

News You Can Use



2016 Spring Edition

Gone Are the Days of “Mr. Yuk” But Poison Prevention Remains An Important Topic



When I first started working as the Coordinator for Safe Kids Grand Forks 20 years ago, we would routinely call the nearest Poison Control Center to obtain Mr. Yuk stickers for distribution at our community events and to parents eager to keep their children safe from the dangers of things such as cleaning products, etc. Mr. Yuk stickers were designed to put on “poisonous” products in the home to let kids know which ones were “dangerous”. While the idea was good in theory, it left kids with a false sense of security. If a parent trained a child to not touch products with this bright, lime green sticker, they may be fooled if and when they encountered a bottle without one. Today, a better message to give to kids is this:

“Never put anything into your mouth that was not given to you by an adult”. Now, while

that is a good message to teach older kids, we know that young children learn about their environment by doing just that. . . . putting everything they can get their hands on into their mouth!! Therefore, while we need to teach kids the above noted message, we also need to train parents and caregivers to “Keep medications and other poisonous products, up and out of sight and reach of young children”. Here are a few ways in which that can be done.

- Purchase cabinet locks and put all medications and other household products that could be dangerous into one or two cupboards that have locks on them. There are many types of locks so pick the style that best suits your cupboards or drawers. Below are a few examples of different cabinet/drawer locks available for a reasonable price.
- Remind kids to not eat or drink anything that an adult has not given them. Medications are the number one cause of poisoning in young children and while over-the-counter and prescription meds can make you feel better, if taken by a



young child, they can be very dangerous. Dispose of any expired or unused medications at one of the state’s many permanent drop boxes. These can be found in the lobby of most law enforcement centers in ND and MN. In honor of National Poison Prevention Month, we will also be holding a “drive up medication drop-off” event in our Safe Kids parking lot from 9 am—2 pm on Tuesday, March 22. Now would be a GREAT time to clean out your medicine cabinets or old first aid kits and get rid of things you don’t need.

- Another poison reminder is to keep the National Poison Control Center number handy. The number found on the “old and not-used-anymore” Mr. Yuk stickers is still the correct number. I hope you will program it into your cell phone today.: 1-800-222-1212.



- Submitted by: Carma Hanson, MS, RN

- Celebrating 20 years as the Coordinator of Safe Kids Grand Forks. . . My, we have come a LONG way from the Mr. Yuk days!! :-)

SAFE KIDS STAR(S)



Over the past year, we have had an amazing group of aquatics and special needs experts volunteer their time to create an adapted aquatics course for people interested in helping youth with special needs in an aquatics setting.

In the fall of 2013, the need for this project was brought to the forefront in response to a tragic incident involving a 9-year-old Grand Forks student with autism that lost his life when he (Anthony Kuznia) drowned in the Red River. This team has worked hard to create a course so more children with special needs can get exposure to water safety skills and swimming lessons. This 1 ½ day training course was piloted this past fall and will be offered again in April.

While Safe Kids was able to provide a lot of resources, we would have been lost without the help of this committee! Thank you to the following Adapted Aquatics Team Members who are this quarter's Safe Kids Stars!! **Deb Collard**—YMCA, **Dalonda Dalin & Lisa Rollefstad**—Choice Health & Fitness, **Brian Strom**—UND Swim ND, **Laura Bakken & Tricia Lee**—GF Public Schools, **Mary Stammen**—GST Multidistrict, **Talon Stammen**—GF Water Rescue, **Jasmine Wangen & Carma Hanson**—Safe Kids Grand Forks



Pictured above L—R: Anthony Kuznia's Grandma, Deb Collard, Jasmine Wangen, Laura Bakken, Dalonda Dalin and Carma Hanson



We are grateful. . . .

When Safe Kids decided to teach the Adapted Aquatics course, we determined that we needed some equipment that would assist children with special needs. We were supported in this effort through the generosity of the following entities:

- Anne Carlsen Center
- North Dakota Department of Public Instruction
- North Dakota Special Education Directors



We are also grateful to Janet Luewttjogann, the grandmother of Anthony Kuznia. Anthony was a young man with autism from our community who drowned in the Red River a few years ago. It was his death that mobilized this team to create the Adapted Aquatics course. Janet (pictured in the top photo on the left) came by our class to welcome everyone and present the participants and instructors with handmade pins or necklaces honoring Anthony. The one shown here was selected by Safe Kids Coordinator, Carma Hanson.



National Poison Prevention Week

March 20-26, 2016

MEDICATION

TAKE BACK DAY

{ March 22 | 9 a.m. - 2 p.m. }
860 S. Columbia Rd.



For more information visit altru.org/drugdisposal



In recognition of National Poison Prevention Week, Safe Kids Grand Forks will conduct two medication take-back events where participants can drop off unused or expired prescription or over-the-counter medications. The event at Altru Health System will be a drive-up drop-off event and each person dropping off medications will be given an event bag filled with educational materials and random PRIZES. This would be a GREAT time to clean out your medicine cabinets (don't forget first aid kits that may be in a car, boat or shop), your purse or other locations where you may store pills. We hope you will take time to get rid of these items and make your home a safe place, especially for young children who act fast and are curious little explorers.



Please join Safe Kids Grand Forks and Altru Health System for the 6th Annual Healthy Living Expo on March 19, 2016 at the Alerus Center. Safe Kids Grand Forks will present information and share safety tips for National Poison Prevention Week with a poison prevention booth. Participate in classes, attend seminars and visit other booths for healthy living tips, enjoy samples and health screenings. This event is free and open to the public from 10 a.m. to 3 p.m.



Safe Kids Medication Drop Off

Help to make your home a safer place, especially if young kids visit!

Unused medications kept at your home can pose a danger, especially if young children visit. In partnership with the Grand Forks Sheriff's Department, Safe Kids Grand Forks will be hosting a Medication Drop Off event at the Grand Forks Senior Center. You can bring any outdated or unused over-the-counter or prescription medications for disposal to this event. Bring them in their original containers and there will be a drop off box for disposal.

Tuesday— March 15, 2016

11 a.m.—12 noon

Grand Forks Senior Center



For more information, contact
Safe Kids Grand Forks at:
Phone: 701.780.1489
E-mail: safekids@altru.org



SAFE KIDS DAY

- Presented by -



Join us to learn more about keeping your kids safe!
We will have interactive booths set up with lots of information
and prizes to take home.
Sign up for additional prizes to be drawn after the event!

Safe Kids Day 2016
Saturday, April 9 | 10 a.m. - 1 p.m.
Century Elementary School



SAFE
KIDS
GRAND FORKS



We want to thank our generous presenting sponsors for showing their commitment to keeping kids safe in our community. These hotels, under the management of Smiley Thakker, have been platinum sponsors of Safe Kids Day in previous years. They graciously stepped up to be our presenting sponsors for 2016 and we couldn't be more excited!

Please visit one of their fine hotels and let them know you appreciate their financial donation to help keep your child safe!



25th Annual Hands on Learning Fair To Be Held

The Annual Hands-On Learning Fair will be held on Saturday, April 16, 2016 at the Purpur Arena in Grand Forks. This is the milestone 25th year of the largest festival of early learning in our region. The variety of fun educational activities for children from birth to age seven is as exciting as ever: art, science, water play, music, dramatic play, interactive stories and much more, with a special infant toddler area. The mayor's proclamation will kick off the event at 9:45 AM, and the activity floor is open from 10:00 AM to 1:00 PM.

The Hands-On Learning Fair is a FREE community celebration in observance of the national Week of the Young Child and Child Abuse Prevention Month, sponsored by the Northeast Chapter of the North Dakota Association for the Education of Young Children and Prevent Child Abuse North Dakota. Parents plant the seeds to grow lifelong learners and productive human beings. A community of nurturing educators is ready to partner with families on April 16 to invest in the potential of our youngest children. Find out more about the Learning Fair on Facebook.

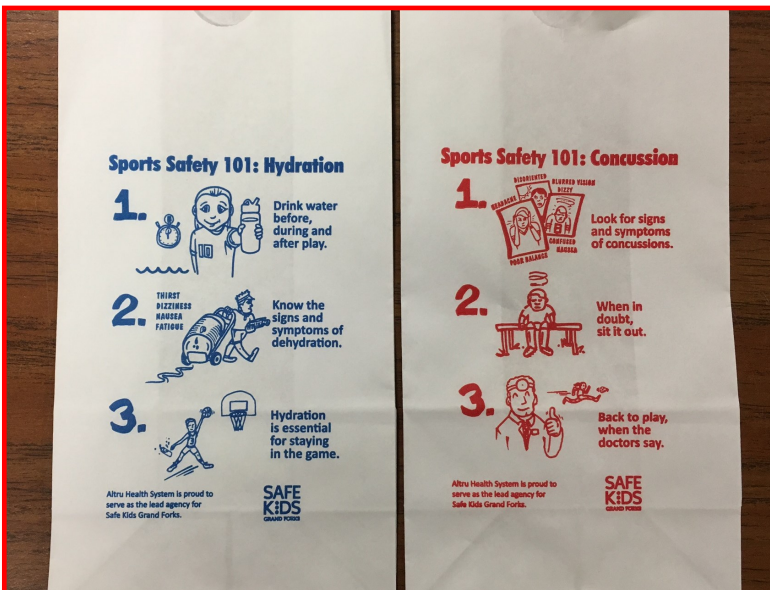


Information: Judy Milavetz: 701-775-4473; handsonlearningfair@gmail.com
Dawnita Nilles: 701-741-5539; dawnita.nilles@und.edu



Sports Safety 101: Concussion and Hydration Awareness

Safe Kids Grand Forks has an active sports injury prevention subcommittee. Over the last several years, we have been sharing information with parents, athletes and coaches through many venues: team registration events, coaches' and parents' meetings, display booths, distribution of water bottles at summer activities and hydration awareness signs at local balls parks, locker rooms and fitness centers.



This winter we decided to try something new! Just about everyone likes to grab a bag of popcorn at the youth hockey games or high school basketball games. So, we decided to promote hydration and concussion awareness messages on popcorn bags. Using nifty images from Safe Kids Worldwide, we were able to print bags and distribute them to high schools throughout the region. At last count, over 2,000 bags have been provided to over 25 schools in our region.

If you are interested in sharing our sports injury information through your local concession stand, please let us know. While we cannot provide an unlimited number of bags, we would love to promote these important messages to our young athletes and parents by using this strategy.



Be a Part of Our Heatstroke Campaign: Order Your Vinyl Window Cling From Safe Kids GF

On average, each year there are 40 children that die of heatstroke after being left in a hot vehicle. Most often, the children were forgotten but sometimes they are intentionally left there and other times, the children gain access to a vehicle without the parent or caregiver knowing it has happened. This spring, Safe Kids Grand Forks will be providing 8 1/2 x 11" vinyl clings (see image to the left) to local childcare centers, retailers and agencies interested in helping us share this message. The clings are intended to be placed on the front door/window of a business to remind parents and caregivers about the dangers of heat and not leaving children alone in cars. If you are willing to display these campaign messaging clings, contact us at safekids@altru.org or call 701.780.1489 and let us know how many window clings you would like. We also have heatstroke educational flyers with safety tips for distribution as well. Those can also be ordered free of charge from our office. We thank you for helping us to spread this important message!!

Help us to make sure that parents and caregivers are aware of heatstroke danger and bystanders know to call 911 in the event that they see a child alone in a car.



SAVE THE DATE!

Wednesday, May 4th, 2016

What: Bike to School Day is a day to bring school children and community members together to show how fun, safe and exciting it can be to bike to school.

When: Wednesday, May 4th, 2016 **Where:** Local elementary schools

Why: Bike to School Day highlights bicycling and walking to school and supports creating and improving safe routes to school in your community.

Safe Kids Grand Forks has been participating in National Bike to School Day since the inaugural event in 2012. Similar to International Walk to School Day, children and families are encouraged to choose an alternative to the car or school bus for transportation on that day. In past years, some children have bike from home while others, who live in rural areas, have their parents bring their bicycles into town and start riding a few blocks from school. The idea is to get some exercise, practice safe riding and decrease vehicle congestion at the school.

We will be announcing our 2016 sites in April via our Facebook page ([facebook.com/SafeKidsGF](https://www.facebook.com/SafeKidsGF)) – be sure to check it out! If you are interested in promoting Bike to School Day in your community, contact Patty Olsen at 701.780.1856 or polsen@altru.org

Featured Car Seat – Baby Trend PROtech Sport

Baby Trend has recently started making a convertible car seat called the PROtech Sport. This seat can be found at Walmart (\$139) and Target (\$169). It has a no re-thread harness and you do not need to remove the harness to wash the cover. It comes with a removable insert that is meant for rear-facing only.

This seat is rear-facing 5 to 22 pounds without the headrest and up to 40 pounds with the headrest (with a max height limit of the head just below the top of the seat). Forward-facing it has a weight limit of 65 pounds.



NATIONAL
CHILD
PASSENGER
SAFETY
CERTIFICATION

A Program of
Safe Kids Worldwide

MAY IN CHILD PASSENGER
SAFETY TECHNICIAN
APPRECIATION MONTH:
WE EXPRESS OUR
GRATEFULNESS TO EACH AND
EVERY CAR SEAT TECH THAT
HELPS US IN OUR EFFORTS TO
KEEP KIDS SAFE IN AND AROUND
MOTOR VEHICLES. THANK YOU
FOR YOUR EFFORTS!!

**Daylight Savings Time begins on
Sunday—March 13, 2016**

On this date when you change your clocks, be sure to change your batteries in your smoke alarms too. While some smoke alarms come with 10 year batteries in them, many have a regular 9 volt battery that needs to be changed periodically. Energizer has long carried out the message of “Change Your Clocks, Change Your Batteries”. Their message is not one to just sell you new batteries but it may save your family’s lives!!

**Mark your calendars and buy/change your
batteries!!**



Sports Nutrition: How to Provide Safe and Nutritious Snacks for Athletes with a Peanut Allergy

Over the course of your athlete’s career, it is likely that either they or someone on their team will have a peanut allergy. The next question becomes “What types of snacks are safe and nutritious to serve at team parties, put into tournament treat bags, or offer for locker room snacks and half times?”

Currently the only treatment for a peanut allergy is to strictly avoid all food products that contain peanut as an ingredient. Peanuts are considered a major allergen. The Food and Drug Administration requires all manufactured foods with peanut ingredients to list the word “peanut” on the product label making it easier to spot problem foods. It is important to read the ingredient list on foods from chewing gum to nutritional supplements. Questions that arise include; “Can they eat peanut oil?” “What about other legumes?” and “How about tree nuts?” People with a peanut allergy can safely consume refined peanut oil but must avoid other types of processed peanut oil. Even though peanuts are a legume, other legumes can be safely consumed with the exception of lupine. People with a peanut allergy may also have allergies to some tree nuts. When in doubt, it is safest to ask the parents how severe their child’s allergy is and what can and can’t be tolerated. Below is a list of snack ideas. Remember to always check the ingredient list each time a snack is purchased as manufacturing processes and recipes may change.

Triscuits	Rice Crispy Treats (pre-packaged)
Wheat thins	Dried fruit
Gold fish crackers	Fresh fruit
Cheese-its	Squeeze applesauce
Cheese Nips	Fruit cups
Zoo Animal Crackers	100% fruit juice
Popcorn	Fresh vegetables
Oatmeal packets/individual containers	Jell-O and Pudding Snacks
Dry Cereal (read labels carefully due to large variety)	Cheese sticks
Kellogg’s Nutrigrain bars	Yogurt
Nilla Wafers	Chocolate milk
Teddy Grahams	



Contact a sports dietitian to help plan a sports diet tailored to meet individual needs. For more information on sports nutrition services call our team of Sports Dietitians: Jenn at 701.732.7624 or Becky at 701-780-6855.

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



Save the Date: Tummy to Tot Expo

Sunday—October 16, 2016

12 noon—3 p.m.

Alerus Center—Grand Forks, ND

Presale tickets available August 1st.

Interested in booth space?

Contact Jasmine for more information:

jwangen@altru.org or 701.780.1660

Early Bird Discount available until July 1st!



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:

Phone: 701.780.1489
 E-mail: safekids@altru.org



When we received our van from Safe Kids Worldwide several years ago, we were thrilled to say the least. Now, that same prized van is getting a "NEW LOOK" to match the design format with our new logo and brand image. Watch the streets of Grand Forks in the new year as we sport this snazzy looking vehicle, getting us places to save kids lives!!

We thank Altru Health System for providing us with van insurance and to Rydell Auto Center for helping us to take care of the van with oil changes!!



National Window Safety Week is April 3-9, 2016

Windows are Vital to Survival, but Keep Safety in Mind

Windows rank as one of the Top 5 Hidden Hazards in the Home

How children's falls from windows can be prevented :

1. Remember, there is no substitute for **ADULT SUPERVISION** when it comes to window safety; keep an eye on children as they play safely away from windows.
2. Keep windows closed and locked when children are present.
3. Be sure to designate one window as an emergency exit in case of fire. Install a window guard that can be easily removed by an adult if necessary on this window.
4. For a double-hung window, open the top sash nearest the ceiling for ventilation, keeping the bottom sash locked with a device that your child cannot open, or install a safety device that will not allow windows to be pushed open beyond a safe distance.
5. If you have crank-style windows, you can remove the cranks so children cannot open the windows.
6. Don't rely on insect screens to prevent a fall; they are not designed to withstand the weight of a person.
7. Keep your window areas clear. This will help prevent tots from climbing on

furniture, toys and other items to reach windows.

8. Always be sure that you have at least one window in each sleeping and living area that meets escape and rescue requirements.
9. Install safety devices that will help prevent falls.

Types and styles of window safety products

- **WINDOW GUARDS** – These offer the best protection for young children and can be found in a variety of styles and colors. They prevent entry or exit while allowing you to keep your windows open. Best suited for traditional style, double-hung windows, they are recommended for windows above ground level. There are window guards specially designed for crank-style or sliding windows.
- **WINDOW LATCHES and LOCKS** – Window latches and locks are available in many different styles. They are designed to prevent windows from being pushed open beyond a set distance (4" is the maximum child-safe distance).

- **SAFETY PRODUCTS FOR WINDOW BLINDS** – One solution to childproof blind cords is to simply cut the cords so they are out of your child's reach. You can also use a cord wrap which screws into the window frame and lets you manually wrap the excess cord around it. Another popular solution is an item that spools the extra cord inside a plastic case by just pushing a button.

WINDOWS SAVE LIVES

According to most residential building codes, bedrooms and other sleeping areas must have a secondary means of escape from fire or smoke, and that exit is often a WINDOW. Test windows to make sure they open easily and are not sealed shut by paint, dirt or weathering. Just having windows designated for escape is not enough; they also must be accessible.

For more information about window safety products, contact Safe Kids Grand Forks.

This information has been provided by: The National Safety Council & safebeginnings.com



Sample window guard shown in the photo on the left.



Child Passenger Safety Recommendations

Information from your health care provider
and Safe Kids Grand Forks

When to move into a booster seat



- The minimum standard is for children to be in a forward facing car seat with a harness system until at least age 4 and 40 pounds.
- Many seats have higher harness weights (from 50 - 80+ pounds) that when used, will keep a child safer longer. A 5-point harness provides the best protection in a crash. It is recommend to use a harness as long as possible.
- The child has outgrown their car seat with a harness when they have reached the upper weight limit of the seat, the top of the child's ears are above the top of the seat or the harness strap is below the shoulders.
- Remember to use the top tether on your car seat according to the car seat and vehicle manufacturer's directions.
- Your child should always ride in the back seat if they are 12 years old or younger.

To determine if your child is ready to ride in a booster and to find a certified child passenger safety technician in your area, visit Safe Kids Grand Forks at www.safekidsgf.com.



6053-0221 FEB 14



Car Seat Check-Up Events

presented by:



in cooperation with

*Rydell*cars.com



2700 South Washington Street

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check.

Car seat check-ups are offered the second Thursday of every month from 4:00-7:00 p.m.

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



Baby on the way?

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

2016 Dates

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

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



MINNESOTA CAR SEAT ASSISTANCE

Keeping kids safe in vehicles is important to Safe Kids Grand Forks. Thanks to a generous car seat grant from the state of Minnesota, we are able to provide seats to residents of Minnesota that cannot afford a car seat. We have seats to fit children of all ages. To set up an appointment for car seat education and installation assistance, please contact Jasmine at 701.780.1660.



BLAST!

Babysitter's Lessons And Safety Training!

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



This class will be offered at Altru Health System on the following dates:

March 12, 2016

May 7, 2016

Class time on each date is 9:00 a.m. – 3:00 p.m.

Cost: \$45 (includes lunch)

Registration is required and can be completed at www.altru.org/calendar.

For more information, call 701.780.5179.

**SAFE
K:DS**
GRAND FORKS

Altru
HEALTH SYSTEM

SPRING BICYCLE SAFETY

Most kids love to ride bicycles, and many of them do not consider the possible dangers associated with the activity unless their parents teach them about safety. By sharing this list of bicycle safety rules with your children, you can help keep them safe when they ride.

1. Wear a good helmet every time you get on your bike. Adjust the straps to make your helmet fits snugly, and never ride even a short distance without it.
2. Kneepads, elbow pads and gloves are not mandatory, but they can help prevent serious injuries if you should have a mishap while riding.
3. Wear proper clothing. Light colored clothes or reflective garments make it easier for motorists to see you.
4. Ride a bike that is the right size for you. If you cannot balance the bicycle with your toes while you are sitting on the seat, it is too high. Adjust the seat to fit you, or ride a different bike that fits.
5. Check the bicycle brakes, tires, chains and handlebars often, and keep them working properly. A bicycle basket is a safety feature because you can transport items in it and keep your hands free to guide the bike safely.
6. Keep reflectors on both the front and back of your bike, and attach a headlight for use as soon as the sunlight begins to dim.
7. Obey all traffic rules, and ride on the right side of the road because cyclists must abide by the same rules that all drivers observe. Learn to use hand signals, so motorists will know when you plan to turn or stop.
8. Do not ride in neighborhoods where traffic is heavy.
9. When riding with others, always stay in single file.
10. Walk bikes across intersections.
11. Be alert, and watch for loose gravel, potholes, people, animals or other obstacles that may pose problems for you.
12. Do not listen to music or talk on a cell phone while riding your bicycle. You should be able to hear approaching vehicles and animals for your safety.



Sports Injury Prevention 101—Specialization

Safe Kids Grand Forks has an active sports injury subcommittee made up of athletic trainers, athletic directors, coaches and park district staff. The subcommittee provides input about ongoing trends they observe in their work and concerns about sport injury prevention with young athletes. One area of concern that has been discussed recently has to do with sports specialization and the young athlete. The following article has been adapted from a blog written by Mark Rerick, athletic director for Grand Forks Public Schools.

Let me start with a quick recap about the type of specialization that I'm talking about. When I speak of specialization, I'm referring to the kids who are pushed/nudged/encouraged to specialize by (a) coaches who want kids to focus on their sport for the benefit of the coach's program, (b) parents who want kids to specialize in order to be a high school superstar, a college athlete, or to chase an athletic scholarship or professional contract, and (c) those adults who run club based sports who want kids to be in their clubs for either their own monetary gain or to have some claim to the possible future success of the kid.

I am not referring to kids who (a) specialize because they simply have no interest in other sports (but, please allow the kids to experience other sports before they have the opportunity to decide they don't like them!), (b) are limited for physical reasons, (c) play one sport to allow time for other activities, or (d) in limited cases, need to participate in only one sport because of the learning curve of the sport itself (in our athletic program, only gymnastics falls into this category – although I've seen successful gymnasts be successful in other sports, too).

All of that said, here are some reasons to avoid forced specialization in youth athletes.

1. Overuse injuries

This could be stated without much explanation. If tender, growing joints are subjected to the same movements

and stress without rest and recovery, those joints are going to get hurt. Pick your favorite sport, and you'll see that at least one set of joints is more susceptible to injury as a result of those sport specific movements. World renowned surgeon for the stars, Dr. James Andrews, has spoken multiple times in the past few years about this more recent phenomenon. He focuses his discussion around the increase in Tommy John surgeries (to repair a ligament in the elbow) in younger athletes, specifically baseball players. Can the possibility of injury be reduced through a well designed and implemented training program that incorporates rest time? Of course...but how many of our club sports are being run by individuals who match that description? It has been my observation that most of our club sports and specialized camps are being run by sport specific knowledgeable people/parents who aren't familiar with safe training.

2. Burnout

This isn't a new concept. Kids get bored when they have to do the same thing over and over again. Couple that repetition of the same activity with outside pressure placed on the kid by adults, and it's a perfect recipe for burnout. Burnout can be caused by many factors, but it ultimately occurs when kids feel helpless about their ability to meet external (or internal) expectations.

3. Lack of free play time

This is especially important for the development of young kids. Kids who are allowed time to free play – outside of the structure of organized sports – tend to be more creative, have better basic motor skills, learn more social/emotional skills, and find ways to just have fun while playing. One of my favorite sport memories growing up was at the swimming pool in the summer where we created a game in the pool that we called baseball but was really more of a baseball-football-water polo-dodge ball hybrid. By the time the swimming pool was open for open-swim in the afternoon, we had already had our swimming lessons and baseball practices

done for the day. This was an opportunity to do our own thing and just have fun.

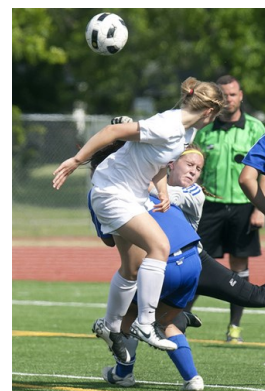
4. Social/emotional development

I mentioned this briefly in the last paragraph, but young kids who are always involved in an adult-led, organized activity are at risk for stunted growth of their social and emotional skills. When adults are always in charge, kids don't learn how to communicate with each other, how to problem solve, how to solve disagreements, or how to just have fun for the sake of having fun. All of these are important skills that we use in the adult world as well. Aside from that, increased time in one activity naturally leads to decreased time in all other activities. This narrows a kid's social circle and number of experiences outside of the specialized sport. One of my favorite researchers, John O'Sullivan, speaks passionately about this problem, among others, in his writing about specialization.

5. Pressure to Perform and Succeed

Kids who are encouraged to specialize in a sport for any reason are often placed on a pedestal by the adults around them (I've written about this before when discussing Groupie Parents). As I mentioned earlier, specialization often occurs as a result of coaches or parents who want kids to "be the best they can be" without acknowledging that there are many paths to that goal. The younger the kids are, the fewer coping skills they have acquired to deal with this kind of pressure..

So, think twice before enrolling your child in camps this summer focused on



one sport. Give their bodies a chance to rest and their creative juices time to flow!



Sports Injury Prevention 101— Concussions

A concussion is a concussion is a concussion...

The big ones are easy. The big hit, the athlete that stumbles, goes the wrong way to the bench, has wobbly legs, glazed over eyes. Everyone in the whole building knows that there is something wrong with the player. Everyone knows that athlete should not go back in the game. It is an easy call.

But what about the other ones...the one that no one notices. There maybe was an incident where the athlete got hit, but no one really saw it...or maybe you did but they say they are “fine.” Maybe the athlete says they have a headache...but also says they had one before the game started. After the game, the coach says that they remember the hit but it wasn’t much, no way big enough to cause an injury. What about these injuries? Are these just as serious as the “big” ones? Many concussions go unnoticed, ignored because it is not a big one. But what about these injuries, are they just as significant as the others? The answer is YES, these injuries are just as significant; YES it is a concussion, and YES the athletes needs to see a healthcare professional who has experience treating concussions.

The Center for Disease Control (CDC) defines a concussion as a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain. There are around twenty two symptoms that can occur with a concussion. There is no grading scale anymore because everyone is different. Each person reacts very individually to an injury. Some are more prone to different symptoms than others.

Team mates and friends are usually the first to notice that something is different. The athlete may just not quite act the same; maybe more quiet, may complain about some symptoms, withdraw from activities that they normally participate in. A parent of a teenager may see these symptoms and just chalk it up to being a normal teenager. It is not easy to figure this out. Some of the mild concussion symptoms have the signs & symptoms of other issues like being dehydrated, neck strains, migraines, and whiplash injuries.

So what do you do? If you are a team mate or friend, tell someone. Don’t let this go unnoticed and untreated. Tell parents, a coach, your athletic trainer, a teacher or an athletic director...TELL SOMEONE! If you are a parent and it is your child, bring them to a qualified healthcare provider to be examined. Even if you are not sure, have them evaluated to be sure.

Don’t let these concussions go untreated. The athlete may look fine, act normal, but those mild symptoms are still there. Another blow to the head/neck may lead to a much more severe injury. The first injury may have not been preventable, but the second one is.

Submitted by:

Sara E. Bjerke, MS, ATC, LAT

Instructor | Assistant Athletic Trainer

University of North Dakota

School of Medicine & Health Sciences

Department of Sports Medicine



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 a vehicle.

Cost:

This class is free but you must register in advance by calling 701.780.5179.

2016 Class Dates

Locations:

5 p.m. and 6 p.m. Classes held at Rydell Auto Center – 2700 South Washington Street – Grand Forks, ND (use front entrance on Washington St.)

Noon and 4 p.m. Classes held at Altru Psychiatry Center, 860 South Columbia Road - Grand Forks, ND (use door B1-1 on south side of building)

January 5	12-1:30	May 12.....	6-7:30	September 13..	12-1:30
January 14	6-7:30	May 18.....	4-5:30	September 21..	4-5:30
January 20	4-5:30	May 24.....	5-6:30	September 27..	5-6:30
January 26	5-6:30	May 31.....	12-1:30	October 4.....	12-1:30
February 2	12-1:30	June 9	6-7:30	October 13	6-7:30
February 11	6-7:30	June 14	12-1:30	October 19	4-5:30
February 17	4-5:30	June 22	4-5:30	October 25	5-6:30
February 23	5-6:30	June 28	5-6:30	November 1.....	12-1:30
March 1	12-1:30	July 5.....	12-1:30	November 10...	6-7:30
March 10	6-7:30	July 14.....	6-7:30	November 16...	4-5:30
March 16	4-5:30	July 20.....	4-5:30	November 22...	5-6:30
March 22	5-6:30	July 26.....	5-6:30	November 29...	12-1:30
March 29	12-1:30	August 2.....	12-1:30	December 8.....	6-7:30
April 5	12-1:30	August 11	6-7:30	December 13...	12-1:30
April 14	6-7:30	August 17	4-5:30	December 21...	4-5:30
April 20	4-5:30	August 23	5-6:30	December 27...	5-6:30
April 26	5-6:30	August 30	12-1:30		
May 3.....	12-1:30	September 8....	6-7:30		



Have you ever thought about becoming a car seat technician? Are you interested in volunteering in your community in an effort to keep kids safe in motor vehicles? Safe Kids Grand Forks will be hosting the certification course for people to become Certified Child Passenger Safety Technicians (CCPST). If you would like to learn more about this class, the role a CCPST can play in injury prevention, volunteer opportunities or how this skill may enhance your job, contact Jasmine at 701.780.1660.

2016

Dates
 April 12 - 15, 2016
 Bismarck
 April 25 - 29, 2016
 Minot
 May 23 - 26, 2016
 Grand Forks
 June 21 - 24, 2016
 West Fargo

NATIONAL STANDARDIZED CHILD PASSENGER SAFETY TRAINING

Course Information

This training provides the basic technical skills, experience and knowledge about the proper use and installation of child car seats that are needed when working with parents and caregivers with child passenger safety needs.



Who Should Attend?

- Law Enforcement Personnel - *POST available*
- Emergency Medical Personnel
- Nurses
- Health-Care Professionals
- Child-Care Providers
- Car Dealership Personnel
- Physical/Occupational Therapists
- Firefighters
- Social Workers
- Any interested adults

Course Content

This training will provide participants with the technical skills to:

- Identify and correct misuse of car safety seats
- Serve as a community resource at a variety of community events such as car seat checkups
- Educate others about child passenger safety issues
- Reduce potential liability through standardization
- Receive knowledge and skills to meet national certification



The training is taught through a combination of lectures, hands-on practice, role-playing, and written and hands-on skills testing and it concludes with a real-world community car safety seat checkup.

Register

- Go to: <http://cert.safekids.org>
- Click on Log In and follow online login directions to register as a new signup and create a new online profile
- Click on Find/Register For a Course and choose ND

Fees include a two-year certification, technician manual, car seat instructions CD and North Dakota child passenger safety resources.

Certification Fee: The certification fee is \$85. Pay online with a credit card or send fee with online registration information to the Safe Kids address provided via the online registration instructions.

Local Fee: The local fee is \$30. Make check payable to North Dakota Public Health Association (NDPHA) and send to the NDPHA address via online registration instructions. Registrant's name and training location must accompany check for this training payment.

Sponsored by
NORTH DAKOTA
DEPARTMENT OF HEALTH

For more information
Dawn Mayer 701.328.4533 drmayer@nd.gov

NDPHS
North Dakota
Public Health Association

Outdoor Play Safety

Be prepared. Bring a first aid kit, tissues, hand sanitizer, phone, water (extra during hot weather). Make sure children go to the bathroom; have diapers changed; have eaten; are rested; apply insect repellent or sunscreen if needed, etc., to make your time outside more enjoyable.

Appropriate clothing/shoes. Make sure the children have clothing appropriate for the weather; shoes should be appropriate for active play – rubber soled shoes that tie are best. Loose clothing, necklaces, and hoods with drawstrings are not recommended – they could get caught on equipment and cause strangulation. Helmets should be removed before children play on equipment.

Nontoxic landscape. Soil should be analyzed for lead content initially and for toxic chemicals or other substances where there is reason to believe a problem may exist. Be sure all flowers and plants are non-poisonous in case a curious child takes a taste. Be on the lookout for mushrooms which can sprout up overnight. Check with your Regional Poison Control Center (1-800-222-1222) or your local Cooperative Extension Service for complete information.

Prevent drowning. To prevent drowning, outside play areas should not include unprotected swimming/wading pools, hot tubs, ditches, quarries, canals, excavations in which water can collect, fish ponds, and other bodies /containers of water.

Actively supervise. Have your eyes on children playing at all times and stay close so you can intervene if needed.

The layout. The layout of your play area can make it more manageable, interesting and safe. Defined areas with clear pathways not only provide a traffic pattern, but also help children make choices about what they want to do. All fixed play equipment should be arranged so that children playing on one piece of equipment will not interfere with children playing on or running to another piece of equipment. Locating swings and riding toys away from areas where children run can help prevent children from accidentally wandering into them and getting hurt. It is recommended that equipment is spaced so that there is a clear fall zone of 6 feet in all directions around playground equipment. For swings, the fall zone is recommended to be twice the height of the swing in front and back of where the swing hangs when not in use.

Prevent unnecessary conflicts and crowding. You can reduce hitting, pushing, and biting incidents by offering plenty of interesting things to do. Provide duplicates of favorite outdoor toys such as balls, buckets, shovels and riding toys. Be alert and ready to step in when necessary.

Developmentally appropriate equipment. Equipment should be designed to match the size and skills of all children. A general rule of thumb for young children is one foot of height for every year of age (e.g., a two year old should be on equipment no higher than two feet.) Choose equipment based on what you know about children’s developmental abilities. Most playgrounds are designed for children 5-12 years; therefore, if your child is under 5 years, then the equipment is most likely too high or difficult for the child to use.

Safe equipment. All equipment should meet all *Consumer Product Safety Standards* in regards to exposed surfaces, spacing, design, and location. All playground equipment should be installed so that an average-sized adult cannot cause a structure to wobble or tip.

Do not assume that public playgrounds are safe. Look for broken/unsafe equipment. If you notice that equipment is broken or something appears unsafe when you are visiting a public playground, please report it to your local park district office. Be an advocate for all children in your community.

Daily monitoring and maintenance. Outdoor play areas should be checked daily for broken glass, trash, animal waste, or dangerous materials/objects.

Look inside slides for garbage, animal waste, or dangerous materials/objects.

Check platforms/equipment for loose fill material (such as sand, pea rock, etc.). This can make surfaces slippery. Sweep or clear the surfaces if possible.

Check platforms/equipment to see if wet. Wet surfaces can be slippery, which can possibly cause an injury. Bring an old towel in case you need to dry equipment.

Rake protective surfacing to fill in high use areas – such as under swings, bottom of slides, etc.



Monthly monitoring and maintenance. Check for the following once a month:

- Visible cracks, bending or warping, rusting or breakage of any equipment
- Faulty or broken open hooks, rings, links, etc.
- Worn swing hangers and chains
- Missing, damaged or loose swing seats
- Broken supports or anchors
- Cement support footings that are exposed, cracked or loose in the ground
- Exposed tree stumps, roots or rocks
- Accessible sharp edges or points
- Exposed ends of tubing that require covering with caps or plugs
- Protruding bolt ends that have lost caps or covers
- Loose bolts, nuts, and screws that require tightening
- Splintered, cracked or otherwise deteriorating wood
- Lack of lubrication on moving parts
- Broken or missing rails, steps, rungs or seats
- Spaces between 3½"-9" are head entrapment hazards
- Worn or scattered surfacing material
- Hard surfaces, especially under swings and slides, where loose-fill materials have shifted
- Chipped or peeling paint
- Pinch or crush points, exposed mechanisms and moving parts.

Shock-absorbent materials. Any surface higher than 18 inches should be placed on shock-absorbent material that meets Consumer Product Safety Commission Guidelines, grass/dirt are not considered to be a shock absorbent surface. Pea-gravel is not recommended for infants/toddlers due to the potential for choking. There are many varieties of surfacing materials available. The depth of each material depends on the height of the equipment and the type of material used. The Consumer Product Safety Commission recommends a minimum of 12 inches of loose-fill surfacing under and around public playground equipment. Home playgrounds should have an initial fill of 12 inches. Levels should be maintained at a minimum of 9 inches.

Protection from exposure to the sun. Have a supply of sunhats, sunglasses, and sunscreen on hand for use by children. Offer children water on very hot days. If you do not have a naturally occurring shady spot where children can get out of the sun, you can create one. Drape a sheet from a fence, put up a tent, or use an awning. It is also important to check the temperature of all equipment that is exposed to the sun. Many children have been burned by hot equipment.

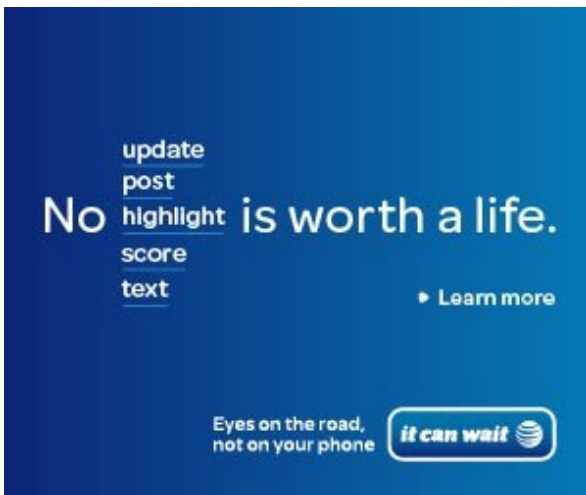
Sandboxes. Sandboxes are recommended to be kept covered when not in use. Purchase sand that is labeled as a safe play material or prepared for sandbox use. It is recommended to replace the sand every 2 years. If sand is used for protective surfacing under playground equipment, it is also recommended to provide sand for children to play in that is separate from the playground equipment so the children don't play under/around the equipment.

Wooden playground equipment. Wooden playground equipment may have wood treated with arsenic (CCA – chromated copper arsenate). Arsenic can be absorbed from the wood through skin contact with hands. It is recommended to seal wood of any wooden structure older than 2002 with clear preservative seal on a yearly basis.

Handwashing. It is recommended that children wash their hands after outdoor play to remove any contaminants such as lead, arsenic, chemicals, etc.

This article has been provided by Sarah Myers, a Child Care Health Consultant with Child Care Aware. Sarah has been a longtime member of Safe Kids Grand Forks and we appreciate her expertise and passion for injury prevention.





April Is Distracted Driving Month

With ever increasing demands on our personal and professional time in today's busy society, learning to juggle multiple tasks at once is something we all face daily. As a result, a new traffic safety epidemic has emerged on America's roadways that demand immediate attention: distracted driving.

In 2013, 3,154 people were killed in crashes involving a distracted driver. One of the most alarming and widespread forms of distracted driving is cell phone usage. According to a study by the Virginia Tech Transportation Institute (VTTI), sending or receiving a text takes a driver's eyes off the road for an average of 4.6 seconds, the equivalent of driving blind at 55-mph for the length of an entire football field. And a 2014 special article in the New England Journal of Medicine found that the risk of a crash or near-crash among novice drivers increased with the performance of many secondary tasks, including texting and dialing cell phones.

Text messaging is of heightened concern because it combines three types of distraction – visual, manual and cognitive. In other words, texting involves taking your eyes off the road, your hands off the wheel, and your mind off the task of driving.

To tackle this ever-increasing problem, NHTSA is focusing on ways to change the behavior of drivers through legislation, enforcement, public awareness and education—the same tactics that have curbed drinking and driving and increased seat belt use.

NHTSA's message is simple – “One Text or Call Could Wreck it All.” With supporters ranging from President Obama to Adam Levine and legislation being passed across the nation to discourage distracted driving, we hope drivers get the message loud and clear. The next time you are pressed for time, and it seems like multitasking in the car is the best decision, remember those 3,154 lives that were taken because someone decided they could do two things at once. A text or call is not worth your life, or anyone else's.

Head Start Application Day

Come apply for your child to be a part of Grand Forks Head Start for the 2016 – 2017 school year!

When: Wednesday, March 23rd between 10:30am-1:30pm

Where: Grand Forks Head Start at 3600 6th Avenue North, GF, ND 58203

What: Application Day

Who: You, we hope!

Calling all prospective Head Start families! It's that time of the year again. Stop by and get help filling out an application for this fall. Building tours given and questions answered. Bring your income verification (W2, check stub, or 1040 form), a copy of your child's birth certificate, and a copy of their immunizations/shot record from their doctor. Any questions? Call 701-746-2433 and ask for Erin Brown.