



News You Can Use



Winter 2014 Edition

2014 Tummy to Toddler Expo

Thank you to all that attended and participated in the 2014 Tummy to Toddler Expo. This expo for new and expecting parents, caregivers and grandparents was a HUGE success! We raffled and auctioned off over \$6,000 worth of car seats and maternity/baby/toddler related items. There were around 50 booths set up with great information and handouts on everything from maternity care to toddler needs.

Next year's expo is already in the planning stages as we are on the hunt for a larger venue that can hold more booths and more attendees! Watch the Safe Kids Grand Forks website and Facebook page in 2015 for more

details on next year's expo!

The Tummy to Toddler Expo was a great fundraiser for Safe Kids Grand Forks. All proceeds from booth rentals, admission and raffle/auction items are going directly back into

our program to help fund all of our injury prevention efforts. If you would like information about being a part of next year's expo, please contact Jasmine at jwangen@altru.org.

If you are interested in making a donation to Safe Kids Grand Forks, please visit our website, www.safekidsgf.com, and click on the orange "donate" button.



Safe Kids Star

As you saw on the first page of this newsletter, Safe Kids Grand Forks hosted our first ever Tummy To Toddler Expo that was held to raise funds for our coalition and to showcase products and messages important to parents and caregivers of infants and toddlers. The event was a huge success and there are many people and businesses that we are grateful for. The Safe Kids Star we have chosen for this edition of the newsletter is the fantastic planning team for this event. We made several “asks” to moms and business owners that we felt could provide valuable input into our planning process. They were creative, inspiring, helpful, hard working and supportive of our efforts to make this event a success. The members of the team are pictured here and to them, we say THANKS!!

- ⇒ Dr. Natalie Muth—Plains Chiropractic
- ⇒ Amy Dallum
- ⇒ Jessica Ford
- ⇒ Jasmine Wangen—Safe Kids Grand Forks and Tummy To Toddler Event Chairperson
- ⇒ Holly Schneider—Owner of Adley Anne’s Baby & Maternity
- ⇒ Chilly Goodman
- ⇒ Alison Boman—UND Marketing Student
- ⇒ Carma Hanson, Coordinator—Safe Kids Grand Forks



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



Safe Kids Grand Forks To Participate in Scheels “Mommy and Me” Presentations

Safe Kids Grand Forks was recently contacted by Scheels Events Coordinator, Stacey Dimmler, asking us to participate in their new “Mommy and Me” series. These presentations will be offered monthly at the Grand Forks Scheels location and are FREE and open to the public. The December session, our first one to present at, will be December 10th at 10 a.m. and will be on winter safety (see flyer below). The schedule has also been set for 2015 and each month, a session will be held. The sessions that Safe Kids Grand

Forks will be presenting include the following:

**June 9, 2015 from 6-7pm:
Class title: Keeping Kids Safe During the Sunny Summer**

Just because summer vacation time is here does not mean parents and caregivers can take a “break” from safety. Safe Kids Grand Forks will provide tips on how to keep your kids safe on the playgrounds, by the lakes

and pools, in the sun and while they are having summer FUN!!

**October 13, 2015 from 6-7pm
Class title: The Things Curious Kids Get Into**

They climb, they put things in their mouth, they get into just about everything. While we think our homes are a safe place for our kids, they often have “hidden dangers” that can pose a risk for injury or death. Come learn from Safe Kids Grand Forks about some of those hidden hazards that curious kids get into. We will discuss topics such as tv tip-overs, button batteries, medications safety and high powered magnets. Come, learn more about ways in which to keep your precious little ones safe!!

**December 8, 2015 from 6-7pm:
Class title: Walking (safely) In a Winter Wonderland**

Kids love to be outside exploring, even if it is cold out. They sled, and build snow forts, and love to make a snowman. While all these are fun activities, Safe Kids Grand Forks will teach parents and caregivers about some of the important safety steps to take during the winter months. From buckling kids up in car seats to outdoor recreation to other safety topics, we will delve into all things “winter safety”.

Safe Kids Grand Forks sends a big thank you to Scheels for this partnership and for helping us to spread our childhood injury messages!!



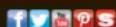
SCHEELS
EVENTS PRESENTS
WEDNESDAY
DEC 10
10:00AM

MOMMY & ME: BUNDLE UP!

**SCHEELS TRAINING ROOM
MEET IN GRAMMA GINNA'S**

Kids love to be outside exploring, even if it is cold out. Join us for Mommy & Me, where a SCHEELS expert will be on hand to help you and your kids dress safely for the winter. Safe Kids Grand Forks will teach parents and caregivers about some of the important safety steps to take during the winter months. From buckling kids up in car seats to outdoor recreation to other safety topics, we will delve into all things “winter safety”.

VISIT SCHEELS.COM/EVENTS FOR OTHER UPCOMING EVENTS



SCHEELS

Holiday Safety



The holiday season is full of beautiful decorations, baking/cooking, social gatherings, gifts, etc. However, many of these items/activities can also be potential safety hazards. Keep safe this holiday season by considering the following:

Toys

- Think about age appropriateness. Look for age guidelines on toys. Use a toilet paper tube to measure toys; if it fits in the tube, it should not be used by children under age 3.
- Look for quality design, materials, and construction in all toys for all ages.
- Avoid small magnets for children under 6 years of age. Avoid toys containing high-powered magnets for children of all ages.
- Avoid toys that contain small “button” batteries
- Avoid latex balloons for children under 8 years of age.
- Check for recalled toys www.recalls.gov.
- Don't forget to include a helmet for a new bike, skateboard, scooter, or other riding equipment.
- After gifts are opened, discard plastic wrappings, ties, film

coverings, and packaging to prevent younger children from choking on them.

- After gifts are opened, keep toys appropriate for older children away from younger children.

Christmas Trees

- Decorate your tree with your kids in mind: keep breakable ornaments or those with metal hooks at the top of the tree, out of children's reach; place only child-safe ornaments at the bottom of the tree; leave the bottom half of the tree undecorated; place tree behind a gate.
- Water the tree regularly to prevent it from drying out.
- Keep tree at least 3 feet from any heat source.
- Check the lights for exposed or frayed wires, loose connections or broken sockets.

Candles

- Keep out of the reach of children.
- Keep at least 12 inches from anything flammable.
- Consider using a “flameless” candle instead of a wicked candle.
- Blow out candles before you go to sleep or leave the house.
- Keep matches and lighters out of the reach of children.

Plants/Medications

- Keep poisonous plants out of the reach of children and animals. Examples of a few poisonous holiday plants: mistletoe berries, holly berry, Jerusalem cherry.
- When people are visiting, make sure their medications are stored properly and always out of the reach of children. Remember to check purses, travel bags, diaper bags, etc.
- Keep the poison control number posted and in your phone in case of an emergency. 1-800-222-1222

Baking/Cooking

- Active supervision is recommended at all times if children are involved.
- Use the back burners of the stove.
- Turn pot handles away from edge.
- Do not leave items cooking on the top of the stove unattended.
- Keep all flammable items 3 feet from top of stove.
- Keep sharp utensils and hot equipment out of the reach of children.
- Instruct children on using oven mitts/potholders to remove items from oven as well as other safety practices.

Traveling

- Check the car seat(s) before traveling. Make sure each child has the appropriate seat and it is installed correctly. Children under 13 years should be in the back seat. Contact Safe Kids if you have questions.
- Stop to eat instead of allowing children to eat when riding in the car.
- Make sure your cell phone is charged and you have a phone charger for your vehicle available.
- Assemble or purchase an emergency supply/winter survival kit and place in vehicle.
- Check the weather report/road report before traveling.

Sources used:

Safe Kids Worldwide www.safekids.org
CPSC www.cpsc.gov





Have you liked
Safe Kids
Grand Forks on
Facebook yet?

What are you waiting for??



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



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

Safe Kids Grand Forks
701.780.1489
safekids@altru.org



Safe Kids & UND Public Health Nursing Students Educate Public With TV Tip-Over Booth

On Saturday October 25, 2014, UND Public Health nursing students held a Safe Kids informational booth on TV Tip-Overs at K-Mart. This is a project we worked on throughout the semester with Safe Kids to gather information and supplies to educate families and anyone who works with children on the dangers of TV Tip-Overs. This is an event where the TV or furniture tips over on top of the child, causing injuries or even death

to the child. We searched literature, statistics, actual cases, and ways to prevent this event.

Searching statistics and actual cases proved that while this is a very serious issue among children and families, it is 100% preventable. Some statistics that we found about this are alarming.

- A 36 inch television set (typical weight of 78 kg) falling just 1 meter creates the momentum equal to a one year old (10 kg) falling from a ten story building
- Every 45 minutes a child visits the ER because of a TV Tip-Over
- 7 out of 10 children injured by this are 5 years old and younger
- On average every 3 weeks a child dies from a TV Tip-Over (Safe Kids Grand Forks, 2013) (Safe

Kids Worldwide, 2014)

After learning this information, we looked at simple ways that families can prevent this, including the use of a safety strap that secures the TV to the wall and the furniture that it is on. Families can also mount the TV to the wall.

By getting this information out to families we found that many people did not realize that this is a current issue. After working at this booth, we know that education on this topic is very important so that families can be informed on the issue as well as how to prevent it. (Article provided by UND nursing students.)



PUBLIC HEALTH DEPARTMENT



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.



Bringing Home Baby

For new or expectant parents



Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you already have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into your vehicle.

Cost:
Registration fee is included with the prenatal class registration fees of \$20.00.

To register, please call 701.780.5179 or log on to altru.org. And, please remember to bring your car seat along if you have purchased it already!!

(Fee waived if this is the only class being taken.)

2015 Class Dates

Rydell Auto Center
2700 South Washington Street, Grand Forks, ND
(use front entrance on Washington St.)

2nd Thursday of each month | 6 - 7:30 p.m.

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

4th Tuesday of each month | 5 - 6:30 p.m.

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 26	November 24
June 23	December 22



Car Seat Check-Up Events

presented by:



in cooperation with

Rydell Auto Center
2700 South Washington Street

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks and Altru Health System are pleased to partner with our local GM dealer to offer monthly car seat check-up events.

These are offered the 2nd Thursday of every month from 4:00-7:00 p.m.

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

2015 Dates

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

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



DON'T FORGET ABOUT OUR 2014 CAR SEAT CHECK-UP EVENTS!

There are still two car seat check-ups events remaining in 2014!

Join Safe Kids Grand Forks on December 4 at Hanson's Auto & Implement in Grafton from 4-6 pm.

or meet Safe Kids Grand Forks at Rydell Auto Center in Grand Forks on December 11 from 4-7 pm.





Car Seat Check-Up Events

presented by:



in cooperation with

Hanson's Auto & Implement

110 5th Street West, Grafton, ND

4 out of 5 car seats are used wrong. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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

Proud Program Sponsors



2015 Dates

- *February 5
- April 2
- June 4
- August 6
- October 1
- *December 3

*By appointment only

For questions or to schedule an appointment, call Donna at Walsh County Health District, 701.352.5139.



Car Seat Check-Up Events

presented by:



in cooperation with

Brost Chevrolet

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events.

These are offered on the dates listed from 4:30-6:00 p.m.

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



2015 Dates

- January 22
 - April 23
 - July 23
 - October 22
- For more information, contact Altru Clinic Crookston at 218.281.9100.**

Evenflo Recall

Evenflo is recalling select models of their Embrace 35 rear facing only infant car seats. Over time the harness buckle can become difficult to unlatch, increasing the risk of injury in the event of an emergency. Evenflo will provide a newly designed replacement buckle.

Model Numbers:

30711365, 31511040, 31511323, 31511400, 3151198, 3151953, 31521138, 46811205, 46811237, 48111200, 48111215, 48111215A, 48111218, 48111234, 48111235, 48111235A, 48111462, 48411391,

48411391D, 48411392, 48411504, 48411504D, 52911307A, 52921040, 55311138, 55311238, and 55311292

Dates of Manufacture: Various from 12/1/2011-5/31/2013



Featured Car Seat– Graco 4ever

Graco 4Ever All-in-1 Car Seat gives you 10 years with one car seat. It's comfortable for your child and convenient for you as it transitions from a rear-facing infant car seat (4-40 lbs) to a forward-facing 5-point harness seat (20–65 lbs) to high-back belt-positioning booster (30–100 lbs) to backless belt-positioning booster (40-120 lbs). For a proper fit, the Simply Safe Adjust Harness System and 10-position headrest lets you adjust the harness and headrest together, with no rethreading. The 6-position recline keeps your child comfortable, while the InRight LATCH system with one-second attachment makes installation easy.

This seat retails for around \$300 and some of the features include:

- 4-in-1 seat grows with your child, so you can enjoy 10 years of use, from 4 - 120 lbs.
- 6-position recline adjuster to fit and keep your growing child comfortable; it's comfy for them and convenient for you
- Simply Safe Adjust Harness System is safe & simple.
- One-hand, 10-position head rest to give your growing child a proper fit
- InRight LATCH system for an easy, one-second LATCH attachment
- Washable seat cover is easy to remove without removing the harness

- Steel-reinforced frame provides strength and durability
- Features an easy-to-read level indicator for hassle-free installation





As parents, you want your children to grow up and realize their full potential.

WE JUST WANT THEM TO GROW UP.

GRAND FORKS COURSE SCHEDULE

5:00 PM - 9:30 PM

COST: \$50

DECEMBER 15

FEBRUARY 15

APRIL 20

JUNE 14

Altru Health System
Psychiatry Center
860 S Columbia Road

The most dangerous years of your child's life will be the first few years they drive.

Help them reach adulthood by enrolling them in **ALIVE AT 25.**

ALIVE
AT 25.

Alive At 25 is an interactive classroom course, that encourages young drivers and their passengers to take responsibility for their driving behavior to help keep them safer on the road. It's taught by law enforcement in an engaging and thoughtful way. Students will view videos, participate in discussions and learn about the consequences of their decisions while operating, or riding in, a motor vehicle.

Course qualifies for point reduction and insurance discount in ND.

Courses also available for experienced drivers. Visit www.ndsc.org for more information.



Register now at www.ndsc.org/aliveat25



Distracted Pedestrians

As our children grow and the risks that they encounter change, we are often surprised when we learn about new risks. At Safe Kids, we use the expression, “you don’t know what you don’t know”. This is certainly true when it comes to pedestrian safety. We spend a lot of time teaching our young children how to cross the street safely and provide proper supervision. School principals and parent volunteers work hard to provide crossing guards and other safety measures to protect our elementary students.

However, the age group at greatest risk for pedestrian injuries is tweens and teens! Here are a few facts:

- Every day in the U.S., 61 kids are hit by cars while walking.
- Teens are twice as likely to be killed while walking than younger kids.
- In the last five years, injuries among 16- 19 years olds increased 25% over the previous five years.
- Kids can get hurt while walking distracted. This can include texting friends, talking on the phone, playing a handheld game, or listening to music.
- In just one year, more than 1,100 people went to the emergency room after being injured while walking and being distracted by an electronic device.

So what is Safe Kids Grand Forks doing?

- We have created a PSA that aired on WDAZ in the spring of 2014.
- We will be launching further distracted pedestrian awareness campaigns at middle and high schools in Grand Forks this winter and spring. You will begin to see the signs below on berms around our schools:



What can you do? Talk to your tweens and teens. Here are some facts to share:

PEDESTRIAN SAFETY BY THE NUMBERS

THE GOOD NEWS IS

- 53% THE CHILD PEDESTRIAN DEATH RATE IS DOWN 53% SINCE 1995
- 44% THE CHILD PEDESTRIAN INJURY RATE IS DOWN 44% SINCE 1995
- 34% INJURY RATES FOR KIDS 5-9 WERE DOWN 34% IN THE LAST FIVE YEARS COMPARED TO THE PREVIOUS FIVE YEARS

Most at risk are **TEENS**

In the last five years, injuries among 16-19 year olds **increased 25%** over the previous five years

Could digital devices be a cause?

75% of 12-17 year olds owned cell phones in 2009, up from 45% in 2004

WALK SAFELY

61 kids are hit by cars every day in the United States. Every one of these injuries is preventable. Learn how at safekids.org

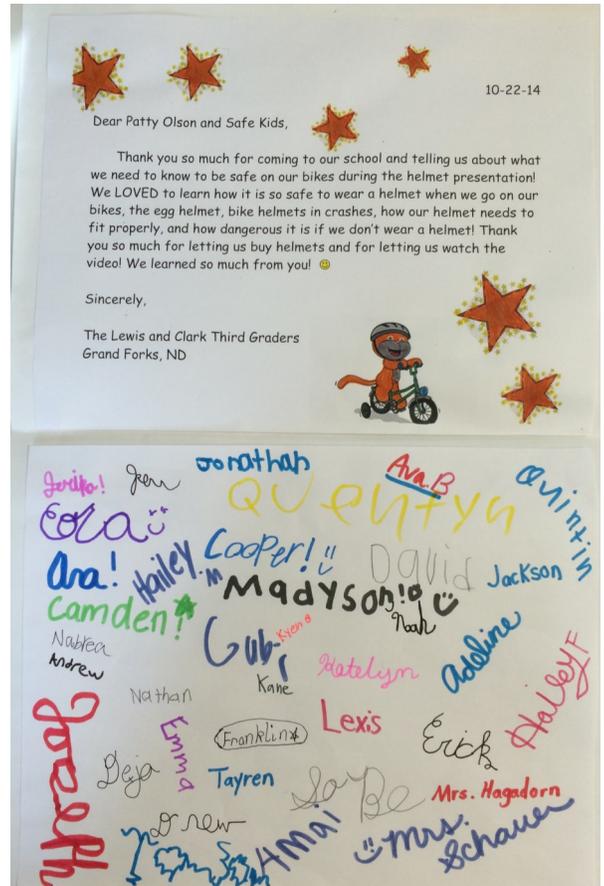
Safety on Wheels—Fall 2014

We had a tremendously successful Safety on Wheels program this year. This was the largest third grade we have worked with in many years with over 600 students in the eleven Grand Forks Public School classrooms. In addition to speaking with 100 more students this year, we saw a jump in the number of students getting bike and multi-sport helmets. Over 100 3rd grade students were fitted for helmets – a 5% increase from last year. We also fitted nearly 200 students in other grades with helmets. The Optimist Club was able to conduct bike rodeos at all eleven elementary schools as well.

It's great to see parents, caregivers and children making the choice to wear helmets when engaging in wheeled sports.

A big thanks goes out to our helmet helpers this fall – Katy Johnson, Kim Greendahl, Jo-Anne Yearwood, Leah Melquist and the UND nursing students. Dawnita Nilles was able to volunteer at almost every event proving once again that we couldn't have asked for a better helmet helper "wing man".

We also want to thank the third grade teachers, school principals and school secretaries for all the work they do to support this program in their schools.



Parent Tips When Hiring Babysitters

Ask what formal training they have or certifications achieved

Ask them to provide references and check them out



Set up an interview in your home and have them meet your children

Ask them to tell you about their babysitting experience



This information has been provided by:

Kelly L. Painter

School Liaison Officer

Grand Forks Air Force Base Schools



130 Entrees - 5,167 likes - 1 Safe Kids Cutest Baby



**SAFE
K:DS**
GRAND FORKS

Thank you to our 2014 Safe Kids sponsors



AAA Safety Patrol Program

Safe Kids Grand Forks and the Grand Forks School District are pleased to announce the launching of safety patrol programs at several schools. Sheriff Bob Rost has been working successfully with students at Kelly Elementary for several years. Due to the success of that program, AAA North Dakota, Safe Kids and the school district have been exploring options to expand that program. We are currently working with Twining Elementary/Middle School, and Viking, West and Phoenix Elementary Schools to identify student leaders who are ready to become safety patrols and begin training.

So what do safety patrols do? Here's a little background from AAA: Since its inception in Detroit in the early 1920s, the AAA School Safety Patrol program

has provided a safer pedestrian environment and wide spectrum of educational opportunities for millions of schoolchildren.

Today, over 550,000 children serve as patrollers across the nation. The program instills students with a sense of responsibility and leadership as they protect classmates going to and from school each day.

It's important that the community understands that safety patrols will not be used to stop traffic or serve as crossing guards. The safety of the patrols is paramount to the success of the program. Their duties will include:

- Instruct, direct and control students crossing streets at or near schools.
- Serve as a reminder to motorists to



drive carefully.

- Remind all pupils of safe practices which otherwise may be left to chance.

Thank you to Gene LaDoucer, AAA, Sheriff Bob Rost, Dr. Larry Nybladh and Mr. Jody Thompson for their support of AAA Safety Patrols. We are excited to launch this new program in Grand Forks! If you are interested in learning more about AAA Safety Patrol programs, please contact Patty Olsen at polсен@altru.org

International Walk to School Day

International Walk To School Day took place on Wednesday, October 8th. We had great participation from Ben Franklin, Century, Kelly, Lewis & Clark, Twining, West and Winship elementary schools. Despite the chilly morning, over 900 children walked to school on that day! Student leaders at each school greeted their classmates, providing incentive items and safety tips. Student leaders were also present to remind drivers to be cautious around young pedestrians.

Fed Ex volunteers assisted at West Elementary and UND Nursing students assisted at Century Elementary making for a truly community event. We appreciate their hard work.

Once again, some friendly competitions were held between a few schools to get the greatest percentage of walkers participating. Ben Franklin just edged out Lewis & Clark with a 71% to 67%

participation rate. Winship just edged out West with a 41% to 40% participation rate. Way to go! Thank

you to the support of the staff at all the participating schools.



DRIVERS: WATCH FOR PEDESTRIANS!

 **Slow down to 20 mph**

 **Yield to students waiting to cross**

 **Stop before the crosswalk**



IT TAKES THE ENTIRE COMMUNITY TO KEEP OUR YOUTH SAFE



Preparing Your Vehicle For Seasonal Changes

AAA reminds motorists that cars need seasonal checkups

The safest place to be during adverse weather conditions is indoors and that's not always possible. It is imperative that motorists prepare their vehicles before winter conditions hit.

Seasonal changes can have an overwhelming effect on a vehicle's performance. Regular maintenance can mean the difference of life and death. According to data from the Federal Highway Administration, each year 24 percent of weather-related vehicle crashes occur on snowy, slushy or icy pavement and 15 percent happen during snowfall or sleet.

Simply following safe driving habits like planning ahead, driving distraction free, and taking time now to prepare your vehicle for winter weather driving conditions can help ensure you stay safe in the elements.

Check, or have your mechanic check, the following items:

- **Battery and charging system** — Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. For electric or hybrid-electric vehicles, several things can be done to minimize the drain on the batteries. If the vehicle has a thermal heating pack for the batteries, make sure your vehicle is plugged in whenever it is not in use. If the vehicle has a pre-heat function to warm the car interior, set it to warm the passenger compartment before you unplug it in the morning.
- **Engine hoses** — Inspect cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the hoses and replace any that are brittle or excessively spongy feeling.
- **Tire type and tread** — In areas with heavy winter weather, installing snow tires on all four wheels will provide the best winter traction. All-season tires work well in light to moderate snow conditions provided they have adequate tread depth. Replace any tire that has less than 3/32-inches of tread. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage.
- **Tire pressure** — Check tire inflation pressure more frequently in fall and winter. As the average temperature drops, so will tire pressures, typically by 1 PSI for every 10 degrees Fahrenheit. The proper tire pressure levels can be in the owner's manual or on a sticker typically located on the driver's side door jamb. Also, check the spare tire.
- **Air filter** — Check the engine air filter by holding it up to a 60-watt light bulb. If light can be seen through much of the filter, it is still clean enough to work effectively. However, if light is blocked, replace it.
- **Coolant levels** — Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level with an inexpensive tester.
- **Lights** — Check the operation of all headlights, tail lights, brake lights, turn signals, emergency flashers, and back-up lights. Replace any burnt out bulbs.
- **Wiper blades** — The blades should completely clear the glass with each swipe. Replace any blade that leaves streaks or misses spots. In areas with snow, consider installing winter wiper blades that wrap the blade frame in a rubber boot to reduce ice and snow buildup.
- **Washer fluid** — Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components to prevent it from freezing.
- **Brakes** — If there is any indication of a brake problem have the system inspected by a certified technician. Check all fluids (transmission, brake and power steering fluids) to ensure they are at or above the minimum safe levels.
- **Emergency road kit** — Carry an emergency kit equipped for winter weather. Make sure to include a charged cellular phone, blankets, food, water and any needed medication.
- Remember that trucks are heavier than cars. Trucks take longer to safely respond and come to a complete stop, so avoid cutting quickly in front of them.

This article was provided by Gene LaDoucer, AAA



Never Take a Vacation From Safety

Winter is approaching fast and many of us turn to vacation plans and for those in cold environs that means beaches, cruises and resorts in warm climates. As you make your plans don't forget about safety and the importance of staying vigilant around water. Never take a vacation from safety. We would like to remind parents about the important steps they should take to keep children safe around pools, spas and open bodies of water.

- Wear life jackets and keep proper lifesaving devices nearby – When near the water, remind children and those with the inability to swim that they need to be wearing life jackets at all times.
- Teach swimming and lifesaving skills – Make sure your children know how to swim, float, tread water and get in and out of the pool safely. Take classes in First Aid and CPR.
- Avoid dangerous drains – If you spot a loose, missing or broken drain cover, report it to the pool operator or hotel management immediately.

Do not swim in a dangerous pool. Even in pools with safe drains, tie up long hair or secure with a swim cap and warn children to stay away from drains or other openings.

- Be beach smart – Swimming in surf is not the same as swimming in a pool, as currents can change quickly and can cause fatigue in swimmers. Stay close to shore, away from piers and jetties, and know the meaning of the warnings represented by colored beach flags. When in doubt, don't go out.
- Be vigilant – Make sure an adult is watching children in the pool, spa or at the beach at all times.

Abbey's Hope strongly recommends that parents share water supervision responsibilities with other parents while on vacation, which is why the foundation created the "Water Watchdog Tag" system. The supervising adult wears the "Water Watchdog Tag" until he or she passes the responsibility and the tag on to the next adult.

The adult wearing the tag pledges:

- ◇ To maintain constant visual contact with the children in the designated group (even if a life guard is present).
- ◇ Not to drink alcohol, talk on the phone, socialize or read while watching children.
- ◇ To keep a phone near the water for emergency purposes.
- ◇ Remain by the water until relieved by a new Water Watchdog.

To receive a free Water Watchdog tag, go the AbbeysHope.org and sign the pledge to protect children. Together, with the proper education and safety precautions, we can prevent the preventable.



Twining Students Hit the Pavement

10/8/2014 - Children of Grand Forks Air Force Base, N.D., brave the brisk morning air to participate in National Walk or Ride to School Day Oct. 8, 2014. National Walk or Ride to School Day was established to promote physical activity and street safety to young children. Children are encouraged to walk to school or ride their bike with adult supervision to learn these important lessons.

(U.S. Air Force photo/Airman 1st Class Bonnie Grantham)
Photo credit: A1C Grantham



Winter Sports Safety

“Hockey, hockey, hockey! Oi, oi, oi!” North Dakotans and Minnesotans sure love hockey. Let’s face it. We love all our winter sports; which is a good thing since a good portion of our year is consumed by winter months. Winter sports such as hockey, ice skating, snowboarding, skiing and snowmobiling are fun whether you participate in an organized sport or you just play recreationally. However, these activities are also considered high risk for traumatic brain injuries, especially concussions. These sports/activities accounted for 29,701 head injuries in 2009. More specifically, winter sports accounted for 6,750 head-injuries among children under the age of 15 during the same year.

Knowing how to recognize traumatic brain injuries when they occur is one key issue. The CDC gives two telltale indicators. A concussion may be indicated when both of the following signs are positively identified.

1. “A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.”
2. “Any change in the athlete’s behavior, thinking, or physical functioning.”

The chart on the right gives a detailed description of symptoms that may affect the athlete/participant.

As parents, we want to avoid concussions from happening altogether.

The best method of protection is proper equipment (i.e. helmets). Although organized sports often have helmet requirements, the same activities played recreationally do not. It is imperative that parents ensure their children are wearing the proper equipment for all activities regardless of its nature. Helmets are a key piece of equipment for winter sports! They act as a primary defense against traumatic brain injuries.

Sports safety has become a huge part of Safe Kids’ work. As a result, we have winter helmets for sale! If you or your child do not have a helmet, or if the one you have does not fit properly, Safe Kids can instruct you on sizing and even help you place an order. Just contact Patty Olsen at 701.780.1856 or email her at polsen@altru.org. If you are placing an order, please include the head circumference and color choice. Orders placed for children’s helmets need to also include their age.

This article was provided by Liesl Carlson, our Safe Kids Marketing Intern from UND. She is with our coalition during the fall semester and has been a great addition to our team.



Sources:
Sports-Related Head Injury. American Association of Neurological Surgeons. <http://www.aans.org/patient%20information/conditions%20and%20treatments/sports-related%20head%20injury.aspx>.

Concussion in Sports. Centers for Disease Control and Prevention. <http://www.cdc.gov/concussion/sports/recognize.html>

Concussion
<ul style="list-style-type: none">● Headache or “pressure” in head● Nausea or vomiting● Balance problems or dizziness● Double or blurry vision● Sensitivity to light● Sensitivity to noise● Feeling sluggish, hazy, foggy, or groggy● Concentration or memory problems● Confusion● Do not “feel right”

Winter sports helmets are available in five colors and cost \$25.



Carbon Monoxide Poisoning

Carbon monoxide (CO) is a gas that you cannot see, taste or smell. Carbon monoxide poisoning is an illness caused by exposure to too much carbon monoxide. It can result in serious side effects and possibly death. Carbon monoxide poisoning can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages.

Children are especially vulnerable to the effects of carbon monoxide poisoning. Symptoms of carbon monoxide poisoning include headache, nausea and drowsiness.

To keep you and your family safe this winter, keep in mind the following carbon monoxide safety tips:

- Invest in carbon monoxide detectors. Install a carbon monoxide detector in the hallway near each

sleeping area in your house. Check the batteries every time you check your smoke detector batteries — at least twice a year. If the alarm sounds, leave the house and call the fire department or local utility company from a nearby phone.

- Open the garage door before starting your car. Never run your car in a closed garage. If you have an attached garage, keep the garage door open and the door to the house firmly closed while the car is running.
- Use gas appliances as recommended. Never use a gas stove or oven to heat your home. Use portable gas camp stoves only outdoors. Use fuel-burning space heaters only when someone is awake to monitor them and doors or windows are open to provide fresh air. Don't run a generator in an enclosed space, such as the basement or garage.
- Keep your gas appliances and

fireplace in good repair. Make sure your gas appliances are properly vented. Clean your fireplace chimney and flue every year. Ask your utility company about yearly checkups for all gas appliances, including your furnace.

If you suspect you've been exposed to carbon monoxide, get into fresh air immediately and seek emergency medical care. If possible, open windows and doors on the way out of the house.

Stay warm and stay safe this winter!

Shana Hall, RN, MS
Quality and Care Manager
Valley Community Health Centers



Hypothermia

Hypothermia is a potentially dangerous drop in body temperature, usually caused by prolonged exposure to cold temperatures. Risk increases as the winter months arrive, but if you're exposed to cold temperatures on a spring hike or capsized on a summer sail, you can also be at risk.

CAUSES:

- Cold exposure – balance between body's heat production and heat loss tip toward heat loss for prolonged period
- Medical condition such as diabetes, thyroid conditions, some medications, severe trauma, drugs or alcohol all increase risk

RISK FACTORS:

- Elderly, infants and children without adequate heating, clothing, or food
- People with mental illness
- People who are outdoors for extended periods. People in cold weather whose judgment is impaired by alcohol or drugs

SYMPTOMS:

- Shivering (actually a good sign that a person's heat regulation systems are still active)
- Slow, shallow breathing
- Confusion and memory loss
- Drowsiness or exhaustion
- Slurred or mumbled speech
- Loss of coordination, fumbling hands, stumbling steps
- A slow, weak pulse
- In severe hypothermia – may be unconscious without signs of breathing or pulse

- Infants – Cold to touch, bright red skin, unusually low energy

TREATMENT: Needs emergency medical attention

- Remove any wet clothes, hats, gloves, shoes and socks
- Protect against wind and draft and further heat loss with dry, warm clothes and blankets
- Move gently to warm shelter
- Begin rewarming with extra clothing. Use warm blankets.
- Offer warm liquids but no alcohol or caffeine

This article was submitted by Mary Barrett. Mary is a nurse with Grand Forks Public Health, a long-time car seat technician and a Parish Nurse. We thank her for her contributions and expertise she shares with our coalition.



Sledding Safety



The first snowflakes of the season will be arriving soon to signal the beginning of winter outdoor recreation. Ice skating, snowshoeing, and sledding are just a few of the many activities available only during the winter months. Most of us would agree that sledding is one of the most popular winter activities in our region. It is great exercise, relatively low cost, and fun for all ages.

Unfortunately, sledding can also be a source of injuries. Slippery conditions, fast speed, and the sleds themselves all add up to great fun on the slopes. These items are all risk factors involved with this fun sport. Here's a few safety tips to help you keep sledding safely and still

have a good time –

- Choose the right sledding hill. Check for a good slope, a flat area at the bottom to allow room to stop, and away from any streets, ponds, trees or other obstacles.
- Dress for cold temperatures. Wear sensible winter clothing that is waterproof and warm.
- Dress in layers to accommodate changes in body temperature. Climbing up a sledding hill can build up a lot of body heat!
- Sit on the sled, facing forward at all times.
- Be courteous to other users
- Young kids (5 and under) should sled with an adult, and kids under 12 should be actively watched at all times.
- Insist that kids go down the hill one at a time and with only one person per sled (except for adults with young kids).
- Don't let kids build an artificial jump or obstacle on a sledding hill.
- Keep arms and legs in the sled at all

times.

- Know how to exit a sled before a crash. If you cannot avoid a crash, roll off the slide and get away from it.
- Walk up the side of the hill and leave the middle open for other sledders.
- Never allow a child to ride a sled that is being pulled by a moving vehicle.

Sledding is a great way to enjoy the winter months. Keep it safe by following these guidelines.

Kim Greendahl, Greenway specialist, City of Grand Forks
www.greenwayggf.com



With Gratitude

Safe Kids Grand Forks has some amazing volunteers and we have added two more to our list. Elders Dutton and Lee, Missionaries with the Mormon Church have been assisting for a few hours each week at our office since this spring. These delightful young men have undertaken a wide array of duties at the office and are so helpful in accomplishing “behind the scenes” work of Safe Kids Grand Forks. Hailing from Arizona and Idaho, these gentlemen will spend an unknown amount of time in our community and spend their day helping worthwhile organizations

and people. We are so grateful for their work and tip our hats to their servant hearts!!



Warming Up Our Winter



Winter seems to have arrived. This means it is time to snuggle up with a blanket, turn up the heat, and grab a cup of hot chocolate. As we break ourselves back into our winter routines, we

need to keep in mind one huge risk that we likely have sitting in our homes. Can you guess? Yes – space heaters is correct.

Space heaters are terrific for keeping us warm each year. They take the edge off the cold, and give our bedrooms and family rooms that nice extra cozy feeling. However, they do pose inherent risks. According to the National Fire Protection Association, space heaters are the cause of 33% of home heating fires each year. Additionally, 81% of home heating fire fatalities are caused by space heaters. It is clear that there are some precautions

that need to be taken to reduce these percentages.

Here are some key things you can do to keep your family safe while using space heaters:

- Make sure your space heater has been approved by a nationally recognized testing company (e.g. Underwriter’s Laboratories).
- Heaters typically have a sizing table that can help you determine if the heater is too small for the room. Do not use a small portable heater to heat a big room.
- Do not use extension cords! If they are not made to the same power rating as the heater the cord can overheat and burn.
- Make sure to place the heater out of the path of pets and children.
- Heaters should be a minimum of 3 feet away from flammable materials (papers, curtains blankets, furniture, etc.).
- As always, keep any electric space heater away from sources of water.

- Turn off and unplug all space heaters before going to bed or leaving the room.

We hope that this information helps you to start out the winter season on the right foot. Stay warm, and stay safe!

This article was provided by Liesl Carlson, our Safe Kids Marketing Intern from UND. She is with our coalition during the fall semester and has been a great addition to our team.



Sources:

Hall, John R., Jr. Home Fires Involving Heating Equipment. National Fire Protection Association. [Online] October 2013. <http://www.nfpa.org/research/reports-and-statistics/fire-causes/appliances-and-equipment/heating-equipment>

Portable Heater Safety. North Dakota Attorney General. [Online] <http://www.ag.nd.gov/FM/FireSafetyInfo/PortableHeater.pdf>

Sports Injury Prevention

Safe Kids Grand Forks has been working with local school districts, park districts and private traveling teams to raise awareness about sports injury prevention. With the support of Altru Athletic Trainers, we have been able to speak to over 100 coaches regarding concussions, dehydration and overuse injuries. We have also been providing information to parents and young athletes on staying safe while at play. Some of the groups we have worked with since May 2014 include:

- ◆ Grand Forks Park District baseball and softball coaches; players and parents
- ◆ Sunflake soccer coaches
- ◆ Fastbreak coaches and players
- ◆ Middle School Block I and Block II coaches

We have provided each coach attending these sessions with clipboards and bag tags with tips on recognizing concussions and appropriate protocol when a concussion is suspected.

We have also had information booths on dehydration prevention and concussion awareness at Altru Clinics during sports physicals as well as at Scheels and the

Boys’ State Soccer tournament.

We are excited to have teamed up with several private clubs in recent months. If you are involved with a traveling team or other private sports group and are interested in promoting sports safety, contact Safe Kids Grand Forks. We have many resources available.

Visit our website to access our many flyers for coaches, parents and athletes regarding sports injury prevention.



Check it Out!!

This fall, Safe Kids Grand Forks launched our updated web site, complete with a new look to match the changes that took place at Safe Kids Worldwide. We have “embraced the dots”, or so they say!! The new web page has many layers of information and we hope you find it helpful when searching for childhood injury prevention resources. There is LOTS you can do from the web site including some of the following:

- ⇒ Find great safety resources including flyers, posters, links or activity sheets
- ⇒ Sign up for classes that Safe Kids Grand Forks offers
- ⇒ Volunteer
- ⇒ Find a map to our location
- ⇒ Donate to our program and our injury prevention work being done
- ⇒ Find links to other injury prevention partners

Please, check it out and if you think something should be there that is not, just let us know. We will be adding to this routinely and appreciate your feedback. A special thank you to our Altru Print Shop Graphic Designer, Correen Radi for her

“graphics work” to make the pages look wonderful and to Christi Stonecipher, Gold Stone Marketing, for her web site

design. These ladies did an amazing amount of work to make this happen and we are grateful!!

Fruits and Vegetables: Keeping kids healthy and optimizing performance

Athletes may not be interested in the fact that eating a variety of fruits and vegetables can decrease their risk of type 2 diabetes, stroke, heart disease, high blood pressure, and some forms of cancers but they may be interested in knowing that fruits and vegetables provide the vitamins and minerals to help them maintain a healthy immune system, develop strong bones, and repair and synthesize muscle tissue during recovery from exercise or injury. Here are just a few ways you can help your athlete include fruits and vegetables in their diet.

- ◆ Keep fruits and vegetables handy. Apples, bananas, oranges, and

cherry tomatoes don’t need to be refrigerated and can be kept on the counter in plain view making them easy to grab and go.

- ◆ Take fruits and vegetables along to activities to eat instead of or in conjunction with the concession stand options. Easy choices include dried fruit; raisins, cherries, blueberries, fruit cups, or small bags of cut up fruits and vegetables.
- ◆ Put fruits and vegetables at the top of the snack list. Here are some ideas: Vegetables with dip, parfaits made with yogurt, berries, and nuts, cereal with bananas, apples and peanut butter, frozen seedless grapes, or fruited milk made by

blending 1 cup of milk with ½ cup fruit and 1 tsp. sugar (optional).

Keeping fruit and vegetables handy for kids to eat will help them reduce their risk of illness and infection often seen with hectic school schedules, intense sport training and competition schedules, and travel.

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



Farewell and THANK YOU Diana Read

Injury prevention “experts” are not just “born”. The knowledge and training to become proficient in a wide array of safety topics and injury prevention strategies takes a great deal of time and dedication to the profession. In December, North Dakota will lose one of our very best in Diana Read. Diana has worked at the North Dakota Department of Health (NDDHO) for the past several years but was involved in injury prevention in Williston prior to that. She did work not only in the community but all across the state as her voice was one that was respected and looked to on a state and national level. In Diana’s current role with the NDDOH, she has been involved in programs including falls prevention, poison safety, domestic violence and sexual assault and many other injury risk areas.

Diana has been a friend and resource to Safe Kids Grand Forks for many years and her expertise has been helpful to us in many ways. She is our “go to person” for poison data, knows and understands the E’s of injury prevention, is a wonderful meeting facilitator as she leads the North Dakota Injury Prevention Coalition and has a thorough grasp of injury prevention strategies and resources that can shape and impact our communities and our state.



Diana is retiring to Florida in December and SHE WILL BE MISSED. On behalf of Safe Kids Grand Forks, we wish her well in her retirement but want her to know

she will be missed. She is and has been appreciated and will always be considered a friend of Safe Kids Grand Forks. Thank you, Diana!!!

Winterizing Your Pool Means Thinking About Safety

Keeping your family safe around the water doesn't end with summer.

It's that time of year again -- the weather is changing and that means it is time to close either your in-ground or above-ground pool. Summer is not officially over until you take the necessary steps to "winterize" your pool to protect your family. Any body of water is a potential drowning hazard but those that are forgotten over the winter months are particularly dangerous says Katey Taylor, President of Abbey's Hope Charitable Foundation. Follow these steps to make sure your family is safe this winter.

- Pool Covers Save Lives-- A safety pool cover offers numerous benefits for swimming pool owners, but the benefit that trumps them all is that they prevent drowning. As a safety

device, the cover acts as a horizontal fence, completely sealing off the pool and preventing accidental access to the pool water by children, pets, and uninvited visitors. And while there's no substitute for proper supervision, your pool can be protected even when you're not around. It's the ultimate safety barrier that no pool (in-ground or above-ground) should be without.

- Clear The Pool Deck-- Make sure to store away all pool furniture, toys and ladders. Each of these items can provide either unauthorized access to a pool/spa or can attract children to the water's edge--a possible deadly combination.
- Portable Pools Should Be Taken Down-- Portable pools vary in size and height, from tiny blow-up pools to larger designs that hold

thousands of gallons of water. They are easy to use, affordable and fun for the family. But portable pools can be deadly and present a real danger to young children. At the end of the season, make sure you empty the water and store.

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

Now that your pool has been safely closed and winterized, get out your skis, ice fishing equipment or skates. Enjoy the winter!!!



Winter Safety Tips



Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm.

What to Wear

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of an infant's

sleeping environment because they are associated with suffocation deaths and may contribute to Sudden Infant Death Syndrome (SIDS). Sleep clothing like one-piece sleepers or wearable blankets is preferred.

- If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials.

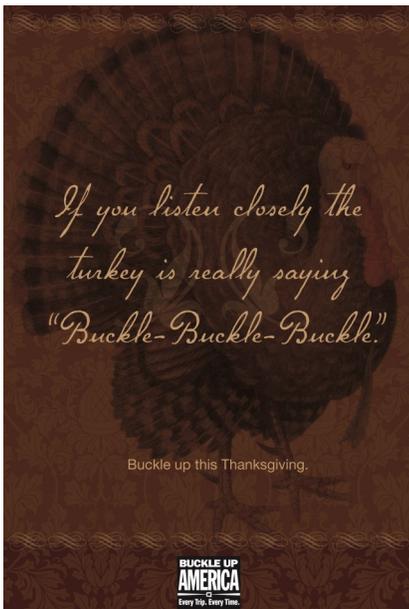
Hypothermia

- Hypothermia develops when a child's temperature falls below normal due to exposure to colder temperatures. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases.
- If you suspect your child is hypothermic, call 911 at once. Until

help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten nose, ears and lips.
- Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink.
- If the numbness continues for more than a few minutes, call your doctor.



With Thanks:

At this time of Thanksgiving, we offer our gratitude to all of the volunteers that make our coalition's efforts so successful in meeting our mission of preventing childhood injuries. May you and your families be blessed with health, happiness and safety.