



Safe Kids Grand Forks News You Can Use

Child Passenger Safety Special Edition
February 2013



Department of Health Educates About Booster Seats During Child Passenger Safety Month

During Child Passenger Safety (CPS) Month in February, North Dakota elementary school children and their parents will be receiving life-saving information about child passenger safety best practices through their local law enforcement, public health agencies, and in the Grand Forks area, from Safe Kids. The students will also be receiving information about the "Ready? Safe? Go!" campaign. This campaign teaches children to ask themselves if they are traveling in the safest way possible – buckled up correctly in the back seat.



During CPS Month, the North Dakota Department of Health's Child Passenger Safety Program wants to emphasize the length of time a child needs to ride in a booster seat. The program sees a lot of children prematurely using seat belts. The department often gets questions from parents about the use of booster seats and when to transition between car seats, booster seats, and seat belts. Because of that, the department has put together these top 10 tips for booster seats, the mode of transportation that most children in elementary school should be using.

Why use a booster seat? Booster seats reduce the injury risk to children by 59 percent compared to seat belts alone.

What is a booster? A booster is not a car seat. A booster seat raises and positions a child so the lap and shoulder belt fit correctly. A booster keeps the lap belt from causing injury to the child's abdomen and keeps the shoulder belt in place to give the child upper body protection. In the event of a crash, an adult seat belt that does not fit a child properly can actually cause injury rather than prevent it because it doesn't fit over the strong parts of the child's body.

What is a high back booster? A high back booster seat is a belt positioning device that offers head protection to a child if the vehicle does not offer it (a head restraint). A high back also offers shoulder belt positioning options and even sometimes offers more side-impact head protection.

What is a backless booster? A backless booster is a seat belt positioning device without a back. It is most commonly used in vehicles that already have head restraints built into the vehicle seat. Some backless (continued on page 15)

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The Safe Kids

Star for the CPS

Special Edition

2013 is Jasmine

Wangen!!

Safe Kids Star

Sometimes our “stars” are those that have been around forever and are a part of our coalition’s “fabric”. At other times, people come into our paths that make an immediate impact. This CPS Special Edition’s Star is just that type of person.

Last June, Jasmine Wangen, an employee of Altru Clinic’s Pediatric Department, offered to attend the car seat certification class to become a car seat technician. She was replacing an employee who had been certified but could no longer fulfill that role. Jasmine stepped up to the plate and offered to take

the training and to serve as a resource for that department. It was clear from early in the



class that Jasmine would be a “rising star”. Her passion for car seat work and the quick grasp she took on the topic were amazing. Prior to coming to the class, Jasmine offered to help out at our check-up events to learn about the process. Soon after attending the events on a routine basis, we knew that Jasmine was going to be a GREAT technician and she hasn’t proven us wrong.

Not only has Jasmine excelled at her car seat skills, she readily jumped at the chance to join our Child Passenger Safety Subcommittee where she contributes valuable insight and expertise to our work. She offers to assist with projects from updating materials to writing newsletter articles. Jasmine also took it upon herself to recreate a car seat visual display that is used in the



Altru Clinic Pediatric Department. This was done while she was on her maternity leave from work!! During her down time at work in Pediatrics, Jasmine offers to assist families and patients with their car seat needs and questions. She is most certainly a very valuable resource within that area of Altru Health System and in our community!!

Jasmine has been a welcomed addition to our team and for her efforts, we name her our Safe Kids Star!!

SKGF Grateful for Crookston Dealer Partnership



We are sad to say, that as of December 31st, 2012, the GM dealership in Crookston, Minnesota has closed their doors. Crookston Motors, Buick/GMC has been a Safe Kids site for quarterly car seat check-up events for several years. We thank them for their dedication to childhood injury prevention and will keep their employees in our thoughts.

We are currently working on setting up a

new partnership with another dealership in the Crookston area. We are eager to keep this valuable opportunity for their area citizens, clients and patients. We will work hard to establish a new partner and will post new Crookston Car Seat Check-up event information as soon as it is available.

Please disregard any kelly green 2013 Crookston check-up flyers you may see posted in the Grand Forks/Crookston areas.

Agencies/departments who previously received flyers will receive newly printed flyers of another color as soon as we have set up a new working partner in the Crookston area.

Thank you Crookston Motors, Buick/GMC for all your support in assisting with child passenger safety needs. Safe Kids Grand Forks will continue efforts to keep the children of the Crookston community and region safe.

Side Rolls: What Are They & Why Are They Used?

When an infant car seat is purchased, most often there is a head support included with the seat. They often times look like the one seen in this photo:



While the "head supports" look like they would provide help in keeping the head aligned, and, of course they match the seat, most do very little for what they were intended. Some seats have changed the design of these head supports and they do, in fact, touch the sides of the baby's head and offer assistance in keeping the head midline. If that is the case, by all means, go

ahead and use the head supports. However, if you have a seat in which more head support is needed we offer the following advice:

Do not buy head supports such as the ones blow to add to the seat. These often times add additional padding behind the child and will make the harness fit looser than it should. They also are not designed to fit the harness straps of the seat and can pull the harnesses off to the side of the baby's shoulders.



Instead, use rolled up receiving blankets, as demonstrated blow, to provide additional support. These keep the head midline and yet do not interfere with the harness system. Blanket rolls can be used in the crotch area or along the sides of the head. Safe Kids recommends using a "candy cane" shaped roll with the double-wide part up near the head. In the past, an upside down U was placed over the head but this style can fall down behind the baby's neck, pushing the head forward.



If you are from Minnesota and cannot afford a car seat, Safe Kids Grand Forks may be able to assist!!

Our coalition has secured assistance with obtaining car seats for low-income residents of Minnesota who need help in obtaining a car seat. The clients need to set up an appointment for training and assistance with installation of the seat. This can be done by calling Safe Kids Grand Forks at 1-800-732-4277 (extension 1489). Appointment times vary so please don't wait until the last minute to set up a time for help. Contact us today if we can assist.



2013

Dates

April 30 - May 3, 2013
Bismarck

May 14 - 17, 2013
Grand Forks

June 11 - 14, 2013
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 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 child passenger safety resource and participate in 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 directions to register as a new signup.
- Click on "Find a Course", choose ND.

Certification Fee: The fee of \$75 is due 7 days prior to day one of class. Send fee with registration information to the Safe Kids address via online registration instructions.

Local Fee: The fee of \$25 should be sent to the North Dakota Department of Health address via online registration instructions. Make check payable to the North Dakota Public Health Association (NDPHA). Credit card payment is not available for local fee. Fees include a two-year certification, technician manual, car seat instructions CD and North Dakota child passenger safety resources.



For more information

Dawn Mayer 701.328.4533 drmayer@nd.gov





Projectiles: A Hidden (& Flying) Danger in Motor Vehicles

Do you take projectiles in your vehicle seriously? Do you secure them?

When car crashes happen, officers look at how the crash occurred, and how we can prevent crashes and injuries in the future. But we don't always know about injuries that happen inside vehicles. They aren't all due to crashes.

- People can get hurt when their vehicles swerve, skid, or stop suddenly, especially if they are unbelted.
- Projectiles in a vehicle can injure the occupants in a crash, or even when a swerve, skid or sudden stop occurs and the person avoids the crash.

Let's first look at crashes.

In any crash, even a small one, the people in the vehicle can be badly hurt. Most of us don't know how much force there is in a moving vehicle. Consider this: a car going 40 mph would hit a tree with the same force as hitting the ground after falling off a 50-foot cliff. A person inside that car would hit the windshield with the same force as hitting the ground after falling off a five-story building.

A variety of factors affect the amount of force involved in a crash. It is important for parents to understand that the forces involved in a crash can kill or cause serious injuries to

their child. One way to help the public understand crash forces is by explaining that the force needed to restrain an occupant can be roughly estimated by taking the weight of the occupant times the pre-crash vehicle speed.

For Example: A 10 pound infant in a motor vehicle moving at 30 mph could require at least 300 pounds of force to restrain the infant.

Now, let's look at projectiles.

A projectile is any object that is thrown, pitched, hurled, or tossed.

It may seem silly to **buckle in your purse or put your water bottle in the center console that closes**, but it's worth it. Only allow soft items like blankets or stuffed animals in the car with your child, and if you *need* a drink, check out something like an entirely soft water bottle that can be secured to something, and would break and spill before it would go flying.

If we think about the earlier listed example, now think about a 1 pound water bottle. In a 30 mph crash, this becomes 30 lbs traveling toward your child. The below link will show you how a sippy cup caused extensive injuries to a child.

http://thestir.cafemom.com/baby/120581/almost_deadly_sippy_cup_incident

Another potential projectile to watch in family vehicles is booster seats. If your older children are not riding in the booster, buckle it in any way to keep it secure in case of a crash or hard stop. Some boosters can be hooked into the car with the LATCH system to keep them in place all the time, too.

Make sure to put all items in the trunk or secure them with a seat belt. Putting loose items away will not only prevent injuries in the event of an accident, it will also help you avoid being a distracted driver. By putting your cell phone more than an arm's reach away, you will avoid the urge to take calls or send text messages as you drive.

Besides items in the car being a projectile, or flying object, things stored under the seat can get impair the way the air bag is deployed. Keep items not totally necessary in the car out of it, and assure that things are not "stuffed" under seats.

This article was provided by Officer Lammers with the GFD. Jenny is a car seat technician and long-time member of SKGF. Her passion for child passenger safety is unparalleled. Our community has benefitted from her efforts to keep kids safe in motor vehicles so she doesn't have to see injuries and deaths at crash scenes.



Join our community of **modern moms**.
Backed by wellness experts at
Altru Health System, we're devoted to
keeping the whole family healthy and happy.
[facebook.com/AltruModernMom](https://www.facebook.com/AltruModernMom)



MV-1: For Special Transportation Needs

New Vehicle Built & Launched From the Ground Up Offers Amazing Safety Features For Special Transportation Needs

At Safe Kids Grand Forks, we strive to make motor vehicle safety a priority for all those we come in contact with, from babies, to children, to adults. Often, our interaction and assistance is provided for people with special transportation needs such as wheelchairs. Until now, it has been a challenge to incorporate safety features into existing vehicles for those that are wheelchair bound. However, we are excited to announce our local Buckle-up sponsor, Rydell Auto is an authorized MV-1 retail outlet for this first of its kind vehicle. Rydell's is the first and only retailer of this vehicle in the state of North Dakota.

The MV-1 is the first motor vehicle built from the ground up for disabled people and their transportation needs. In the past, vehicles had to be retrofitted with safety equipment to accommodate a

wheelchair and/or scooter. Now, the MV-1, is made to accommodate these types of items right from the start of manufacturing. These vehicles are said to be "built like a truck but ride like a car" and tout some of the following features:

- Integrated deployable ramp with a short or long form option. The ramp and vehicle are outfitted with anti-slip material for excellent traction.
- An extra wide 36" x 56" access door that exceeds ADA guidelines and allows for easy entry.
- Built-in wheelchair tie down mechanisms to securely affix the wheelchair to the vehicle.
- Seating for 6 people.
- Multiple grab handles for additional support and stability for all passengers.
- 10 universal floor tracks to secure wheelchairs and scooters.
- Flexible seatbelt locations for various positioning.

While we don't typically endorse a particular brand or

vehicle style, Safe Kids Grand Forks has embraced this vehicle as a great option for some of our patients and clients (or their family members) that we work with. We applaud the manufacturer of this vehicle for their ingenuity on this project and hope you will consider checking them out if you think it might be an option for your special transportation needs.



Our existing GM partner, Rydell Auto, is able to order these vehicles for their customers. To learn more about the MV-1, call Rydell's at 701.772.7211 and ask for an appointment with a sales representative to discuss this amazing vehicle.

Making Car Seat Choices

What's the best car seat for my child? This is one of the most frequently asked questions we receive at Safe Kids when advising parents and installing child passenger safety seats. Neither Safe Kids Worldwide nor Safe Kids Grand Forks endorse any specific brand or style of car seat. The key decisions for choosing a seat are:

- Does my child fit appropriately in the car seat? Does he/she fall within the height and weight limits specified by the seat?
- Does the car seat fit in my

vehicle? Can it be installed correctly?

- Do I and all my child's care givers understand how to use the car seat?

The most expensive car seat is not necessarily the best seat for your child or your vehicle. With that said, there are websites that offer information on "ease of use" and provide ratings. These include:

- www.nhtsa.gov/Safety/Ease-of-Use - This site is run by the National Highway and Transportation Safety Agency. The agency rates child

passenger seats based on their ease of use.

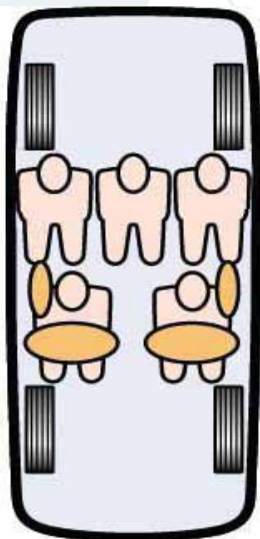
- www.consumerreports.org - Consumer Reports Magazine does rate car seats. Please remember, these ratings are not endorsed by Safe Kids Worldwide.

Many parenting magazines have articles on car seats and there are several parenting blogs that discuss car seats.

Remember: The best seat is the one that fits your child, fits your car and you know how to use!



Where is the Safest Place in a Vehicle for a Child Seat?



As car seat technicians, we get asked this question all the time. As always, the rear seat is the safest for all children, 12 and under. Never put a rear facing seat in front of an air bag.

Which rear seating position is best? Generally, the middle seat would be the safest, but it is not always possible to put a seat there. Having the seat in the middle keeps it the furthest away from a side impact crash. However, be sure to check the vehicle owner's manual to assure that this seating position can be used to place a car seat, as sometimes, this is not an option.

If the center is not an option, how does one pick which side

to put the car seat on? Statistically, neither side of the vehicle is hit more often than the other so that is not helpful in picking the driver's side vs. the passenger side. Therefore, we have to look at other crash factors. In looking at crash reports, we have found that there is often times interaction between the front seat occupants and those in the back seat. Therefore, we recommend if the seat can't be placed in the middle that it go on the passenger side. This is chosen because 100% of the time there will be a driver but not always a passenger. The passenger side is also best for taking children out of vehicles, as you are not in traffic usually. There are also times when a seat will not fit behind a driver.

If there is more than one seat to be placed in the vehicle, the smallest child gets the "safest position" so that would be the middle, followed by behind the passenger seat.

With those babies in the back seat, we also offer another recommendation for safety. When transporting an infant or child in the back seat, put something, (your purse, briefcase) in the back seat, so that you need to look in the back seat and can assure that the child has been dropped off at their child care destination.

This article was submitted by Judy Larson, Certified Child Passenger Safety Technician and Co-Chair of the Safe Kids Child Passenger Safety Subcommittee.

Do you know what this is?

It's a child restraint registration card. Every child restraint sold in the United States comes with a card similar to the one shown. When you fill this card in and return it to the manufacturer, you will be contacted if there is ever a recall on the child

restraint. Unfortunately, only about 10% of registration cards are ever mailed to the child restraint manufacturers. We encourage parents and care givers to complete these cards and send them in every time you purchase a child restraint.

Do you have child restraints that you have not registered? No problem! You can register your seat through the manufacturer's website. Just have the model number and manufacture date handy.

If you have further questions about registering child restraints, contact Safe Kids at safekids@altru.org

It's already addressed and we've paid the postage.

Tear off and mail this part

Consumer: Just fill in your name and address and e-mail address.

Your Name _____

Your Street Address _____

City _____ State _____ Zip Code _____

E-mail Address _____

CHILD RESTRAINT REGISTRATION CARD

Made in/Fabriqué en 2012 09 18
(year/month/day)/(année/mois/jour)

Name/Nom Big Kid No Back

Model/Modèle 2794198 PQ 1

Manufactured in / Fabriqué en US

Expires on / Expire le 2018 09 17

Guidelines for Replacing Car Seats

When should car seats be replaced?
Here are 5 guidelines that are recommended by Safe Kids.

Given these recommendations, Safe Kids strongly recommends that you do not purchase a car seat at garage sales or thrift stores. It is not possible to ensure the safety of such seats. For more information on these or other injury prevention topics, please contact Safe Kids Grand Forks at safekids@altru.org or on our website at www.safekidsgf.com.

1
Seat History Unknown
 If you cannot verify the history with the original owner, the car seat should not be used.

2
Car Seat Expired
 Sunlight and extreme temperatures weaken the plastic in car seats. Most manufacturers stamp an expiration date on the back of the seat. Car seats cannot be used longer than six years unless otherwise directed by the manufacturer.

Go Green with Safe Kids

Want to recycle your car seat so it does not end up in a landfill or get taken from the dumpster and reused? Safe Kids is here to help with our annual recycle event. Contact us at safekids@altru.org or 701-780-1489 for details.

3
Car Seats Involved in a Vehicle Crash
 National Highway Traffic Safety Administration gives guidelines for replacement when a seat has been involved in a crash. Go to www.nhtsa.gov for information. Insurance should cover the cost of a replacement seat.

4
Missing or Broken Parts of Car Seat
 If anything is missing or broken, contact the manufacturer to determine if the part is replaceable, if not, the car seat will need to be replaced.

5
Car Seats are Sometimes Recalled
 If a car seat is recalled, you would only be informed if you sent in a registration card upon purchase. To check the recall or to register your seat, visit www.nhtsa.gov



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4 out of 5 car seats are used incorrectly.

Don't let yours be one of them!

Get your seat checked by a trained technician. Together, we can help all kids have a safe ride.

Check www.safekidsgf.com for dates and times of events in our region.





Car Seat Check-Up Events

presented by:



Public Health
Walsh County Health System

Safe Kids
GRAND FORKS

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.



Car Seat Check-Up Events

presented by:



in cooperation with

Rydell GM Auto Center

2700 South Washington Street

2013 Dates

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

For more information, contact
Safe Kids Grand Forks at
701-780-1489 or visit
www.safekidsgf.com

Proud Program Sponsors



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

Proud Program Sponsors



2013 Dates

- February 7
- April 4
- June 6
- August 1
- October 3
- December 5

For questions, call Donna at
Walsh County Health System,
(701) 352-5139.



Child Passenger Safety Made Simple



Have you ever tried to install a car seat into a vehicle? Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.

Altru Health System, Rydell GM Auto Center and Safe Kids Grand Forks have teamed up to offer **Child Passenger Safety Made Simple**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you already have purchased a car seat, bring it along 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 other pre-natal class registration fees of \$10.00. 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 will be waived if this is the only class being taken.)

2013 Class Dates

Rydell GM Auto Center
2700 South Washington Street
(use front entrance on Washington St.)

6 - 7:30 p.m.

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



C.A.R.S (Child & Restraint Systems) Class 2013 Training Schedule

2013

If you are a child care provider or foster parent, safe transportation of the children in your care is important. Come find out how to keep kids safe while in the car. The **C.A.R.S. (Child and Restraint Systems)** class is designed to meet the MN CPS course requirements for licensure & foster parenting and for law enforcement requirements. It has been approved for credit hours in MN. (* Applied for in ND, pending notification.)

Certificate will be provided at the completion of the class.

To register, call 701-780-1639
at least 2 weeks prior to the class.

January 19, 2013 (Saturday) 9 am—12:30 pm
February 21, 2013 (Thursday) 6 pm—9:30 pm
March 19, 2013 (Tuesday) 6 pm—9:30 pm
April 20, 2013 (Saturday) 9 am—12:30 pm
May 14, 2013 (Tuesday) 6 pm—9:30 pm
June 6, 2013 (Thursday) 6 pm—9:30 pm
July 16, 2013 (Tuesday) 6 pm—9:30 pm
August 15, 2013 (Thursday) 6 pm—9:30 pm
September 14, 2013 (Saturday) 9 am—12:30 pm
October 8, 2013 (Tuesday) 6 pm—9:30 pm
November 9, 2013 (Saturday) 9 am—12:30 pm
December 5, 2013 (Thursday) 6 pm—9:30 pm
All classes are held at Altru Health System



We reserve the right to cancel any classes with less than 6 participants. Participants will be notified 1 week before class if it is cancelled.

Registration cost is \$30 per person. Registration forms can be obtained by calling 701-780-1639 or visiting our Safe Kids web site at www.safekidsgf.com (Click on Events/Classes).





Looking for a GREAT resource on how to properly install a car seat?

Safe Kids Grand Forks has these guide books on hand and they make a great resource for parents and caregivers. The booklet contains pictures and simple explanations about car seat installation and other child passenger safety topics. To get your FREE copy, e-mail Safe Kids at safekids@altru.org or call us at 701-780-1639. These would be great handouts at child care centers, clinics, mom's groups or other locations where children congregate.

NDSC Offers Variety of Traffic Safety Programs



The NDSC's Traffic Safety Department has a variety of courses for all ages and occupations. Whether you're a novice driver or have acquired a CDL license, the NDSC has a course for you. Plus, they are offered in a variety of settings, including public and private classroom courses and online training.

One of the NDSC's most successful programs is **Alive at 25**. Vehicle crashes are the #1 cause of death for people ages 14 to 24. Alive at 25 is a defensive driving course for young adults that addresses inexperience, distractions, peer pressure and how to reduce their risk of being in a crash. The course leads young drivers through scenarios caused by peer pressure, road conditions, distractions and impairments to help them understand the consequences of their actions, as well as what behaviors can help them through each scenario. Alive at 25 is taught exclusively by Law Enforcement and trained professionals which brings the course to life in a way that truly does change the attitudes of young drivers.

Alive at 25 is offered in Grand Forks on a monthly basis, as well as several other locations across the state. And, the course qualifies for an insurance discount and point reduction!

The NDSC also offers a **Defensive Driving Course** for the experienced driver. DDC-4 is a fast-paced, four-hour driver improvement program that offers practical strategies to reduce collision-related injuries, fatalities and costs. It addresses the importance of attitude in preventing collisions and reinforces the good driving skills you already have. DDC-4 also qualifies for an insurance discount and point reduction. This course is also available in an online format, but does not qualify for a point reduction.

Other NDSC traffic safety courses include Defensive Driving for the Professional Truck Driver, Slippery Slope – Adverse Weather Driving Safety Course and School Bus Driver Training. New courses coming to the NDSC include Coach Me - a behind the wheel driver safety training, and a 16-hour CDL refresher course.

To learn more about the NDSC's Traffic Safety Department, or to register for a class, log on to www.ndsc.org/trafficsafety or contact Terry Weaver at 701-751-6106 or terryw@ndsc.org.



Motor Vehicle and Child Passenger Safety an Integral Part of New American Training

As you may know, Grand Forks has welcomed many New Americans to our community over the last five years. These individuals have been coming from East and West Africa, the Middle East and Bhutan. Many families have come to Grand Forks from refugee camps to begin new lives in North Dakota and Minnesota.

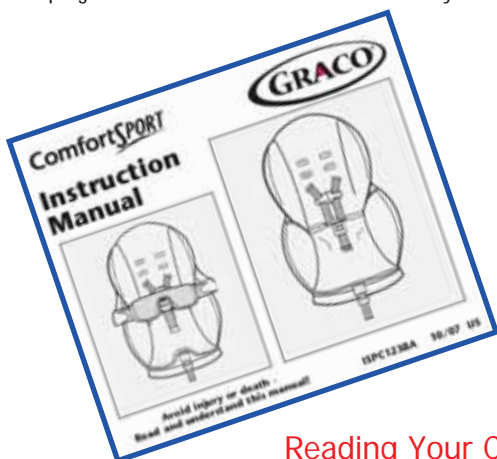
Safe Kids Grand Forks and New American Services recognized the need to provide orientation to these families on a variety of safety topics in the community and the home. As a result, we developed a New American safety training program which is held three times a year on the Altru campus. Topics covered include weather safety, preventing poisoning in the home, water safety, fire/cooking safety, first aid, motor vehicle safety and bike/pedestrian safety. Typically, over 20 adults attend the training. New American Services provides an interpreter for the sessions to meet the needs of the different languages of the attendees.

Safe Kids is grateful for the support of the Grand Forks Sheriff's Department, Grand Forks Social Services, the YMCA, Grand Forks Fire Department and the Red Cross for assisting with this training. Each of these agencies sends a speaker to the sessions to cover one of the topics. Our hope is that not only are the New Americans safer in their homes, but others living in the same complex are as well due to this training.

We look forward to welcoming additional families to Grand Forks in 2013 and helping them transition to life in our country and our community.



Sheriff's Department Officer, Nicole Dvorak speaks with New Americans about weather safety at a recent training.



Reading Your Car Seat Instruction Manual – It's IMPORTANT!!

Did you know that every car seat is different? To some people car seats all look the same, aside from the fabric color. But did you know that every manufacturer makes their seat just a little different from the others? They all have different features and different ways to install and operate. The best way to make sure you are using your seat correctly and taking advantage of all the features it has to offer is to read the owner's manual before you install your seat.

Some things you may find in your owner's manual:

- * The minimum and maximum weight limits of your seat
- * Safety information for a tight fit when your child is buckled in the seat
- * How long your seat is good for before it expires
- * Recommendation for safest location in the vehicle for the seat
- * Handle positions for infant carrier that are safe for vehicle use
- * Proper height for harness straps and how to adjust them
- * How to clean your car seat
- * How to get replacement parts

Check out your manual and learn more about your seat!

Back to the Basics of Car Seat Use

Rear-Facing

Children should ride rear-facing until at least 2 years of age. Two types of car seats are available for rear-facing:

Infant Seats - Most of these seats can be used until 22-35 pounds. Use them until the highest weight limit or until the child's head is within one inch of the top of the seat.

Convertible Seats - These seats can be used rear-facing and forward-facing. Most can be used rear-facing up to 30-40 pounds. Use them rear-facing until the highest weight or height limit allowed by the manufacturer.

Forward-Facing

When children are at least 2 years of age or have outgrown the highest rear-facing limits of their car seat, they may ride forward-facing in a car seat with a harness. Use the seat until the child reaches the harness's highest weight limit allowed by the manufacturer. Car seats with harnesses can be used up to 40-80+ pounds (depending on the manufacturer).

Boosters

When children have outgrown the harness in their forward-facing car seat, they may be moved to a booster. The child should be at least 40 pounds and at least 4 years of age. Keep the child in the booster until about 4'9" tall or until the seat belt fits correctly over the child's body. Most boosters can be used up to 80-120 pounds.

Seat Belt

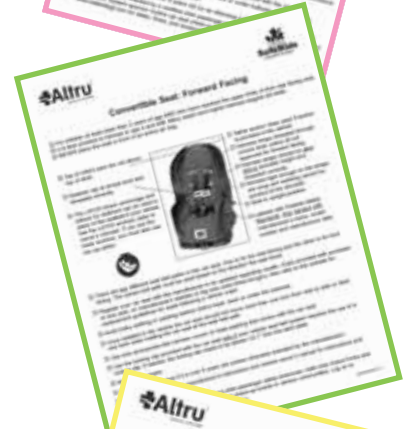
Children should use a seat belt when it fits over the body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs and be snug across the shoulder and chest. It should not lie on the stomach or across the neck.

*Select a car seat based on your child's age, size, development and maturity. Weight and height information will be on labels attached to the car seat and in the instruction manual.

*Register your car seat, check for recalls and monitor the expiration date of the seat.

*Secure your child in the seat snugly, following the car seat instructions.

*Install the seat tightly in your vehicle using the seat belt OR lower anchors and tether (LATCH) system. Follow the car seat instructions and vehicle owner's manual.



Safe Kids Grand Forks has created car seat tip sheets for each of the car seat styles. These can be accessed on our Safe Kids Grand Forks web site at www.safekidsgf.com

Check out our site for these and other childhood injury prevention resources.

Department of Health Educates About Booster Seats During Child Passenger Safety Month

(Continued from page 1)

What is a backless booster? A backless booster is a seat belt positioning device without a back. It is most commonly used in vehicles that already have head restraints built into the vehicle seat. Some backless boosters also offer shoulder positioning options as well.

What age should you start using a booster? When a child has outgrown his or her car seat with a harness system, you can start using a booster seat. Children should be at least 40 pounds and at least 4 years old before using a booster seat.

What age can a child come out of a booster? Kids are usually tall enough to come out of a booster between the ages of 8 and 12 years.

What size should a child be to stop using a booster? Keep kids in boosters until they are at least 4'9" tall or until the seat belt fit is correct on a child's body. According to the Centers for Disease Control and Prevention, on average a child reaches the height of 4'9" tall between the ages of 10 and 11 years old.

Where should you use a booster? Boosters require the use of both lap and shoulder belts. The back seat is the safest place to ride in a vehicle.

How much do booster seats cost? Boosters are very inexpensive and cost as low as \$10 to \$100 or more.

What is the best booster seat to buy? Fortunately there are many boosters to choose from on the market. The best booster to buy is the one that fits your child and your car, and is one you will use correctly every time you travel.

For more information about Child Passenger Safety Month, contact Dawn Mayer, North Dakota Department of Health, at 701.328.4536.



NORTH DAKOTA
DEPARTMENT *of* HEALTH



Safe Kids Grand Forks is grateful to the North Dakota Department of Health for their work and support of child passenger safety programs and initiatives in the state. We thank them for their partnership with our efforts on the local and regional level.



Safe Kids Grand Forks Selected To Participate In the Start Safe Travel Program in North Dakota and Minnesota Head Start Locations

Start Safe is a program designed by Safe Kids Worldwide to help educate parents and caregivers at Head Start Centers about how to safely get kids to and from school and/or their Head Start location. Last year, Safe Kids Grand Forks participated in this first time program and again this past fall, we were chosen to host events at four Head Start locations in Grand Forks, East Grand Forks and Crookston. The parents and caregivers at these locations were provided a presentation about the ways in which kids get to and from school including: motor vehicles, bikes, school buses, and walking. Following the education, an on-site car seat check-up event was held at each location. Parents were able to get their child’s car seat checked and replaced if needed. The parents were eager to learn about child passenger safety and were appreciative of the “on-site” attention they received in getting help with their car seats.

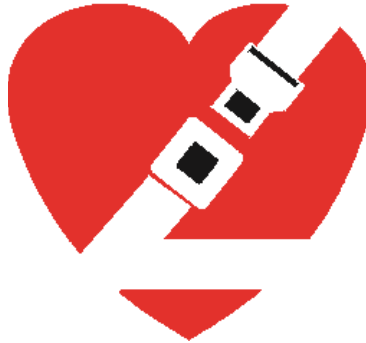
Recently, Safe Kids was notified that we were one of 20 coalitions in the United States chosen to receive a shipment of 16 free car seats to be distributed at the Head Start locations that we have partnered with on the Start Safe project. We are thrilled to have these resources and be able to further provide seats to keep kids safe. We will be working with the site coordinators who have been our partners in the past to roll out this distribution. Hats off to the following people at these sites for their work in making this a successful event:

- Grand Forks Head Start: Staci Halliday and Beth Haney
- Grand Forks Early Head Start: Shannon Schneeweis and Tara Ulness
- Crookston and East Grand Forks Head Start: Sarah Townsend

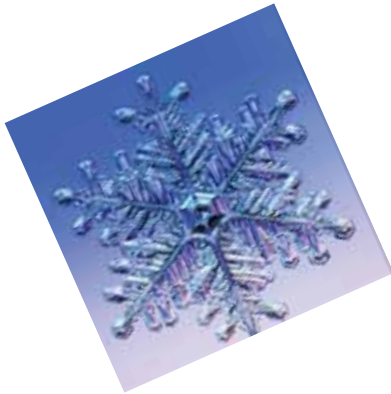
Their commitment to this program and the safety of the children at their centers is commendable and we appreciate their partnership!!



With Grateful Hearts



The staff and car seat technicians that work with Safe Kids Grand Forks, are grateful to our GM Dealerships that allow us to use their facilities to host our routine check-up events. Come rain, or shine or hot summer heat, we are always able to carry out our events in the comfort of their indoor facilities. We consider these dealerships VITAL partners in our work to keep children safe in motor vehicles. If you are in their business, take the time to stop and thank them for their contribution to our program and for their investment in keeping the kids of their community safe!!



Crookston



We are saddened that our Crookston dealership closed their doors on 12-31-12. Watch for more details as we search for a new partner in that community.



Grafton



Grand Forks



Using LATCH in the Center Position of a Rear Seat



As long as it can be installed properly, the center is the safest position for a car seat. What you need to know is most vehicles do not have a separate pair of lower anchors specifically for the center position while just a few vehicles state in their owner's manual that the center position can be used for LATCH because the spacing between the innermost anchors still meets the standard (about 11 inches or 280mm center-to-center). Here is a general set of best practice guidelines to determine if you can install a LATCH car seat in the center of the rear seat, using the "inner" LATCH anchors from the outboard seating positions:

- If either the car seat or vehicle owner's manual prohibits the use of the center position for this type of installation, you should use the seatbelt for installation if appropriate.
- If both the vehicle and car seat owner's manuals allow the use of the center position using the "inner" bars from the outboard positions, then you may try installing the LATCH seat this way if it fits properly.
- You should not attempt this if the center is not an actual seating position, if there is no top tether anchor available for the center, or if the manual otherwise prohibits any car seat placement in the center. Use the outboard seating positions instead.
- Do not attach lower attachments from two child restraints to the same lower anchor!

If you are unsure because there is conflicting or insufficient information, then err to the side of caution and do not try this type of installation. If the car seat fits well in the center using the seatbelt, then that is still the safest option in most cases.

Note that car seats with rigid anchors must only be installed in designated LATCH positions with the standard spacing. There is a gray area with center placement when one manual approves the use of the center position even if the spacing is wider than the standard, but the other manual has no recommendation. There is not yet enough data to determine if the significant danger of placement in the outboard position (closer to a side impact) is enough to balance the unknown risk of using LATCH anchors with spacing wider than the standard in the center. We do know that side impacts cause the greatest number of fatalities to properly restrained passengers (Insurance Institute for Highway Safety) so this important topic is being studied for future recommendations. As with the many other confusing issues on child safety seat installation, you should always check the owner's manuals first. In some cases, the manufacturer's customer service departments may also be able to help.

Source: www.car-safety.org

The information on this page and the next has been provided by Bill Vasicek. Bill is a Certified Child Passenger Safety Technician Instructor and the Community Safety Coordinator for Altru's Trauma Services. His expertise and partnership with Safe Kids Grand Forks is invaluable to the education of our parents, caregivers and regional technicians.



Using LATCH in the Center: Overview

Can I use the lower anchors to install a car seat in the center position?

With a few exceptions, Federal Motor Vehicle Safety Standards (FMVSS) require lower anchors in two backseat positions and tether anchors in three backseat positions. That usually leaves the center seat as the odd-man out--meaning it has a tether anchor but no lower anchors. A clever person might ask "Can't I just use the two inner lower anchors from the side seats to secure a child safety seat in the center?" This is one of the most common questions asked.

While it is usually physically possible, it is usually not recommended by the vehicle manufacturer and may be unsafe. The vehicle owner's manual will indicate whether or not it is permissible to use lower anchors to secure a child safety seat in the center of your vehicle. Do not install a child safety seat in the center using lower anchors unless your vehicle owner's manual clearly states that it is permissible.

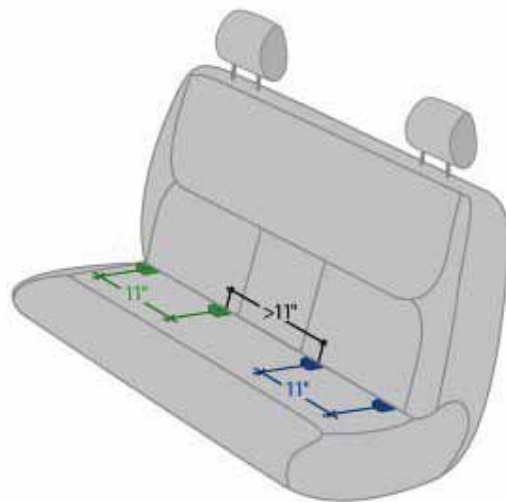
Why is it unsafe?

The distance between the inner-most lower anchors is usually not the standard 11.02 inches found between the lower anchors on the side seats. Many child safety seat manufacturers do not want their seats secured to lower anchors that are wider or narrower than the standard 11.02 inches. Many vehicle manufacturers also do not want a child safety seat secured to lower anchors that are wider or narrower than the 11.02 standard spacing. A wider spacing may allow the child safety seat to move too much side-to-side in a crash.

There are certain situations when a child safety seat can be safely secured in the center using the lower anchors.

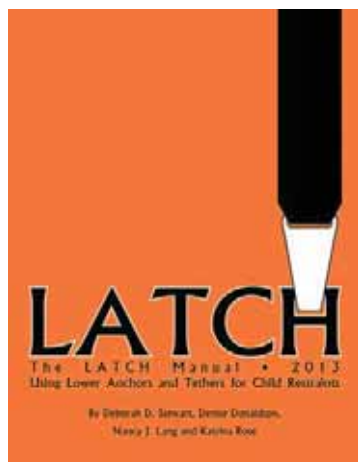
The vehicle has a designated LATCH position in the center of the back seat. This means it has lower anchors that are 11 inches apart and specifically intended for use in the center seat.

The child safety seat manufacturer and the vehicle manufacturer both allow you to use lower anchors that are spaced wider or narrower than 11 inches. Please check both the vehicle's owners manual and child safety seat instructions to see if yours allow this.



4 lower anchors with center ones more than 11 inches apart

Source: *The Car Seat Lady* (www.thecarseatlady.com)



The LATCH system IS confusing and so we encourage parents and caregivers to seek out a car seat technician to help them with their questions. No doubt, we technicians have our valuable resources too. The LATCH Manual is our "Bible" for using this system and we keep the most current one on hand to refer to when assisting clients. Give us a call and we will be more than happy to help you with using your car seat and this system. Also, consider stopping by our routine check-up events found in the various communities in our region. (Flyers for these are posted elsewhere in this newsletter.)

