



## Winter Weather: Staying Safe In Our Cold Weather Months

As the winter comes upon us, we offer several tips to keep children and teens safe during the bitter cold season of the year.



As cold weather sets in, check and assure that your students have the proper gear for facing the elements of outside. Younger kids have outdoor recess and need to dress warm. For students walking to and from school, having warm boots, a winter jacket (and possibly snow pants) and hats/mittens is a must.

Younger students have skin that can become frostbitten easily so it is important that it be well covered.

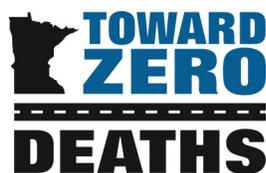
While it can be hard to convince the teenage students that they need to dress in something other than just a sweatshirt, make sure that they have this gear readily available and at LEAST in their vehicle should they need it. Be sure that the clothing you purchase for outdoor walkers is not all dark colors that can't be seen in low-light conditions that present when the winter days get shorter and shorter. If you would like a reflective zipper pull for their coat or backpack, contact us at [safekids@altru.org](mailto:safekids@altru.org) or 701.780.1489.



If your family participates in winter sporting activities such as skiing, skating or sledding, consider purchasing a winter sports helmet to protect their brain. We have a variety of them available at our office for a suggested donation of \$25. (Contact us at [safekids@altru.org](mailto:safekids@altru.org) if you would like to get one.) If your youth participate in sledding, assure they are going FEET FIRST down the hill (not head first) and that they avoid using snow hills that are in parking lots, on the edge of a street, etc. to avoid going into traffic.



Winter weather can bring with it unpredictable driving conditions. Assure that you have a winter survival kit in your car for emergencies. For families with younger kids still in a harnessed car seat, assure that their winter coat is not too bulky as you want their harness straps to be tight (unzip the coat, buckle the harness and then close the coat up again). If you have a teen driver, riding with them and teaching winter driving skills would be a good idea. It takes different strategies to stop, turn, accelerate, etc. with winter roads and providing that coaching and guidance would be helpful.



This message is shared by Safe Kids Grand Forks and our partners with Minnesota Toward Zero Deaths



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit [safekidsgf.com](http://safekidsgf.com), call us at 701.780.1489 or email [safekids@altru.org](mailto:safekids@altru.org).

