



Safe Kids Grand Forks News You Can Use



National Poison Prevention Month

Poison control centers in the United States receive 1.2 million calls each year as a result of accidental poisoning of children ages 5 and under. Each year, about 53,000 kids in that age group are treated in emergency rooms for poisoning, and about 70 die. Nearly 90 percent of these toxic exposures occur in the home, and 60 percent involve non-pharmaceutical products such as cosmetics, cleansers, personal care products, plants, pesticides, art supplies, alcohol and toys.

March 16-22 was National Poison Prevention Week, an annual program established by Congress in 1961 to spread the message that **children act fast...so do poisons!** It doesn't take much to make a small child sick. Kids have faster metabolisms than adults and anything they ingest will be absorbed into the bloodstream very quickly.

Child-resistant packaging is credited with saving hundreds of children's lives since its introduction in the 1970s, and childhood lead poisoning declined by 80 percent in the 15 years after unleaded gasoline and paint became industry standards. Still, there is no substituted for active supervision and childproofing. If a product label says 'keep out of reach of children', there's a

reason. Keep it high and in a locked cabinet.

Safe Kids Grand Forks reminds parents to keep the poison control hotline number handy. Memorize this toll-free number: **800-222-1222** and keep it near every phone in your home and program it into your cell phone. From anywhere in the United States, the number connects to the local poison control center. Call 911, not poison control, if a child is choking, having trouble breathing or having a seizure. Follow the 911 operator's instructions. Do not induce vomiting or give the child any fluid or medication unless directed.

Common agents involved in poisoning include medications such as aspirin, tranquilizers, sleeping pills, iron pills, vitamins and prescription drugs. Household products that could be poisonous include moth balls, furniture polish, drain cleaners, insect or rat killer, lye, paint thinner, bleach, and cosmetics.

There are many things that you can do to keep your children safe. Some safety rules to follow include:

- Keep medication and harmful products locked up and out of your child's sight and reach.
- Never call medicine



"candy".

- Buy medicine and household products in childproof packages.
- Always replace the safety caps immediately after use.
- Never leave alcohol within a child's reach.
- Seek help if your child swallows a substance that is not food. Call the Poison Control Center (1-800-222-1222) or your doctor if your child does swallow a poisonous substance.
- Keep the following numbers near your phone:

Poison Control Center:
1-800-222-1222

Doctor: _____

Hospital: _____

- Syrup of Ipecac is no longer recommended for poisoning ingestion. Activated charcoal is the agent of choice. This can be obtained over-the-counter but it is often times difficult to get children to take. It is recommended that parents immediately take their children to an emergency room rather than wasting precious time trying to get them to take the activated charcoal. Always call the Poison Control Center or

your physician before using activated charcoal. Also, remember that this product does have an expiration date on it and needs to be replaced periodically.

- Keep all products in their original containers. Never put inedible products in food or beverage containers.
- Read labels with care before using any product.
- Teach children not to drink or eat anything unless it is given to them by an adult.
- Do not take medication in front of small children. Children tend to copy adult behavior.
- Check your home often for old medications or substances and discard them.
- Discard substances used for old-fashioned treatments, such as oil of wintergreen, ascorbic acid, ammoniated mercury, oil of turpentine and camphorated oil.
- Be alert for repeat poisonings. Children who swallow a poison are likely to do so again within a year.

For more information on poisoning or other childhood safety topics, please contact chanson@altru.org.

Safe Kids Stars



Each and every time Safe Kids GF is in need of lots of volunteers, the G.F. Sunriser Kiwanis “come up big for us” notes Carma Hanson, Safe Kids GF Coordinator. Over the years, this has been a partnership that has allowed the Kiwanis group to meet their community service goals and help out what they deem “a worthwhile program”. Helping kids and keeping our community’s children safe is a priority for this service club and Safe Kids Grand Forks is fortunate for the service they provide.

Each spring, the GF Sunriser Kiwanis Club provides many of the volunteers needed for the Annual *Kids Don’t Float* water safety class. With 7 classes held over a 3 day period and over 500 people trained, many helpers are needed to pull off an event of this magnitude. Each year, the GF Sunriser Kiwanis show up in force and provide water safety education to the children that attend. They also have been known to assist with bike helmet distributions and with the numerous booths that Safe Kids has at the Altru “Here For Life” Expo.

Every few months, the Kiwanis group gathers at their regular 7:00 a.m. meeting time to fill bags with items related to safety for expectant parents. Altru Health System has over 1400 deliveries per year so that’s a LOT of bags to be stuffed. For their on-going partnership with SKGF, we appoint the GF Sunriser Kiwanis as our “Safe Kids Stars”.



2007 is a Successful Year in Car Seat Check-ups!

2007 was a successful year at all area car seat check-up events. 2285 people attended the check-up events last year, with 649 car seats being checked. New installs amounted to 372. That’s a total of 1021 car seats being checked or installed!! Misuse in 2007 was 67%. This number is lower than the national average of 80-90%, however there is still a lot of misuse in our community. Thank you to all the car seat technicians who assisted last year and to all the area businesses who donated space and time!



Safe Kids Stars: Some of the Grand Forks Sunriser Kiwanis

Help Wanted

If you have an interest in children and helping to prevent accidental injuries, Safe Kids Grand Forks may be a great connection for you!! Below are some of the areas where we can always use assistance. If you are interested in learning more, please contact Carma Hanson, Safe Kids Grand

Help Welcome

Forks Coordinator at chanson@altru.org (preferred) or 701-780-1489 to learn more.

- Assistance with “Safety on Wheels” helmet fittings at local schools/events
- Distribution of flyers promoting safety tips or

upcoming events

- Assistance at local car seat check-up events
- Packet preparation
- Sponsorship of Safe Kids programs
- Presenting at safety fairs/events/booth displays

Help Wanted



In celebration of National Safe Kids Week, April 26-May 4th, Safe Kids Grand

Forks and Altru Health System are pleased to present our annual water safety class entitled "Kids Don't Float." This course is designed to teach youngsters life-long water safety practices. They will be given the opportunity to

- Practice throwing water rescue safety devices
- Participate in proper selection of life

Water Safety Classes

jackets via a life jacket relay

- Operate a small watercraft under close supervision
- Demonstrate the effects of hypothermia
- Learn about hazards in and around pools

Event dates: Monday, April 28th, or Tuesday April 29th

Time: 6:30-8:30 pm

Place: UND Hyslop Arena (old basketball court area)

Who should attend: Kids in 1st-6th grade (ages 6-11) along with at least one parent/guardian per family

Class size is limited to the first 45 students that RSVP. Children need not wear swimsuits as they do not enter the water or get wet.

To register, call 780-5919.



Don't Thump Your Melon!!

As Spring rolls in, kids are wheeling their bikes out for the nice weather. It is important for both parents and children to remember to wear their helmets at all times when riding a bike. Helmets are 85% effective in reducing head injuries. Head injuries can cause life altering injuries, disabilities, or even death. It is important for parents to set the example and wear helmets when riding, not just as a role model for children, but for their own protection. Safe Kids Grand Forks has two types of helmets available for both adults and children. Bike helmets are available for \$7, and are to be used exclusively on bikes.

Multi-sport helmets are also available, which can be used for skateboarding, biking, rollerblading, and on scooters. The multi-sport helmets cost \$10 each. Both bike and multi-sport helmets come in a variety of colors. Safe Kids Grand Forks will be at all Grand Forks, East Grand Forks, and Grand Forks Air Force Base Schools this spring. All children Kindergarten through grade 5 will have an opportunity to be fit for a helmet and even buy one from Safe Kids at the school. For more information, or to learn how to purchase a helmet at this reduced cost, please email klbushy@altru.org.



New & Improved Website!

All the information you need is now available online! Whether it is safety information, volunteer opportunities, upcoming events or training-all of that and much, much more is on our new website! Just visit



www.safekidsgf.com



Upcoming Carseat

Check-up Events

<u>Date of Event</u>	<u>Location</u>
April 3, 2008	Grafton
April 10, 2008	Grand Forks
May 8, 2008	Grand Forks
May 27, 2008	Crookston
June 5, 2008	Grafton
June 12, 2008	Grand Forks
June 16, 2008	Larimore

All events are from 4-7pm

For more information on site locations, please visit www.safekidsgf.com



For anyone interested in preventing injuries, plan to attend

The North Dakota Injury Prevention Conference

October 28, 29 & 30th in Bismarck, ND

This conference is geared toward people interested in preventing intentional and unintentional injuries.

Watch in upcoming newsletters for more information, or email chanson@altru.org to receive a conference brochure.

Safe Kids Grand Forks & J. Nelson Kelly Elementary School Receives Pedestrian Safety Grant



Safe Kids Grand Forks is one of eleven sites in the United States to have been awarded the Safe Kids Walk This Way Pedestrian Safety Task Force Grant from FedEx. The coalition's grant of \$9,550 will help continue pedestrian safety projects at the Grand Forks Elementary School chosen for this project – J. Nelson Kelly Elementary!!! This is the third time Safe Kids Grand Forks has received the Walk This Way Pedestrian Safety Task Force Grant and we are excited to be able to continue our work at this school. With the grant dollars, we will be doing the following:

- Building a sidewalk along the northwest side of the north parking lot.
- Moving the existing crosswalk that goes directly through the north parking lot to the west edge of the parking lot (to where the new sidewalk will be).
- Adding a crosswalk across 29th Avenue and Oak Street that leads to the new sidewalk.
- Continuing pedestrian safety education for the children at Kelly School.

The work on this project will take place this summer and we will “unveil” the new and safer route in the Fall of 2008. Watch for more details and if you have questions, please refer them to Mr. LaMoine at Kelly School or to Safe Kids Grand Forks at 780-1489.

Upcoming Events

17th Annual Hands-On Learning Fair

The HANDS-ON LEARNING FAIR offers exciting learning activities for children birth to age 7, including art, science, water play, music, stories and much, much more. “Bring Communities Together for Children—Children Bring Communities Together” is the theme for this year’s festival in observance of the Month of the Young Child and Child Abuse Prevention Month. The early years are the foundation for healthy development, learning, and success throughout life. Many of the people in our community who make this happen will be at the Hands-On Learning fair to help you celebrate childhood and invest in the future. This is the best deal in town for developing young minds and bodies—it is totally FREE! For more information on the Hands-On Learning Fair, contact Judy Milavetz at (701) 775-4473 or judy.milavetz@und.edu

Date: April 19th, 2008

Time: 10 AM to 1 PM

Place: Purpur Arena

Altru's Here for Life Expo

Looking for ways to keep you and your family healthy and safe? Look no further than Altru Health System's Here for Life Expo, Saturday, April 19, from 10 a.m. to 3 p.m., in the Alerus Center ballrooms. This health and wellness fair is free to the public and features many of the health and wellness programs and services available in our community. For more information on Altru's Here for Life Expo please call Diane Hecht (701) 780-2356 or email dhecht@altru.org. Safe Kids will have many booths at the Expo including topics such as: playground, poison, water, motor vehicle, wheeled sports, guns, pool and spa and ATV. Come visit us and learn more on how to keep your kids safe.

Date: April 19th, 2008

Time: 10 AM to 3 PM

Place: Alerus Center

Ballroom

Download the newest issue of the Consumer Product Safety Review!

The U.S. consumer Product Safety Commission is charged with protecting the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products under the agency's jurisdiction. Deaths, injuries and property damage from consumer product incidents cost the nation more than \$800 billion annually. The CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical hazard or can injure children. The CPSC's work to ensure the safety of consumer products such as toys, cribs, power tools, cigarette lighters, and household chemicals contributed significantly to the 30 percent decline in the rate of deaths and injuries associated with consumer products over the past 30 years. To view the report, visit

http://www.cpsc.gov/cpsc/pub/pubs/cpsr_nws45.pdf For more information on recalls on toys please see the “Recall Information” section of this newsletter on page six.

Safe Kids Grand Forks Welcomes Patty Olsen!

In 2007, Safe Kids Grand Forks received a federal grant from the funding for the Safe Routes To School program. This federal program allocates grant money to each state. The Safe Routes to School program provides funding for education and training regarding children walking and biking to school. With the money received from this grant, Safe Kids Grand Forks was able to bring Patty Olsen on as the wheeled sports and pedestrian coordinator. Patty has been a long-time volunteer of Safe Kids Grand Forks in the area of pedestrian and wheel sports so it was a great transition to bring her on board in this new expanded role. She has also served as the PTO's Traffic Coordinator at Century Elementary School in Grand Forks. As the new Wheeled Sports and Pedestrian Coordinator, Patty is responsible for coordinating all school wide education on pedestrian safety, back to school safety, and wheeled sports safety. She also coordinates distribution of reduced price bike helmet sales at all area schools. Patty's office is located at Altru Health System in Building 1 where Safe Kids Grand Forks is headquartered. She can be reached at (701) 780-1856 or at polson@altru.org.



Safe Kids Grand Forks Holds First Cub Scout Automotive Patch Event

On February 2nd, 2008, Safe Kids Grand Forks held the first Cub Scout Automotive patch event at Rydell GM Auto Center in Grand Forks. This program is an opportunity for cub scouts to earn a badge in automotive safety. The scouts learned about safety in and around vehicles in a five station event held at the Cub Scout Regional Pinewood Derby. The scouts and eager siblings received a passport at the registration table after they had completed a pretest that tested their knowledge about five subjects. These subjects were the foundation on which the stations were based and included seat belt fit test, trunk entrapment, On-star use, spot the tot (blind zones around motor vehicles), and hyperthermia (never leave your child alone in a vehicle). Scouts rotated among the stations in between races and learned from Safe Kids volunteers at every station. Upon completing a station, the scouts got a stamp on their passport for each lesson. Once the scouts has visited every station, they returned to the registration table and completed a post test. The average score out of 5 points on the pretest was about 3.5. The average score on the posttest was 4.67. The event was very successful and everyone had a very good time. Forty-five scouts earned their badge and every participant received a gift bag with additional safety information, pencils, bears and stickers. The scouts were even able to meet Jeremy Hanson, the Police Chief of Larimore, who was one of the Safe Kids volunteers. The kids were very excited and impressed to meet him and asked many questions. Another event of this nature will be held at the Scout Show at the Gambucci Arena on April 19th from 10-1. Any scout interested in obtaining this patch is welcome to attend the event to learn all about safety in and around vehicles. Thank you to Rydell GM Auto Center for hosting the event and to all the volunteers, including five UND nursing students, that helped out at the event. See pictures below of the event.



Open Forum Regarding Pedestrian Safety

The Grand Forks/EGF Metropolitan Planning Organization (MPO) will hold an open house to gather public comment on the GF School Traffic Control Study. The Study considers best practices for use of signage, pavement markers, flashing beacons, and innovative traffic control devices and provides recommendations for changes that will affect all of GF public and private schools.

Date: Thursday, April 17, 2008

Time: 6:30pm with 15 minute presentation then time for comments

Where: Grand Forks City Hall Council Chambers,
255 N. 4th St, Grand Forks

If you are unable to attend the open house, you can submit written comments to the MPO at PO Box 5200, Grand Forks, ND 58206. Comments will be received until noon on April 22, 2008. Details of the study can be viewed at

www.theforksmpo.org

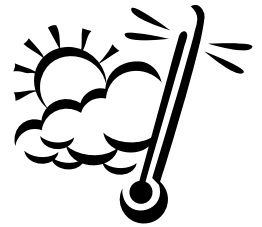


For more information, contact
Earl Haugen at (701)746-2660





The Danger of Hyperthermia



Hyperthermia can occur when a child is left in a hot vehicle. Results of this can be fatal, even on days with relatively mild temperatures. In the three year period of 2003-2005, there have been at least 119 known fatalities from hyperthermia.

Although forgetting your child seems like an impossible thing to do, it does happen. If you have ever driven from point A to point B without remembering how you got there, i.e. driving on autopilot, you can see how this might happen.

Sometimes parents leave children in the car intentionally while they run into a store, etc. Although this may seem like an easy solution when you just need to “run in for 5 minutes”, the outcome could be disastrous. In addition, it is illegal to do this in some states. Never use your vehicle as a babysitter. To avoid the possible mistake of unintentionally leaving your child in your car, please review the recommended safety tips found below:

- Do not leave a child in an unattended car, even with the windows down.
- Keep a stuffed animal in the car seat and when the child is put in the seat, place the animal in the front with the driver.
- Always place your purse or briefcase in the back seat as a reminder that you have your child in the car.
- Make a “look before you leave” routine whenever you get out of the car.
- Put a sticker (such as the one shown) or your own sticker on your car window to remind you to look before you leave.
- Have a plan that your childcare provider will call you if your child does not show up.
- Always lock your car and keep the keys out of older children’s reach. If a child is missing, check the car first, including the trunk.
- Teach your children that vehicles are never to be used as a play area.
- For more information about hyperthermia and kids and car safety, visit these websites:

www.usa.safekids.org www.kidsandcars.org www.ggweather.com/heat/
www.kidsincars.org www.kidsincars.org

If you are interested in receiving a vinyl cling to place on car windows as a reminder to look before you leave, please contact klbushy@altru.org.



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 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 parents to take care the class prior to delivery. If a car seat has already been purchased, bring it along and we will provide hands on training on how to properly install the car seat into your vehicle.



2008 Class Dates

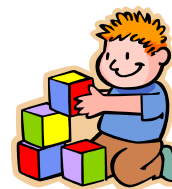
The classes are offered each month on the following dates:

<i>March 6</i>	<i>April 3</i>
<i>May 1</i>	<i>June 5</i>
<i>July 3</i>	<i>August 7</i>
<i>September 4</i>	<i>October 2</i>
<i>November 6</i>	<i>December 4</i>

Time: 4:30-6:00pm

Place: Payne Hall in Building 1 on Medical Park, 860 S. Columbia Road

Cost:Registration fee is included with the other pre-natal class registration fees of \$10.00. To register, please call (701) 780-5185 or log on to Altru.org. And, please remember to bring your car seat along if you have purchased it already!!



Recall Information

In 2007, an astonishing 20 million toys were recalled. The constant news about toy recalls in the US may leave you worried about your own children’s toys and how to keep them safe. Here are a few things you can do to protect your children from harmful toys:

1. Subscribe to the Consumer Product Safety Commission’s (CPSC) email alerts at cpsc.gov
2. Always return registration cards that accompany toys and other children’s products, so the manufacturer can reach you if the product is recalled
3. Read the warnings and directions that accompany children’s products carefully, and assemble products exactly according to instructions. Check for broken parts.

To learn more, please visit these websites:

CPSC.gov	Leadsafe.org
Recalls.gov	CDC.gov/lead
Toysafety.org	kidsindanger.org