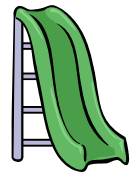




Safe Kids Grand Forks News You Can Use



Playground Safety



The Facts

Play is an essential component of healthy development in children and playgrounds provide an opportunity for children to develop motor, cognitive, perceptual and social skills. Unfortunately, playgrounds are often the sites of unintentional injuries. The leading cause of playground equipment-related fatalities is strangulation, and the majority of these deaths occur on home playgrounds. Nonfatal playground equipment-related injuries, on the other hand, are most often due to falls. The majority of these nonfatal injuries take place on public playgrounds, including school, childcare and park playgrounds. In a 2000 survey, U.S. playgrounds received an overall grade of C when rated on the presence of physical hazards and behavioral elements, including supervision and age-appropriate design.

Adults are responsible for creating play environments that are challenging for children but also reasonably safe. Utilizing age-appropriate equipment, following a regular maintenance

schedule, limiting equipment height and maintaining adequate surfacing, combined with adult supervision, can greatly reduce the incidence and severity of playground injuries.

Playground Deaths and Injuries

- Since 1990, at least 147 children have died from playground equipment-related injuries. Nearly 70 percent of these deaths occurred on home playgrounds.
- In 2002, more than 215,500 children ages 14 and under were treated in hospital emergency rooms for playground equipment-related injuries; children ages 5 to 14 accounted for nearly 75 percent of these injuries. The public playground equipment-related injury rate among children ages 5 and under has doubled since 1980.

When and Where Playground Deaths and Injuries Occur

- It is estimated that one third of playground

equipment-related deaths and 75 percent of playground equipment-related injuries occur on public playgrounds.

- Playground injuries are the leading cause of injury to children in childcare and to children ages 5 to 14 in schools.
- Lack of supervision is associated with 40 percent of playground injuries. A recent study found that children play without adult supervision more often on school playgrounds (32 percent of the time) than playgrounds in parks (22 percent) or childcare centers (5 percent).
- Strangulation resulting from entanglement and entrapment is the primary cause of playground equipment-related fatalities, accounting for nearly 56 percent of the deaths. Falls to the surface are responsible for an additional 20 percent of the deaths.
- Approximately 70 percent of playground equipment-related injuries involve falls to

the surface, and 10 percent involve falls onto equipment. Falls are the most common mode of playground injury and account for approximately 80 percent of all playground equipment-related injuries. Head injuries are involved in 75 percent of all fall-related deaths associated with playground equipment.

- Most of playground injuries occur during the months of May, June and September.
- The majority of injuries that occur on public playgrounds involve climbing equipment, while the majority of injuries that occur on home playgrounds involve swings.

Who is at Risk?

- Female children have a slightly higher risk of sustaining playground-related injuries than males.
- Children ages 5 to 9 account for more than half of all playground-related injuries.

*Playground Safety
continued on page 2*

Playground Safety continued from page 1

- Children ages 4 and under are more likely to suffer injuries to the face and head, while children ages 5 to 14 are more likely to suffer injuries to the arm and hand.
- A young child is at increased risk of injury when playing on equipment designed for older children. Only about half of U.S. playgrounds have separate play areas for children ages 2 to 5 and children ages 5 to 12.
- The risk of injury is four times greater if a child falls from playground equipment that is more than 1.5 meters (approximately 5 feet) high than from equipment that is less than 1.5 meters high.
- The risk of injury in a fall onto a non-impact-absorbing surface such as asphalt or concrete is more than twice that of falling onto an impact-absorbing surface. It is estimated that very few of home playgrounds have appropriate impact-absorbing surfacing around stationary equipment.

Playground Injury Prevention Effectiveness

- Protective surfacing under and around playground equipment can reduce the severity of and even prevent

playground fall-related injuries. According to a 2002 national survey, 75 percent of public playgrounds lack adequate protective surfacing.

- A recent study found that the rate of playground-related injuries at North Carolina childcare centers dropped 22 percent after a law was passed requiring new playground equipment and surfacing in childcare facilities to conform to U.S. Consumer Product Safety Commission guidelines.

Playground Laws and Regulations

- Playground equipment guidelines and standards have been developed by the U.S. Consumer Product Safety Commission and the American Society for Testing and Materials. At least seven states have enacted some form of playground safety legislation.
- The CPSC has issued voluntary guidelines for drawstrings on children's clothing to prevent children from strangling or getting entangled in the neck and waist drawstrings of outerwear garments, such as jackets and sweatshirts. Children are at risk from strangulation when drawstrings on clothing become entangled in playground equipment.

Health Care Costs

- The total annual cost of playground equipment-related injuries among children ages 14 and under was estimated to be \$1 billion in 1998.

Prevention Tips

- Avoid asphalt, concrete, grass and soil surfaces under playground equipment. Acceptable loose-fill materials include shredded rubber, hardwood fiber mulch or chips, and fine sand. Surfacing should be maintained at a depth of 12 inches and should extend a minimum of 6 feet in all directions around stationary equipment. Depending on the height of the equipment, surfacing may need to extend farther than 6 feet. Rubber mats, synthetic turf and other artificial materials are also safe surfaces and require less maintenance.
- Ensure that a comprehensive inspection of all playgrounds is conducted by qualified personnel. Abide by daily, monthly and annual playground maintenance schedules. Ensure that schools and childcare centers have age-appropriate, well-maintained playground equipment and that trained supervisors are present at all times when children are on the playground.

Report any playground safety hazards to the organization responsible for the site (e.g., school, park authority, city council).

- Always supervise children when using playground equipment. Maintain visual and auditory contact. Prevent unsafe behaviors like pushing, shoving, crowding and inappropriate use of equipment. Ensure that children use age-appropriate playground equipment. Maintain separate play areas for children under age 5.
- Remove hood and neck drawstrings from all children's outerwear. Never allow children to wear helmets, necklaces, purses, scarves or clothing with drawstrings while on playgrounds.
- Parents or caregivers should check for hot surfaces on metal playground equipment before allowing young children to play on it. In direct sunlight, metal surfaces such as slides, platforms, & steps may reach temperatures high enough to cause serious burn injuries in a matter of seconds.
- Children should ALWAYS be **supervised** when using playground equipment!

For more information on playground safety or other safety topics contact Safe Kids at 701-780-1489.



Upcoming Car Seat Check-up Events



<u>Date of Event</u>	<u>Location</u>
July 10, 2008	Grand Forks
August 7, 2008	Grafton
August 14, 2008	Grand Forks
August 26, 2008	Crookston
September 11, 2008	Grand Forks
September 22, 2008	Larimore

All events are from 4-7pm

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

The Cameron Gulbransen Kids Transportation Safety Act Passed into Law

On February 28, 2008, the Cameron Gulbransen Kids Transportation Safety Act was signed into law. The bill was named after 2-year old Cameron, who was killed when he was inadvertently backed over by a SUV because the blind zone behind the vehicle made it impossible to see him.



The Act will reduce the incidence of injuries and deaths to children in and around motor vehicles by:

1. Directing the U.S. Department of Transportation to advance safety standards to address rear blind zones, vehicle power windows (which can strangle small children), and vehicle roll-aways (which can occur when a vehicle is knocked into gear because it lacks brake transmission shift interlocks).
2. Calling for the creation of a publicly searchable database on non-crash incidents.
3. Establishing a DOT program to provide the public with safety information about non-traffic hazard to young children.

Safe Kids Stars



A vital part of the Safe Kids Grand Forks injury prevention efforts is protecting children in and around motor vehicles. Safe Kids Grand Forks has strategically set up car seat check-up events in Grand Forks and within the region. In order to assure that there are adequate car seat technicians to carry out our events, we recently held a 4-day tech training course to train additional technicians to add to our pool of currently trained techs. We are proud that during the month of May, 17 students took and passed the 4-day tech training course. We welcome these new technicians and look forward to having them join in our efforts:

- Sheri Ayotte—Altru Clinic Pediatrics
- William Bayne, Ashely Howard, Brittany Keller, Jessica Kotrba, Judy Sather-Reed, Lisa Thorpe —Altru Hospital
- Carrie Bergquist, Mary Meine and Lynette Rocha—Altru Clinic Crookston
- Robert Buelow—Grand Forks Police Department
- Donna Holand—Walsh County Health District, Grafton
- Laura Jennings—Child Care Resource & Referral
- Amber Polner—Valley Ambulance & Rescue, Grafton
- Jeremy Hanson—Larimore Police Department
- Megan Solberg—United Day Nursery

Welcome to our team!!!



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



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.

Consumer Product Safety Review (CPSC) Releases the “Top Five Hidden Home Hazards”

The home is a place that is supposed to give families a feeling of safety and security. However, for many American families, an injury or death of a loved one can turn this place of happiness into one of tragedy.

Each year, 33.1 million people suffer injuries related to consumer products in the home. To keep Americans informed of the dangers, CPSC has identified the **Top Five Hidden Home Hazards** involving products that people may be using everyday, but are unaware of the dangers they can cause. These home hazards are often unseen or unnoticed by consumers.

Hazard #1 -Magnets

Since 2005, there has been one reported death, 86 reported injuries and about 8 million magnetic toys recalled. Today's rare-earth magnets can be very small and powerful making them popular in toys, building sets, and jewelry. As the number of products with the magnets has increased, so has the number of serious injuries to children. In several hundred incidents, magnets have fallen out of various toys and in several cases have been swallowed by children. Small intact pieces of building sets that contain magnets have also been swallowed by children. If two or more magnets, or a magnet and another metal object are swallowed separately, they can attract to one another through intestinal walls and get trapped in place. The injury is hard to diagnose. Parents and physicians may think that the materials will pass through the child without consequence, but magnets can attract in the body and twist or pinch the intestines, causing holes, blockages, infection and death, if not treated properly and promptly.

Safety Tip: Watch carefully for loose magnets and magnetic pieces and keep them away from younger children (less than 6 years of age). If you have a recalled product with magnets, stop using it, call the company today and ask for the remedy.

Hazard #2-Recalled Products

Each year, there are about 400 recalls. CPSC is very effective at getting dangerous products off store shelves, such as recalled toys, clothing, children's jewelry, tools, appliances, electronics and electrical products. But once a product gets into the home, the consumer has to be on the lookout. Consumers need to be aware of the latest safety recalls to keep dangerous recalled products away from family members.

Safety Tip: Get dangerous products out of the home. Join CPSC's "Drive to One Million" campaign and sign up for free e-mail notifications at www.cpsc.gov. An e-mail from CPSC is not spam— it could save a life. (See page 8 of this newsletter for additional recall information).

Hazard #3-Tip-Overs

There are an average of 22 deaths reported per year from tip-over incidents. In 2006 alone, there were 31 deaths and an estimated 3,000 injuries.

Furniture, TVs and ranges can tip over and crush young children. Deaths and injuries occur when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks, and chests. TVs placed on top of furniture can tip over causing head trauma and other injuries. Items left on top of the TV, furniture, and countertops, such as toys, remote controls and treats might tempt kids to climb.

Safety Tip: Verify that furniture is stable on its own. For added security, anchor furniture to the floor or attach to a wall. Free standing ranges and stoves should be installed with anti-tip brackets.

Hazard #4- Windows & Coverings

There are an average of 12 reported deaths annually from window cords. Window falls cause an average of nine deaths and an estimated 3,700 injuries to children younger than 10 years old annually.

Children can strangle on window drapery and blind cords that can form a loop. Parents should use cordless blinds, or cut looped cords, install a safety tassel at the end of each pull cord, and use a tie-down device. Parents should also install inner cord stays to prevent strangulation. Never place a child's crib or playpen within reach of a window blind.

The dangers of windows don't end with window coverings and pull cords. Kids love to play around windows. Unfortunately, kids can be injured or die when they fall out of windows. Do not rely on window screens.

Safety Tip: Safeguard your windows— repair pull cords ending in loops and install inner cord stays and window guards or stops.

Hazard# 5-Pool & Spa Drains

There have been 15 injuries and 2 fatalities between 2002 and 2004.

The suction from a pool drain can be so powerful that it can hold an adult under water, but most incidents involve children. The body can become sealed against the drain or hair can be pulled in and entangled. Missing or broken drain covers are a major reason many consider installing a Safety Release Vacuum Release System (SVRS), which detects when a drain is blocked and automatically shuts off the pool pump or interrupts the water circulation.

Safety Tip: Every time you use a pool or spa, inspect it for entrapment hazards. Check to make sure appropriate drain covers are in place and undamaged. (See page 5 of this newsletter for more safety information on pools and spas)

To learn more about these and other home hazards, and to sign up for recall information, visit <http://www.cpsc.gov>

Pool & Spa Safety



Each year, about 280 children under 5 drown in swimming pools. In addition, the suction from drains in swimming pools and spas, under certain conditions, can entrap swimmers underwater. To help protect your family, be sure to take the following steps:

Use layers of protection

To prevent swimming pool drowning, layers of protection are essential. Place barriers completely around the pool, closely supervise young children and be prepared in case of emergency.

In addition:

- If a child is missing, always look first in the pool. Seconds count!
- Knowing how to swim doesn't make a child drown-proof. Never use flotation devices as a substitute for supervision.
- Keep rescue equipment and a phone next to the pool.
- Learn cardiopulmonary resuscitation (CPR).
- Install physical barriers around the pool to limit access.

Fences and walls should be at least 4-feet high and installed completely around the pool. The city of Grand Forks does not have an ordinance requiring fences around pools, but to protect your family and neighbors, fences should be used around pools.

Gates should be self-closing and self-latching. The latch should be out of reach of small children.

- If your house forms one side of the barrier for the pool, doors leading from the house to the pool should be protected with alarms that sound when the doors are unexpectedly opened. Or, use a power safety cover, a motor-powered barrier placed over the water area, to prevent access by young children.
- For above-ground pools, steps and ladders to the pool should be secured or removed when the pool is not in use.

Pool and Spa Entrapment Dangers

- Never use a pool or spa with a missing or broken drain cover. Be sure a newer safer drain cover is in place. The new drain covers are usually domed-shaped—instead of the old flat drain covers.
- Consider installing a Safety Vacuum Release System (SVRS), a device that will automatically shut off a pump if a blockage is detected.
- Have a professional regularly inspect your pool or spa for entrapment or entanglement hazards.
- Plainly mark the location of the electrical cut-off switch for the pool or spa pump.
- If someone is entrapped against a drain, cut off the pump immediately. Instead of trying to pull the person away from the powerful suction, pry a hand between the drain and the person's body to break the seal.



In Case of Emergency



Child's Name _____
Emergency contacts
(Other than driver of this vehicle):
Name: _____
Phone: _____
Name: _____
Phone: _____
Allergies/Medical Issues: _____

6053-0126 JAN 08

**If you are interested in
obtaining this sticker to place
on your child's car seat, please
email klbushy@altru.org or
call 780-5919.**

**Receive this newsletter
directly to your work or
personal email address!!**

If you would like to receive an
electronic copy of Safe Kids
Grand Forks "News You Can Use"

quarterly newsletter, email
klbushy@altru.org.

Join our electronic mailing list
today!!



Parents/Guardians:

The purpose of this sticker is to provide emergency personnel information concerning your child. It can be applied directly to the car seat where it can be easily spotted. If the driver is found unresponsive following a crash, the information can be used by emergency personnel to contact an appropriate adult and provide appropriate care.

6053-0127 JAN 08



The Virginia Graeme Baker Pool & Spa Act of 2007 is Signed into Law!



On December 19, 2007, President Bush signed the Virginia Graeme Baker Pool & Spa Act into law. Safe Kids USA expects this law to save the lives of thousands of children by providing incentives for states to adopt comprehensive pool safety laws that will protect children from life-threatening injuries and horrible deaths from dangerous pool and spa drains. The law was named for the granddaughter of former Secretary of State James A. Baker III, who along with Graeme's mother, Nancy Baker, & Safe Kids USA launched a three-year advocacy campaign for the legislation. In 2002, Graeme Baker died in a spa after the powerful suction of a drain trapped her underwater. Specifically, the Virginia Graeme Baker Pool & Spa Safety Act of 2007 will:

- Prohibit the manufacture, sale or distribution of drain covers that do not meet anti-entrapment safety standards established by the U.S. Consumer Product Safety Commission.
- Create an incentive grant program for states to adopt comprehensive pool and spa safety laws requiring certain safety devices in swimming pools and spas to protect children.
- Establish a national drowning prevention education program within the U.S. Consumer Product Safety Commission.
- Require public pools to incorporate anti-entrapment drain covers and other layers of protection.

Drowning remains the second leading killer of children under the age of 14. The law is the result of three years of work by Safe Kids USA, the Baker family, Congressional leaders and dozens of other stakeholders.

2008 Child Passenger Safety Van Sponsors

Thanks to these generous financial donors, we are able to maintain our Safe Kids Grand Forks Buckle-Up Van Program. The van enables Safe Kids to serve the Greater Grand Forks as well as surrounding communities in child passenger safety.

2008 Sponsors include:

Bronze Level Donors (under \$250)

Hugo's

Choice Financial Group

Grand Forks Optimists

Camrud Law Firm

Rydell GM Auto Center

Wells Fargo

Kiwanis Club of Grand Forks

Optimist Club

Hanson Auto & Implement of Grafton

Silver (\$251 TO \$500)

Greater Grand Forks Jaycees

Gold (501-\$1000)

AAA of North Dakota

Bremer Bank

Platinum (over \$1000)

Altru Health System



Safe Kids Grand Forks Life Jacket Loaner Program

Drowning claims nearly 8,000 lives annually!!

Drowning is the #1 cause of accidental death of preschool age children.

Wearing a life jacket can save your life! If you are in need of a life jacket for use at the pool, lakes, a camping or fishing trip, or a weekend outing to a hotel pool or water park, inquire about the Life Jacket Loaner Program. Child and adult sized jackets are available for use at NO COST for up to a two week period! This program is open to anyone in the community or surrounding area.

Remember, wearing a life jacket could save your life!

The Life Jacket Loaner Program is available in the Grand Forks, Crookston and Larimore communities as well as being open to any surrounding communities interested in using either service.

To learn more about the Life Jacket Loaner Program, contact:

In Larimore, the Larimore Police Department at 701-343-2012 or visit Larimore City Hall, 122 West Main Street in Larimore

In Grand Forks, the YMCA Aquatics Director at (701) 775-2586 or visit the YMCA at 215 N. 7th Street in Grand Forks

In Crookston, Mary Meine, (218) 281-9171 or visit Altru Clinic-Crookston, 400 S. Minnesota Street in Crookston



The Dangers in Riding in a Car with the Seat in a Reclined Position

Recently, the Air Force lost another member while riding as a passenger in a government motor vehicle on duty. This person was riding with their seatbelt on, however, he had the seat reclined four inches, rendering the effectiveness of the seatbelt negligible.

In 1988, the National Transportation Safety Board (NTSB) conducted a study that confirmed the danger of reclined seats. Results showed that three-point restraints offer good protection only if worn properly. An occupant who wears a seat belt while reclined is not "centered" in the belt, rendering it ineffective for spreading crash forces over the body. The NTSB stated that the protection offered by any type of seatbelt is compromised when the seat is reclined, presenting a "potentially dangerous combination in a moving vehicle." The study also noted that although some vehicle owner's manuals warn of the dangers of reclined seat backs in moving vehicles, the warnings do not state specifically what degree of recline is dangerous. The NTSB reported that as little as one inch of slack in the shoulder harness increases the chance of injury. The greater the slack, the greater the likelihood of injury.

Since the study was conducted, medical literature has bolstered the cause for concern. Yet, somehow, car manufacturers have never been required to put warning labels on car seats, for example, the ones that detail the dangers of air bags. The car makers have argued that it is "common sense" that an upright seat is much safer than a reclining one. In other words, everyone knows or should know. This is not the case, however.

One of the accidents studied in the NTSB's report involved a 7 year old boy who was killed in a head on collision. He had been sleeping in the front seat with the seat reclined. Findings show that had the seat been upright, the boy would not have been killed. In 2005, a woman named Tami Martin sued Ford after she was paralyzed in an accident in which the driver fell asleep at the wheel and hit an ambulance that had stopped at a red light. Martin had been riding in the car with the seat reclined and her feet on the dash. Ford argued that the owner's manual warning was warning enough, to which Martin's lawyers countered with a 2005 Ford advertisement showing a man riding in a Ford vehicle in a similar position as Martin had been in when the accident occurred. Judgment was granted in favor of Martin in the amount of \$12.9 million. (Bazon, Slate Magazine, 2007)

These are just a few examples of the many people killed or injured in crashes when their seat was reclined. It is important for people to know the risks of riding in a vehicle with the seat reclined. Not only does this make the seatbelt ineffective, the seatbelt may also hurt passengers riding in a reclined seat.

Valuable Safe Kids Member Receives Service to Mankind Award

A long time Safe Kids Grand Forks member, Mary Barrett is the recipient of the 2008 Service to Mankind Award from the Greater Grand Forks Sertoma Club. This award honors outstanding volunteer service to the community. Past winners have included mayors, educators, elected officials, foster parents and volunteer camp directors. All of these winners are people who have made a significant volunteer contribution to our community.

The Greater Grand Forks Sertoma Club's primary service project is assisting people with speech, hearing and language disorders. Sertoma also sponsors community projects to promote freedom and democracy, to assist youth and to benefit a variety of other local community needs.

The 2008 Service to Mankind Award was presented to Mary Barrett from the Greater Grand Forks Sertoma Club. Mary Barrett has been involved with numerous organizations through the years and has a long history of volunteerism in the communities of Grand Forks and East Grand Forks. Her day job is assisting kids and families in the Head Start program. Mary goes above and beyond each day, putting in long hours to ensure the program runs smoothly. Her background as a registered nurse is fitting as she is passionate about the health and safety of everyone in our community.

Over the years Mary has been involved in Girl Scouts, her church, American Red Cross, East Grand Forks City and Chamber and Safe Kids Coalition. During and following the flood of 1997 in the Grand Cities, Mary worked tirelessly to ensure that families who needed child care received it. Mary Barrett is someone who can always be counted on and is eager to help anyone in need. **Safe Kids Grand Forks is extremely proud of our valuable member, Mary Barrett, on her recent award.**



Sue Bjornstad (left) awards the Mankind
Service Award to Mary Barrett (right)



Crookston Farm & Summer Safety Camp



Most children in our area either live on or have been on a farm. A farm can be a very fun place to play, get exercise and fresh air, but it can also be a very dangerous and even a deadly place to play. On April 10th and 11th, the Crookston Farm & Summer Safety Camp was held for sixth graders in the Crookston area. Seven groups of sixth graders participated in the camp on April 10th, while eight groups participated in the camp on April 11th. Students participating in the camp came from Fertile-Beltrami school, Win-E-Mac school, Crookston public schools and Crookston Catholic schools. Throughout the two days, the students rotated among stations dedicated to teaching the dangers that lie around a farm. Stations include such topics as sun safety, animal safety, grain safety, power takeoff safety, animal safety, and much more. A highlight of the camp for most of the students occurs when volunteers show the dangers of power take off shafts. A dummy is thrown into the shaft and is immediately shredded by the machine. This demonstration is a very effective way to teach young kids what can happen to them if they get too close to farm machinery. The 2008 Crookston farm camp was a great success with over 300 kids trained over a two day period. Safe Kids Grand Forks is very proud to partner in this event!

Safe Kids Grand Forks Introduces Program in a Box!

Safe Kids Grand Forks would like to introduce its newest safety instructional program. It is called **Program in a Box** and is available free of charge through Safe Kids Grand Forks. The box comes equipped with all materials necessary to conduct a 20-30 minute presentation. This program is geared for children ages 4-5 years old. Topics include all of the following:



Fire Safety
Poison Safety
Water Safety
Pedestrian Safety
Motor Vehicle Safety



Program in a Box is available to be checked out for two weeks from Safe Kids Grand Forks. If you are interested in using these materials free of charge, please email kibushy@altru.org or call 701-780-5919.



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:

July 3 August 7
September 4 October 2
November 6 December 4

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