students AND parents/caregivers to use the crosswalk when coming and going from school and put an end to dangerous mid-block crossings.

These signs have been distributed throughout the region this fall. If you are interested in having some in your community, please contact Patty Olsen at Safe Kids – polsen@altru.org.

Thanks to the Grand Forks Sheriff's Department for their ongoing support!



Helping Our AAA Safety Patrols

In communities throughout our region, student safety patrols assist with arrival and dismissal of fellow students. It's a big responsibility for these young leaders. They participate in several hours of training and commit to serving at their posts for the entire school year, regardless of weather.

When Safe Kids Grand Forks is involved with the safety patrol programs, we make it a point to check in with our patrollers and supervisors during the school year. Unfortunately, one of the challenges our student patrollers face is having

their directions disregarded by students and adults. While adults may feel they can manage their safety independently, it sets a poor example for young students who depend on the student patrollers. We not only want to keep are young students safe while crossing

the street, we also want to teach them to be safe pedestrians as they grow!



The Transportation Alternatives Program



This summer the City of Grand Forks was notified by the North Dakota Department of Transportation, that they had been awarded federal funding for a shared use path in front of Red River High School. A shared use path is a ten foot wide concrete path which allows for multiple users and can be used for walking, biking, rollerblading and other non-motorized activities. The funding is coming from the Transportation Alternatives program. The Transportation Alternatives program is a competitive federal

funding program, which is primarily focused on bicycle and pedestrian related projects including Safe Routes to School. Of the 18 applications in the urban category, this project was one of six projects that were selected to receive funding.

The process started in the fall of 2017 with an application from the city for a shared use path on 17th Ave S in front of Red River High School from S 20th St and connecting to an existing shared use path at S 25th St. The city produced a ten page application including letters of support from Safe Kids Grand Forks, Red River High School, Grand Forks Public Schools, and the Bicycle, Pedestrian and Greenway Advisory Committee. This application was approved by the City Council, and forwarded onto the Grand

Forks/East Grand Forks Metropolitan Planning Organization for approval and forwarding on for consideration by the North Dakota Department of Transportation. With the recent notification of the award, and the acceptance of the funding by the City Council, city staff can begin project development, which includes the required environmental documentation and designing plans. It is anticipated that the project will be constructed either in the summer of 2019 or the summer of 2020.

The city has been successful in recent years in obtaining funding for shared use paths and other projects under this program. Part of the success of these applications can be attributed to the support from the local community, organizations, and businesses.

Featured Car Seat: Diono Rainier

Are you looking for a narrow car seat that can accommodate extended rear facing? Have you checked out the Diono Rainier?

Safe Kids Grand Forks has recently become a brand ambassador for Diono. Much like AmazonSmile gives money back to an organization when you use their link, Diono is doing the same for Safe Kids!

All you need to do is use our link! <https://us.diono.com/product/rainier/family/safekidsgrandforks/>

4 reasons why the Diono Rainier all-in-one is the ultimate in car seat safety

- Experience: When you're looking for your child to experience the joy of riding in a car seat that is lovingly engineered, look no further than a Diono Rainier.

- Comfort: Travel ready with comfort in mind, your child will relax as you head to the market or take a long journey to grandma's home for the holidays.
- Lifestyle: The magic of the Rainier happens under the premium fashion covers. The deep side walls and reinforced head support give you the peace of mind to overprotect your child in all the right ways.
- Journey: Life can be hectic and expensive when the joy of children arrive in our lives. The Diono Rainier offers multiple modes of use with a long range life span to take your child on their journey of childhood.

over another. If you have questions about a specific car seat or general car seat questions feel free to call our office or stop by one of our car seat check up events.



*Please note Safe Kids Grand Forks does not promote one car seat brand



If swallowed, button batteries can cause serious injury or death in as little as two hours.

Baby Trend App

As a leading juvenile product manufacturer, Baby Trend is excited to announce the launch of the brand's disruptive and forward-thinking mobile app, which links directly to products from the company's Connected Gear line. The first item to launch under Connected Gear is the Secure Snap Fit® 35 Infant Car Seat, which has a chest clip that monitors a child in the car seat, detects that the seat harness is properly secured and alarms parents or caregivers if the child is left unattended in the seat.

"Baby Trend's revolutionary app and Connected Gear line give parents peace of mind as they do everything in their power to keep their children safe," said Brad Mattarocci, Vice President of Baby Trend. "As a company that's been around for 30 years, we understand that technology cannot replace sound parenting practices and shouldn't be relied on at all times. However, our app and Connected Gear products can be resources for many caregivers who want to take additional safety precautions."

Currently linked with the brand's newest infant car seat, the Secure Snap Fit 35, the Baby Trend app uses sensor technology to detect a child in the seat, ensure the harness is properly tightened, warn against

dressing the child in too thick of clothing, and aid against accidentally leaving them in a hot vehicle or unattended. The device only begins monitoring once the chest clip and harness are properly buckled. If the caregiver moves too far away, an audible alarm and vibration will begin and will show the location where the signal was lost. If the primary account holder does not respond to the alarm, a secondary contact will be automatically contacted which can be set up within the app.

Of the 700 pediatric vehicular heatstroke deaths over the past 19 years, 54% were children "forgotten" by the caregiver, 27% were playing in an unattended vehicle, 18% were intentionally left in the vehicle by an adult and 1% happened under unknown circumstances.

The Baby Trend app also helps parents to:

- Register Baby Trend products from a smartphone for easy access to instruction manuals, quick-start videos and assembly information
- Quickly and easily access media content, FAQ's, and general or product-specific tips for keeping children safe
- Monitor up to six car seats with visual confirmation of each one

that is connected

The Baby Trend app will be available for download in the Google Play Store and iTunes soon. The Connected Gear product line will begin releasing new products starting in July 2018.

To learn more about Baby Trend, visit www.BabyTrend.com.



**SAFE
KIDS**
GRAND FORKS

Keeping kids safe at **HOME**, at **SCHOOL**,
at **PLAY** and **ON the WAY**.



To access our safety information, donate or volunteer in our efforts to keep kids safe from preventable injuries, visit www.safekidsgf.com or call 701.780.1489.

Grand Forks County Sheriff Candidate's Open Forum!

Date: October 18th, 2018



Time: 1:15-2:30 pm

Location: Safe Kids Headquarters
Lower level of the Altru Clinic in
East Grand Forks (607 Demers
Avenue)



This event will be held following our Safe Kids Monthly Coalition Meeting. Following the June Primary Election, there are now 2 candidates left in the race for the office of Grand Forks County Sheriff. Because of the very close working relationship we have with this agency and the importance to our community, Safe Kids Grand Forks would like to get to know the remaining two candidates better prior to the Fall Election (November 6, 2018).

This event is open to the public but seating is limited. Please RSVP to safekids@altru.org or by calling 701.780.1489.

We will have time for open questions for the candidates so please come with your questions for Andy Schneider and BJ Maxson.



Hosted by:
Safe Kids Grand Forks

**SAFE
KIDS**
GRAND FORKS



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
KIDS
GRAND FORKS**



**KEEPING
KIDS SAFE**
at Home
at School
at Play
and on the Way!

www.safekidsgf.com



Altru Health System is proud to serve as the lead agency
for Safe Kids 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.

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!!



2018 Car Seat Check-Up Events

presented by:



Rydellcars.com



2700 S. Washington St., Grand Forks

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

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

No appointments needed at Rydell's

Fire Station 5



1002 47th Ave. S., Grand Forks

January 25	1-3 p.m.
February 26	9-11 a.m.
March 28	1-3 p.m.
April 25	9-11 a.m.
May 21.....	1-3 p.m.
June 25	9-11 a.m.
July 25.....	1-3 p.m.
August 23.....	9-11 a.m.
September 24	1-3 p.m.
October 24.....	9-11 a.m.
November a	1-3 p.m.
December 27	9-11 a.m.

Appointments at Fire Station preferred, call 701.780.1489

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

Baby on the way?

Register for our "Bringing Home Baby" class taught by a certified car seat technician. This class will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle.
To register call 701.780.5179.



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





Car Seat Check-Up Events

presented by:



in cooperation with
Hanson's Auto & Implement

110 5th Street West, Grafton, ND

To schedule an appointment, call Walsh County Health Department 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**.



Proud Program Sponsors



2018 Dates

February 1
May 3
August 2
November 1



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 p.m.



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



2018 Dates

January 25
April 26
July 26
October 25

For more information, contact Altru Clinic Crookston at 218.281.9100.

Congratulations to West Elementary School!

Congratulations to West Elementary!

ND Distinguished Title I School for the 2017-2018 School Year

During the past school year, West Elementary School in Grand Forks was recognized as the Title I School! As you may know, Title I provides financial aid to schools that have a high percentage of students from low-income families. Kirsten Baesler, State School Superintendent said, "West Elementary has done phenomenal things for their students. They have really done a

fine job of making sure that their students are feeling safe and secure and emotionally ready to learn".

We are proud to partner with West Elementary on safety initiatives throughout the year. Their principal, Angie Jonasson, and her staff demonstrate their commitment to their students not only in the classrooms but during arrival and dismissal of school.

Congratulations on a well-earned recognition.



How to Prepare for Parenthood When You Have a Disability

If you are living with a disability, you have seen first hand how it impacts your daily life. Although people who are living with disabilities can face unique hardships, the journey to becoming a parent doesn't have to be one of them. Whether your disability or impairment resulted from genetics, an accident or injury, or other causes, it doesn't necessarily have to prevent you from realizing your dream of one day holding your very own child in your arms.

According to the American Community Survey (ACS), nearly 13% of Americans are currently living with some form of disability. Many of these people are able to lead normal, healthy lives. With some extra time, practice, and modification, they can play sports, live independently, cook their own meals, and drive cars.

The same is true with parenting. Although some hopeful parents with disabilities and impairments may struggle to get pregnant or to adopt a child, many able-bodied individuals face similar struggles in their journeys to parenthood. Likewise, family planning and proactive efforts provide opportunities for many people to become parents, including those who are living with a disability.

If you've decided to take the journey towards parenthood, here are some ways you can prepare your life and your home:

Home Preparation

Keeping your children safe is the



Photo courtesy of Sean Roy

number one priority for all parents, whether disabled or not. Luckily, there are many modifications you can make to your home to make it safer for yourself and your future children.

For instance, if you are visually impaired, you might get creative and attach jingling bells to your child's clothing in order to keep up with his or her location. Meanwhile, if you have a condition such as cerebral palsy, there are a variety of wheelchair accessible changing tables, cribs, and other custom devices to make your new life as a parent much easier on you.

Resources

These days, there are many organizations and resources dedicated to supporting disabled parents. For instance, you might contact Parents with Disabilities

Online or Through the Looking Glass (TLG).

In addition, visually impaired individuals may contact the National Federation of the Blind (NFB) for support and assistance from people who are knowledgeable about their specific condition.

Living with a disability can be difficult at times but it doesn't have to prevent you from realizing your dream of becoming a parent. If having children is important to you, you can start proactively planning for parenthood by taking advantage of some of the resources listed above. By doing your research, you can prepare your life and your home for the joys of having a child - just like any other parent. Good luck!

BLAST!

Babysitter's Lessons And Safety Training!

BLAST! is a babysitting class designed by the American Academy of Pediatrics to teach 11 – 14 year olds about the responsibilities of caring for children. Attendees receive a certificate of completion and a course manual.



This class will be offered at Safe Kids Headquarters on the following dates:

September 15, 9am-3pm | November 17, 9am-3pm

Cost: \$55.00 (includes lunch)

Registration is required and class size is limited.

For more information, please call 701.780.1489.



School Bus Safety For Our Local Experts

Well another school year is upon us! The topic of school bus safety is always a concern. Whether you are a motorist in your car, a bicyclist, or a student waiting for or riding the bus, you should be aware of:

- The law says motorists must stop for a school bus with red flashing lights and the stop sign(s) out. Most Special Education buses will not use these lights because of the presence of an adult and the increased waiting time associated with loading or unloading special needs children.
- Flashing amber **loading** lights indicate bus is waiting for students to arrive or is about to stop for students. Motorists may proceed with caution but be aware.
- Flashing **hazard** lights on a school bus mean the same thing as any other vehicle with hazard lights on. Vehicle may be

ken down or parked briefly in a no parking zone, in this case possibly (un)loading special needs children. Proceed with caution.

While waiting at their bus stop, students should:

- Be especially attentive to their surroundings and to motorists.
- Not attempt to load a school bus until they see the red flashing lights and/or stop sign come out.

Remember that riding a school bus is a privilege so students need to be courteous to others, remain seated at all times, keep hands, feet and hurtful remarks to themselves, refrain from throwing things and follow other rules as in the classroom. They should also remember to not eat on route buses because of food allergies.

With your help, our children will have safe rides to and from school on the bus every day.

This article has been submitted by John Neil, Manager of Dietrich Bus Service in Grand Forks. John and other staff from Dietrich are proud members of Safe Kids Grand Forks and we are grateful for their partnership in our injury prevention efforts.





For twenty three million students nationwide, the school day begins and ends with a trip on a school bus. The greatest risk is not when riding the bus, but approaching or leaving the bus. Before children go back to school or start school for the first time, it is essential that adults and children know traffic safety rules.

Drivers

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
- Slow down. Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street without looking for traffic.
- Learn and obey the school bus laws in your state. Learn the "flashing signal light

Kids, the School Bus & You

system" that school bus drivers use to alert motorists of pending actions:

- **Yellow flashing lights** indicate that the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.
- **Red flashing lights** and extended stop arms indicate that the bus has stopped, and that children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again.



Parents

- Teach children to follow these common sense practices to make school bus transportation safer.



Children

- Get to the bus stop at least five minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it's okay before stepping onto the bus.
- If you have to cross the street in front of the bus, walk on the sidewalk or along the side of the road to a point at least five giant steps (10 feet) ahead of the bus before you cross. Be sure that the bus driver can see you, and you can see the bus driver.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings, and book bags with straps don't get caught in the handrails or doors.
- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus.
- If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.



This information has been created by the National Highway Traffic Safety Administration and distributed by Safe Kids Grand Forks, along with their lead agency, Altru Health System.



Contact Safe Kids Grand Forks at www.safekidsgf.com or 701.780.1489 for more information on school bus safety or other childhood injury risk areas.

Adapted Aquatics Water Safety Classes

Working with Swimmers with Special Needs



Water safety is an important life-long lesson, especially for children with special needs that tend to be attracted to water and also are prone to wander. This course will offer young children and youth the opportunity to get accustomed to water and steps to keep them safe around water. The course is an introductory class, not designed to make them a proficient swimmer, but rather to learn safety tips and to get them comfortable with being in and around bodies of water. Lessons will be 1:1 or 1:2 with the instructor as deemed appropriate. **This class session will focus on children with intellectual disabilities who are in Kindergarten—5th grade.**

CLASS DATES:

Session 1: Sept. 10-26—Monday/Wednesday Classes

Session 2: Sept. 11-27—Tuesday/Thursday Classes

Session 3: Oct. 8-24—Monday/ Wednesday Classes

Session 4: Oct. 9-25—Tuesday/Thursday Classes

TIME: 4:15—4:45 p.m.

LOCATION: University of North Dakota, Hyslop Sports Center Pool—2751 2nd Ave. N.

COST: \$120 for 6 sessions

TO REGISTER: Contact Safe Kids Grand Forks at safekids@altru.org or by calling 701-780-1489. Class size is limited, so don't delay in getting signed up to attend!

Class registration is required. If due to financial hardship, your child cannot attend, contact us for partial scholarship opportunities.



ASK AN EXPERT: HOW TO FIND THE RIGHT LIFE JACKET?



Q. How can I be sure I have the right life jacket for my child?

Great question! Making sure kids are wearing the right life jacket is one of the best ways to keep them safe while boating and participating in water activities. Here are a few tips to remember when choosing a life jacket:

Read the label

Check the label printed on the life jacket and read the product description. Choose a life jacket (also called a personal floatation device or PDF) that is approved by the U.S. Coast Guard (USCG) and make sure it is appropriate for your child's weight and intended water activity. Remember, swimming aids and toys such as water wings and inflatable water rings do not prevent drowning and should not be used in place of USCG-approved life jackets.

Know the different types

There are different types of life jackets intended for a variety of water activities, but in general, you will find these options for children:

Sizing

- Infant: 8 to 30 pounds
 - Child: 30 to 50 pounds
 - Youth: 50 to 90 pounds
- Types

- Type II: These life jackets are best for kids who are in calm water and need extra head and float support.
- Type III: These life jackets are best for kids who are in calm water, know how to swim and can keep their heads above water.

The USCG offers additional details about the different types of life jackets to help you determine which life jackets are best for your family. Visit this link for more information: http://www.uscgboating.org/images/howtochoosetherightlifejacket_brochure.pdf

Check the fit

Life jackets are designed to keep the wearer afloat in the water, but the life jacket needs to fit correctly. First, fasten all straps, buckles and zippers for a snug fit. Then, check the fit by gently lifting up on the shoulders of the life jacket. As a general rule, if the life jacket hits the child's chin or ears when you pull up on it from the shoulders, it may be too big or the straps may be loose. Watch our video on How to Fit a Life Jacket for tips. This can be found on the Safe Kids Worldwide web site at www.safekids.org. Remember, life jackets are not a substitute for close supervision of children. Choose a responsible Water Watcher to watch kids when they are in or near water without being distracted. Parents and caregivers should keep young children and weak swimmers within an arm's reach and teach older children to swim with a partner every time. For a FREE Water Watcher card contact our Safe Kids Grand Forks office.



Meet Our Expert



Sports & Play Safety Expert

Ali Flury



Ali is the sports safety program manager for Safe Kids with extensive experience in planning, implementing and evaluating programs across the United States.

We are grateful to Safe Kids Worldwide for their expertise in water safety and for sharing a water safety grant for our coalition to conduct water safety education in our community and region. Thanks also for these Clifford Takes A Swim books and life jacket information bag tags that were provided as part of this grant opportunity.



April 27,
2019

10 a.m.
TO
1 p.m.

SAFE
KIDS
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.)



TAYLOR JANE
PHOTOGRAPHY

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

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Safe Kids Grand Forks Launches Home Safety Guide for Buyers

Have you ever purchased and home and then got into it only to be overwhelmed about how to begin the childproofing process? Maybe you have lived in an apartment where the management team took care of things such as smoke/fire alarms or latching gates into a pool and now you are the one in charge of making sure you have those items and they are in working order. Buying a new home in and of itself can be overwhelming but having to set out on the journey to make it a safe environment for young kids is another challenge. With that in mind, Safe Kids Grand Forks has recently launched a new resource for people who are looking to buy or who have recently purchased a new home. The Home Safety Guide for Buyers was developed in partnership with Naila Saleem, a graduate student in the University of North Dakota School of Medicine and Health Sciences Masters of Public Health Program and with Amber Flynn of Hatch Realty. The guide

discusses many areas of home safety including some of the following: yard safety, play equipment, water safety, doors and windows, kitchen and pantry, poisoning, firearm, bedrooms and bathroom and lead safety. The guide provides information on each of these topic areas and also a handy room-by-room checklist for home owners to use to assess their living space. Besides this information, the guide also connects readers to excellent resources available from Safe Kids Grand Forks, in our community and on the national level. If you are looking to buy a new home or would like a copy of this guide, please contact our office at 701.780.1489 or download it at www.safekidsgf.com/safety (under the HOME safety tab).

Our thanks to Naila for her great work on this resource and to Amber for her guidance in the project.



Home Safety Guide for Buyers
Buying a Home Safe for Your Children

Altru • **SAFE KIDS**
GRAND FORKS



Safe Kids Grand Forks Expresses Gratitude To Our Supporters

Grand Forks Mommas

Thanks to the Grand Forks Mommas group who held a bazaar at Hope Church in July and donated part of the proceeds from that event to Safe Kids Grand Forks.

A note of gratitude goes out to the **NORTHERN CRUZ CLUB**

for their recent donation to our coalition. We appreciate that they see the value in the work that we do and support us financially. Thank you to all the members of this club for your help and partnership in our injury prevention efforts.



We also share our gratitude to Tonya Murphy who made a donation to our coalition recently. She is an Independent Sales Director for Pampered Chef. Thank you, Tracy for your generosity!



Halloween Safety

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective things that parents can share with kids to help reduce their risk of injury.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks as they can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

Trick or Treat With an Adult

- 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.

Walking Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Watch for cars that are turning or backing up. Teach children to never run out into the street or cross between parked cars.

Drive Extra Safe on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

Be Safe in Motor Vehicles

- Be sure your trick or treaters are buckled in their car or booster seat or seat belts when traveling.
- Have kids exit on the curb/grass side of the vehicle so they are not getting out into traffic.

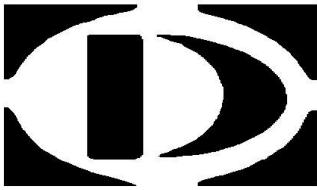
Many communities throughout the region offer indoor venues or parking lot events. These are a great, safe alternative to trick or treating.



Proud Program Sponsor



6053-0346 JULY 18



This fall, Safe Kids Grand Forks produced a PSA to play on local radio stations to remind people about school starting and watching out for kids. Thank you to AAA and Dietrich Bus Service for helping to pay for these ads. A special thank you also to Aubrey for serving as the voice behind this message. She was a ROCK STAR (and her mom, Lisa is a GREAT Department Assistant for Safe Kids Grand Forks!!)



Home Alone: Is Your Child Ready?

When is my child old enough to stay home alone? How young is too young? What is an appropriate age to let my child babysit siblings or neighbor children? Because kids mature at different ages, knowing when your child is old enough to stay home alone can be difficult. If you are thinking about leaving your child home alone for the first time, there are several things to consider. The following supervision guidelines provide a starting point in making this decision.

Infant/Children ages 0-4

North Dakota Supervision Guidelines state all children under the age of four, be in view of their caregiver at all times while outside of the home. Inside the home, the caregiver should be available and able to respond to the children to provide immediate care and protection from harm. In addition, children of this age should not be left in vehicles unless they are in proper restraints (unable to put the vehicle in gear) and in direct view of the caregiver at all times.

Children 8 years and younger

Should be supervised at all times with a caregiver available. An 8-year-old should not be left in charge of other children.

Children who are 9 years old

A child of this age should NOT be:

- Left unsupervised for periods greater than two hours during the daytime
- Unsupervised during sleeping hours
- Responsible for younger children

Children who are 10-11 years old

A child at this age may be left alone for longer periods of time. However, caution is advised in leaving a child unsupervised during sleeping hours. Children this age should not be responsible for younger children.

Children 12 years and older

- May be permitted to act as baby-sitters but it is recommended they successfully complete an approved childcare training course.
- Caution is advised on the number of children left in care, length of time for caregiving responsibility, factors regarding special needs of children left in care and resources available to the child providing care.

Teens

Children under the age of 15 should be attended overnight. Caution should be taken in leaving 15-17 year olds alone overnight. Extended absences of caregivers (such as over a weekend) are not recommended.



Children staying home alone can...

- Get home from school safely
- Use the keys to get in the door & lock it once safely inside
- Say their full name, phone number & address in case of emergency
- Use the phone
- Know how & when to call 911
- Call a neighbor to ask for help if needed

- Get a snack or safely make a cold snack
- Do some homework on their own
- Follow simple rules
- Know how to do simple first-aid (e.g., put on a Band-Aid or run cold water on a burn)
- Understand enough about time to know when you will be home





IMPORTANT INFORMATION ABOUT SAFE USE OF LIQUID LAUNDRY PACKETS

Ingesting or misusing liquid laundry packets can be harmful. Liquid laundry packets should only be used for cleaning clothes. They should never be played with – whatever the circumstance, even if meant as a joke.

Like all household cleaning products, they must be used properly and stored safely.

What are Tide Pods?

- Liquid laundry pacs are highly concentrated detergent made only for the purpose of cleaning clothes.
- Because it is highly concentrated, liquid laundry pacs can be harmful if the pac's contents are ingested or come into contact with skin.
- It is important that liquid laundry pacs such as Tide Pods be used properly and stored safely.

Safe Use of Tide Pods

- Follow all recommended product instructions and pay particularly close attention to all safety warnings.
- All Tide Pods packages state: "The liquid inside is harmful if put in mouth, swallowed, or in eyes."
- Tide Pods are designed to dissolve when they are in contact with water in the laundry cycle. To prevent laundry pacs from dissolving before use, always close the package and handle pacs with dry hands.
- Clean up any spills immediately after they occur.
- Avoid breaking pacs.
- Wash your hands after doing laundry.
- Never use empty detergent containers for storing any other materials, especially for anything intended for consumption.

If an Incident Occurs

- If a product is swallowed, drink a glass of water or milk, and contact the Poison Control Center (1-800-222-1222) or doctor immediately. Do not induce vomiting.
- If a product gets in the eye(s), then rinse immediately with plenty of water for 15 minutes and seek medical advice as needed.
- If exposure to the skin or clothing occurs, remove contaminated clothing and rinse skin well with water.
- Following these laundry safety steps will help keep you safe. Know what to do before unintended exposure happens. Read the product safety information provided on the package.





Car Seat CHECK-UP EVENT

Have your child's car seat or booster checked for proper fit and install. Nearly 4 out of 5 car seats are used incorrectly!

Don't let one of them be yours!



To celebrate National Seat Check Saturday, every vehicle attending will receive a free vehicle seat back organizer!



**Saturday, September 29th
11am-1pm**

Hugo's in East Grand Forks—306 14th St NW

By attending a car seat check-up event a certified car seat technician will assist with checking your seat for recalls, proper fit and correct installation.



EVERYONE in the car should be buckled.

ANYONE under 8 years of age AND under 4'9" tall
must be riding in a car seat or booster.



NEED HELP GETTING A CAR SEAT?

Safe Kids Grand Forks has received a one year grant to distribute FREE car seats and boosters based on need. Sign up to attend one of our car seat distribution dates:

Aug 23 | Sept 19 | Oct 30 | Nov 27 | Dec 18

Registration is REQUIRED to ensure the correct number of seats are available.

For more information and to sign up, contact Safe Kids Grand Forks at 701.780.1489.



**Buckle Up
for Life**

**SAFE
KIDS**
GRAND FORKS

 **Altru**[®]
HEALTH SYSTEM

WHAT TO KNOW ABOUT STORING MEDICINE

JUST ONE MINUTE

In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.



CURIOS CLIMBERS

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.



CHILD-RESISTANT ≠ CHILDPROOF

Research suggests about half of accidental poisonings involved child-resistant packaging.



EVERY 9 MINUTES,

a young child (under age 6) goes to the ER because he/she got into medicine, and



EVERY HOUR,

a young child is hospitalized, and



EVERY 12 DAYS

a young child dies.



THE RISK IS REAL: HOW FAMILIES CAN HELP PROTECT KIDS

- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags and coats out of reach, as they may contain medicine.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Save the Poison Help number – 1-800-222-1222 – in your phone and post it visibly at home so other caregivers can find it in an emergency.



Support provided by Johnson & Johnson Consumer Inc.

TEAM UP SPEAK UP

TO FIGHT CONCUSSIONS
O 9.12.18

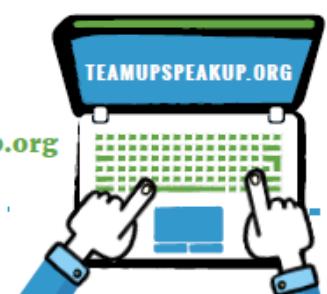
Organizations

SIGN UP AT: TEAMUP SPEAKUP.ORG

HOW TO PARTICIPATE

1. TAKE THE PLEDGE:

SIGN UP your organization to participate at TeamUpSpeakUp.org



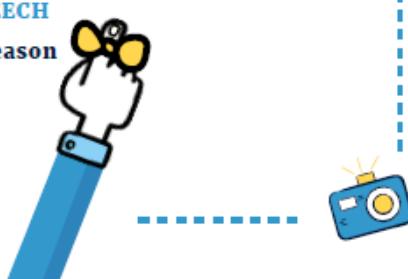
2. INVITE OTHERS:

Have your constituents TAKE THE PLEDGE at TeamUpSpeakUp.org and we'll keep them up to date!



3. ENCOURAGE PARTICIPATION:

Remind everyone to give THE SPEECH when their season starts.



4. SHARE OUR MESSAGE:

Post your PHOTOS + VIDEOS of your coaches + teams on social media using #TeamUpSpeakUp



9.12.2018

TEAM UP SPEAK UP DAY!

THE SPEECH

this is the message we want all athletes to HEAR.

We're a team and we look out for each other. A teammate with a concussion needs your help.

I expect you to SPEAK UP to a coach or athletic trainer if you think a teammate might have a concussion.

Take The Pledge And Learn More At TeamUpSpeakUp.org | Share On Social: #TeamUpSpeakUp



\$10
PROTECTS A CHILD
WITH A HELMET

Through our Safety on Wheels program, we are able to offer free or reduced price bike helmets to kids. \$10 puts a helmet on a child that could prevent a life altering head injury. Can you help in this way?



\$25
PROTECTS A CHILD
IN THE WATER

Wearing a life jacket and learning life-long water safety skills can save a child from drowning. Your \$25 donation helps support, among other things, our life jacket loaner program and water safety efforts. Can you help in this way?



\$50
PROTECTS A CHILD
IN THE HOME

Safe Kids Grand Forks supports a home visitation program for children living in a low-income situation. \$50 helps us provide a home with life saving safety devices such as a carbon monoxide detector, baby gate, smoke alarm or simple cabinet locks. Can you help in this way?



\$100
PROTECTS A CHILD
IN AND AROUND
CARS

Motor vehicle crashes are the leading cause of death for children under age 19. \$100 helps us provide a car seat for children and child passenger safety education to parents and caregivers, helping to keep kids safe from their #1 killer. Can you help in this way?



Kami



Kami RUNS. Kami runs FAR! Kami runs for her own reason.

But...on October 28, 2018, she will run to raise funds for Safe Kids and our childhood injury prevention efforts in North Dakota and Minnesota.



Please help support Kami as she laces up for the Marine Corps Marathon and runs 26.2 miles on our behalf. All proceeds will help with Safe Kids' injury prevention efforts.

To donate, scan her QR code, go to www.safekidsgf.com and find the MCM logo, or mail in your donation using the form on the back.

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

**SAFE
KIDS**
GRAND FORKS

Altru
HEALTH SYSTEM

