



# News You Can Use



## Child Passenger Safety Special Edition - February 2015

### North Dakota Department of Health Urges Caregivers to Register Car Seats During Child Passenger Safety Month

As part of Child Passenger Safety Month in February, the North Dakota Department of Health (NDDoH) emphasizes the importance of registering car seats and reminds caregivers that unregulated products should not be used with their car seats. It is very easy to register a car seat and essential to a child's safety. It is also important to use best practices with car seats, which includes not modifying them or adding items that may affect their integrity or ability to prevent injury in a crash.

There were numerous car seat recalls that occurred in 2014, which emphasized the need for caregivers to register car seats. Registration of car seats makes it possible for manufacturers to notify consumers if there is a safety issue with their car seat. Car seats, by federal law, are sold with a registration card that the consumer should use to register their seat. If consumers do not register the seat, they may not hear of a recall, which may put children at risk. Data collected from car seat checkups conducted by the department in 2014 showed that 40 percent of the car seats checked had not been registered with the car seat manufacturer. These consumers would not have been notified if their seat had been recalled. Consumers, who want to register their car seats now can visit [www.safercar.gov](http://www.safercar.gov) or contact the car seat manufacturer directly.

The Department of Health would also like to remind consumers that they should not use unregulated products with their car seats, because they may affect the integrity of the safety features of the seat. Examples of products that should not be added to car seats include head pillows/body blankets, harness covers, vehicle seat protectors, mirrors and extra padding. According to data collected from the same car seat check-ups in 2014, approximately 20 percent of the seats checked had an unsafe product added. Of the 20 percent that were found, only 61 percent of the caregivers removed the unsafe product.

NDDoH recommends following these best practices when it comes to transporting children:

- Children younger than 13 should ride in the back seat.
- **REAR-FACING:** Children should ride rear-facing until at least 2 years of age (following car seat instructions)
- **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.
- **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.
- **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.

Questions? Contact the North Dakota Department of Health at 701.328.4533 or 800.472.2286



# Safe Kids Star



**“Kallie puts her heart and soul into spreading injury prevention messages to the people in her county. We are fortunate to have her on our Safe Kids team.”**

There are many members on our Safe Kids Coalition including people from agencies in northeast North Dakota and northwest Minnesota. While many of them are not able to get to our monthly meetings, that does not mean that they are not active and engaged in spreading our injury prevention messages in their part of the state that they cover. Kallie Christenson is just that type of Coalition member!! Kallie is a nurse with Pembina County Public Health, located in Cavalier, ND and she has done so much work to keep the clients and community she serves up-to-speed on ways in which to prevent unintentional injuries.

Kallie is not only a public health nurse but she has also completed the course to become a certified child passenger safety technician. In that role, she is involved

with helping clients with their car seat needs, both at the public health office and at car seat check-up events we have partnered to host in the community and region.

While looking for ways to spread injury prevention messages, Kallie has included safety messages from Safe Kids Grand Forks in her newsletter that is published from her agency. These have included a wide variety of topics and are mailed to clients and found on the Pembina County Public Health web site (<http://www.pembinacountynd.gov/county/departments/46/>). She has also coordinated the use of many of our Safe Kids displays, including posters, table-top banners and educational materials. She sets up these displays in the lobby of their office and assures that they are routinely changed out with current information.

We applaud Kallie for her hard work and on-going efforts to spread Safe Kids Grand Forks’ safety messages. It is through people like her with a passion for injury prevention and helping others that

our message makes in out of the Grand Forks community and around the region. Thank you, Kallie for your work and we are thrilled to have you as this editions’ Safe Kids Star!!



## Thanks Offered for AAA Sponsorship & Support



Gene Ladoucer , AAA Corporate Consultant at the Fargo office, has been a steady supporter of Safe Kids Grand Forks for many years. We would like to offer a HUGE thank you to Gene and AAA for their recent donation of \$1000 toward our Child Passenger Safety program. This donation will be used to support the

training, education and support of our car seat work that we do in the region.

Gene has also been instrumental in securing AAA sponsorship to promote the “AAA School Safety Patrol” program in Grand Forks and area schools. The AAA School Safety Patrol has a long history nationwide. This program has been implemented at Kelly Elementary and Viking Elementary in Grand Forks. Additional funding will now enable Safe Kids Grand Forks to assist other area schools with starting their own safety patrols by purchasing safety patrol supplies and training materials. The presence of patrols

has had a significant impact on the safety of child pedestrians that travel to and from school. In addition, patrol members serve as student leaders by demonstrating safe pedestrian habits while helping others understand traffic safety concepts and rules.

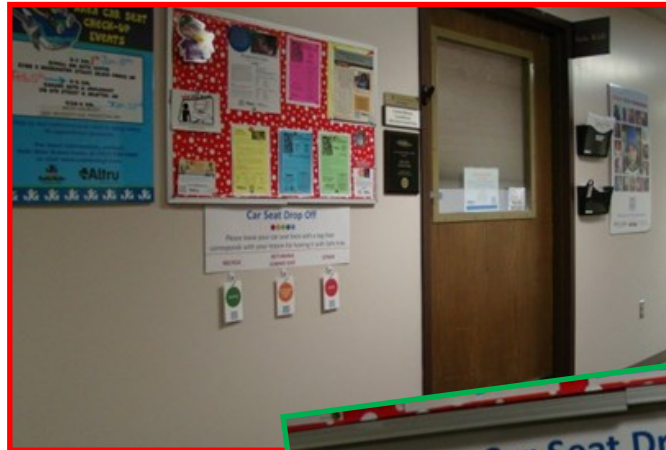
THANK YOU to AAA of North Dakota for your continued support of Safe Kids Grand Forks and our programs.



# Car Seat Drop-Off Location

We frequently have car seats dropped off at our building while the offices are closed. We recently installed a sign indicating where these seats should be placed. This is outside room 204 in the east wing of the Altru Psychiatry Building. We ask that when leaving a car seat, you put a card on it indicating the reason the car seat is being dropped off: "Returning Loaner Seat", "Recycle" or "Other". This helps us to handle the seats appropriately when we return to our offices.

The Altru Psychiatry Building is on the South Columbia Road Campus. The building is accessible M-F, 8 – 5 pm. We greatly appreciate your efforts to get expired, recalled and damaged seats properly disposed!



## Thanks for the Support!

Safe Kids Grand Forks is grateful to the many organizations and individuals that provide us with support for our injury prevention efforts. We would like to make a special thank you to the following:

- Blue Knights - Grand Forks Chapter
- Forx Business Connection (Photo shown to the right with President Ron Kochevar and Treasurer Jody Vigness)
- To Katy Johnson for her donation of money for 25 bike helmets for children that cannot afford them. This money was given in honor of her father's (Jim Hansen's) birthday.

- We also thank Jim and Marydale Hansen for the donation given in memory of Norma Anderson. These thoughtful gifts will be used for our wheeled sports safety programming.

The support of these donors is a great vote of confidence in our mission to provide child safety programs for the children of our community and region and assist families in need.

Organizations and individuals such as these help Safe Kids Grand Forks make this community a great place to live. We thank you for your continued support!



# C.A.R.S (Child & Restraint Systems) Class 2015 Training Schedule

2015

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 10, 2015 (Saturday) 9 am—12:30 pm

February 17, 2015 (Tuesday) 6 pm—9:30 pm

March 14, 2015 (Saturday) 9 am—12:30 pm

April 14, 2015 (Tuesday) 6 pm—9:30 pm

May 12, 2015 (Tuesday) 6 pm—9:30 pm

June 4, 2015 (Thursday) 6 pm—9:30 pm

July 14, 2015 (Tuesday) 6 pm—9:30 pm

August 6, 2015 (Thursday) 6 pm—9:30 pm

September 12, 2015 (Saturday) 9 am—12:30 pm

October 6, 2015 (Tuesday) 6 pm—9:30 pm

November 7, 2015 (Saturday) 9 am—12:30 pm

December 3, 2015 (Thursday) 6 pm—9:30 pm

All classes are held at Altru Health System  
Outpatient Psychiatry Center - Grand Forks,  
ND (860 S. Columbia Road)



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

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](http://www.safekidsgf.com) (Click on Events/Classes).

**SAFE**  
**K:IDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM





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](mailto:safekids@altru.org)



## 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:

**February 7, 2015**

**May 2, 2015**

**June 13, 2015**

**August 8, 2015**

**October 3, 2015**

**December 5, 2015**



**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](http://www.altru.org/calendar).

For more information, call 701.780.5179.



# The back seat is the safest place to ride.

It is recommended all passengers 12 years of age or under ride in the back seat.

**Buckle in the back!**



- Air bags are designed for adults. They deploy at 200 mph in 1/20 of a second causing severe head and neck injuries to children and young adults.
- When adults wear seat belts, kids wear seat belts. Be a good example and buckle up for every ride. Lap and shoulder belts provide the best protection for preteens and adults.



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6053-0280 SEPT 14



## Car Seat Check-Up Events

presented by:

**SAFE  
K:IDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM

in cooperation with

**Rydell Auto Center**  
2700 South Washington Street

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

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

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

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

**Rydellcars.com**



### 2015 Dates

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

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://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.





## Car Seat Check-Up Events

presented by:



### in cooperation with **Hanson's Auto & Implement**

110 5th Street West, Grafton, ND

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

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



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

Proud Program Sponsors



#### **2015 Dates**

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

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



## Car Seat Check-Up Events

presented by:



in cooperation with  
**Brost Chevrolet**

1600 University Ave, Crookston, MN

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

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

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

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



#### **2015 Dates**

- January 22
- April 23
- July 23
- October 22

**For more information,  
contact Altru Clinic  
Crookston at  
218.281.9100.**

## Nido Car Seat Wrap

The company 7A.M. Enfant has a great new product called the Nido. This quilted car seat baby wrap protects your infant or toddler from the cold and replaces the need for a winter coat. What makes this wrap safe for car seat use and different than other wraps on the market is the large oval cutout in the back – eliminating extra layers between the car seat and baby's back while allowing full access to the car seat's harness. This wrap can be set in the car seat and baby

placed on top of it, or you can put baby in first and then tuck it around baby. The Nido wrap retails for \$59 and can be purchased online at [www.7amenfant.com](http://www.7amenfant.com).



# Featured Car Seat– Baby Trend Inertia

The Baby Trend Inertia infant car seat is a rear facing only car seat that can accommodate a baby from 5-32 pounds.

This seat is more reclined than a traditional car seat, and claims to promote comfort and health so your child can breathe easy in a more relaxed position. It's safe and secure and responds to crash forces by rotating more upright resulting in better force distribution.

This car seat has an 8 position adjustable head support with no harness to rethread as your child grows.

The Inertia retails for around \$180.



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

**We just want them to grow up.**

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

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

**ALIVE AT 25.**

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

*Course qualifies for point reduction and insurance discount in ND.*

Courses also available for experienced drivers. Visit [www.ndsc.org](http://www.ndsc.org) for more information.



## GRAND FORKS COURSE SCHEDULE

**February 15**

4pm - 8:30pm

**April 20**

5pm - 9:30pm

**June 14**

4pm - 8:30pm

*Course Cost: \$50*

*Altru Health System  
Psychiatry Center  
860 S Columbia Road*

Register now at [www.ndsc.org/aliveat25](http://www.ndsc.org/aliveat25)





# Extending Our Thanks & Appreciation To Key Child Passenger Safety Partners

Child passenger safety is a major focus of our Safe Kids Grand Forks efforts as motor vehicle crashes remain the leading cause of injury and death to children under age 19. To carry out our programming, we need many resources from volunteers, to classroom instructors, to teaching supplies, to dealership space to conduct our car seat check-up events. Having “hands on” training and assistance is usually the most effective way to teach parents and caregivers how to use their car seats properly. With the weather elements we face in North Dakota, having the luxury of doing that in an indoor venue is an aspect of our

program that we don't take for granted. We are grateful to our dealerships in the region that extend an invitation to use their indoor service areas for our routine events. During Child Passenger Safety Month, we offer our public thanks to the following dealers. Please share your thanks with them if you are in their business and offer your appreciation for their community support as well.

Brost Chevrolet – Crookston

Hanson Auto & Implement – Grafton

Rydell Auto Center – Grand Forks



**SAFE KIDS DAY**

**Saturday, April 25 | 10 a.m. - 1 p.m.**  
**Red River High School**

**SAFE KIDS GRAND FORKS**

**Altru**

# Have you ever thought about becoming a Certified Child Passenger Safety Tech?

By Danielle Bata, BSN, RN, FCN

If you want to become part of an awesome group of dedicated people here is how!!!

1. Take a car seat tech training class: Grand Forks hosts an annual training, this year it is June 22-25, 2015.
2. Get certified! Your certification

3. is for 2 years and costs \$115.00. Attend car seat checkups locally as your schedule allows. Our checkups in Grand Forks are the 2nd Thursday of every month at Rydell's from 4 pm to 7 pm. Come for as much time as you can, all help is welcome! There are also many area checkups throughout the summer months.

4. Continuing education –

requirements are 6 hours, 5 seats signed off by an instructor or proxy and at least one car seat checkup event per certification cycle!

It's that easy!! To sign up for the car seat tech class in June, register on-line at <http://cert.safekids.org> or contact Jasmine at 701.780.1660.

## 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](http://www.safekidsgf.com).



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Congratulations to the Safe Kids Grand Forks

# Cutest Baby Contest



**WINNER, LIAM ROBINSON!**



*© Danelle Lynn photography & design*

**PRIZE PACKAGE:**

- \$100 GIFT CARD TO ADLEY ANNE'S BABY AND MATERNITY
- PORTRAIT COLLECTION FROM DANELLE LYNN PHOTOGRAPHY AND DESIGN VALUED AT NEARLY \$800
- PICTURE SHOWCASED IN GRAND CITIES WOMAN MAGAZINE

This contest was held in conjunction with the Safe Kids Grand Forks Tummy to Toddler Expo held on October 12. Liam is the son of Michelle and Carson Robinson of Grand Forks.



# It's Winter...



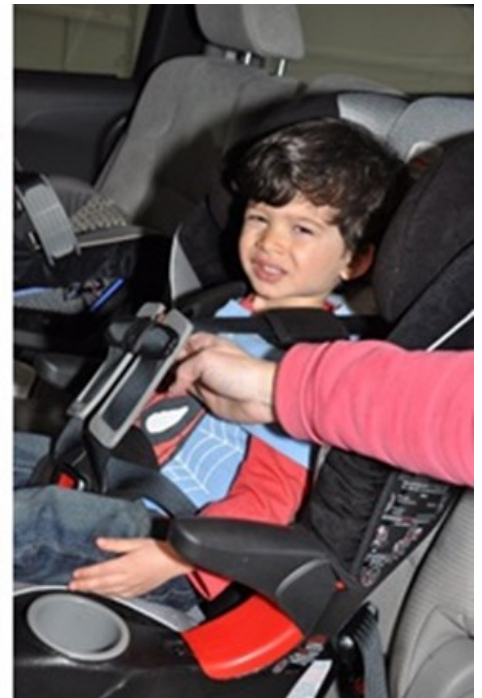
straps are now too loose to hold their body securely in place during a crash. This leaves your child vulnerable to major injuries in the event of a crash!

\*\*Check out the Nido car seat baby wrap on page 7 for another option to keep your child warm in these cold months.

## Why can't I bundle up my kids in their child safety seat?

By Danielle Bata, BSN, RN, FCN

Although temps are dropping and our best instinct is to bundle our children up against the cold winter weather, this is not the safest practice in any child safety seat. If you have to loosen the straps just to be able to buckle your child into their seat, the



## Your Teen & Driving

By Danielle Bata, BSN, RN, FCN

It's no secret that novice drivers have higher crash rates than those with experience.

According to the DMV, the crash rate for 16 year olds is 3.7 times higher than all other ages of drivers.

As the parent and the owner of the vehicle, here are some ways you can decrease the risk for your teen becoming a statistic.

- Ban all cell phone use during driving
  - No texts, no calls, no hands free devices
- Limit the number of passengers in the car. The less passengers, the less distractions
- All passengers buckle up all the time
- Limit driving during icy conditions, night time and any

severe weather

- ND limits driving after sunset and before 5 am
- No alcohol or illegal substances by anyone in the car

With the help of a few simple rules in place, everyone should arrive safely to their destination!



# Safe Kids Grand Forks Car Seat Loaner Program

Do you have grandchildren, nieces and nephews or friends coming to visit who need a car seat? Did you know that Safe Kids loans car seats for up to two weeks for free? This program has been available in Grand Forks for almost three years. We have an assortment of seats on hand for babies and older children and will install the car seats for you.

Available car seats include:

- Convertible and Forward-Facing Car Seats for children weighing 5 – 50 lbs.
- Belt Positioning Boosters for children weighing 40 – 100 lbs.

To make an appointment for a car seat rental and installation, please contact the Safe Kids office. Please remember that we are a part time

office and are frequently out in the community conducting events. While the rental program is a free service, we welcome donations to offset the cost of replacing car seats as they expire. We also ask that car seats be returned within the two-week period so that we are able to meet other clients' needs.



*New*  
GRAND FORKS POLICE CHIEF MARK NELSON

***Safe Kids Grand Forks would like to welcome Grand Forks Police Officer Mark Nelson to his new role as the Chief of the GFPD. We are delighted that the selection team picked a “home town candidate” that has been supportive of the work of Safe Kids Grand Forks and we look forward to working with Chief Nelson in this new capacity; we appreciate the partnership with Safe Kids Grand Forks and the Grand Forks Police Department. Congratulations, Chief Nelson!!***

# Thank You Altru Alliance

Safe Kids Grand Forks extends our heartfelt thanks to the Altru Alliance for a very generous donation of funds to purchase a variety of car seats in 2015. Altru Health System and Safe Kids Grand Forks serve as a resource for car seats to families in need that cannot afford a seat and have no other means of funding.

We provide these seats to expectant parents in the Family

Birthing Center, patients on the Pediatric and NICU unit, and often times to clients in the Emergency Room. Car seats are essential to the patient's safe transportation and discharge. These seats are distributed to the units and given out by the Social Workers and/or the hospital-based car seat coordinator to clients in need.

Safe Kids Grand Forks is proud to be a part of Altru

Health System and all the wonderful things it stands for. We greatly appreciate the support of Altru Alliance in our Coalition's efforts to keep the children of our community and region safe. THANK YOU!



## Vehicle Backup Systems: New NHTSA Rule

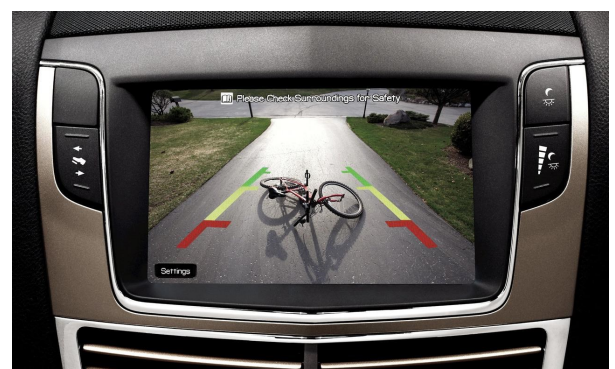
The National Highway Traffic Safety Administration (NHTSA) will require rearview technology in all new cars and many light trucks beginning May 1, 2018 to meet the new rear-visibility standards. This is an effort to reduce deaths and serious injuries caused by backup accidents.

Backup crashes involving light vehicles cause an average of 210 deaths and 15,000 injuries a year, and victims often are children and the elderly. NHTSA said the new rule, required in the Cameron Gulbransen Kids Transportation Safety Act, will save between 13 to 15 lives per year and prevent as many as 1,125 injuries annually. NHTSA estimates that a rearview system will cost between \$132 and \$142 per vehicle although many vehicles offer a system now as an option.

The act was named for a 2-year-old Long Island boy whose pediatrician father backed over him in their driveway in 2002.

Download National Highway Traffic Safety Administration's rear-visibility rule: <http://1.usa.gov/1hVnOLO>

Submitted by Kim Herrmann, Safe Kids Worldwide (Ft. Myers, FL)



SAVE THE DATE

Find the latest products, safety information, services and fashions for you and your little one all under one roof!

**SAFE  
K:DS**  
GRAND FORKS

**Altru**<sup>®</sup>  
HEALTH SYSTEM



# Tummy to Toddler EXPO

Sunday, October 18  
12 - 3 p.m.  
Alerus Center

For more information about the  
Tummy to Toddler Expo,  
visit our website or Facebook:

[safekidsgf.com](http://safekidsgf.com)

[facebook.com/Safekidsgf](https://facebook.com/Safekidsgf)



Like us on Facebook at Safe Kids GF  
Join our event for updates and details!



Follow us on Twitter at SafeKidsGF



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.

### 2015 Class Dates

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

**6 - 7:30 p.m.**

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

**5 - 6:30 p.m.**

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

Altru Psychiatric Center, conference room, 860 South Columbia Road, Grand Forks (use main entrance on south side of building)

\*Weather permitting, car seat installation assistance available after class.

**12 - 1 p.m.**

January 13	April 14	July 14	October 13
February 3	May 5	August 4	November 3
March 3 & 31	June 2 & 30	September 1 & 29	December 1 & 29

**4 - 5 p.m.**

January 21	April 22	July 22	October 21
February 18	May 20	August 19	November 18
March 18	June 17	September 16	December 16





# We Have a Busy Summer Ahead of Us!!

Our Safe Kids team, including the staff and volunteer technicians from around the region, have been busy planning our car seat check-up event schedule for the summer/warmer, outdoor weather months. Check out the schedule below and find a car seat check-up event location near you. You can also check out the schedule for more information on our web page at [www.safekidsgf.com](http://www.safekidsgf.com) We hope you will stop by and make sure that your children are riding safely.

## SAFE KIDS SUMMER 2015 CAR SEAT CHECKS

- May 7 Crookston Head Start, 3 - 5 p.m.
- May 11 East Grand Forks Head Start, 11:30 a.m. - 1 p.m. & 3:30 - 5:30 p.m.
- May 12 Grand Forks Head Start, 11 a.m. - 1 p.m. & 3 - 4:30 p.m.
- May 14 Rydell Auto Center, 4 - 7 p.m.
- May 21 Grafton Head Start, 11:15 a.m. - 12:30 p.m. & 3:15 - 4:30 p.m.
- May 27 Little Lambs Daycare in Larimore, 4 - 6 p.m.
- June 3 All About Kids, 3:30 - 6:30 p.m.
- June 4 City Auditorium in McVile, 10:30 a.m. - 12:30 p.m.  
(appointment required - call 701.332.5622 or 701.739.8705)
- June 4 Hanson's Auto & Implement in Grafton, 4 - 6 p.m.
- June 9 LifeCare in Roseau, 2 - 6 p.m. (appointment required - call 218.463.3211)
- June 11 Rydell Auto Center, 4 - 7 p.m.
- June 15 Grand Forks Montessori Academy, 3:30 - 5:30 p.m.
- June 18 D.L. Park in Northwood, 3 - 6 p.m.
- June 25 Safe Kids Grand Forks, 1 - 3:15 p.m. (appointment required - call 701.780.1660)
- July 1 Grafton WIC, 10 a.m. - 4 p.m.
- July 9 Rydell Auto Center, 4 - 7 p.m.
- July 16 East Grand Forks Head Start, 3 - 6 p.m.
- July 21 Grand Forks Early Head Start, 3 - 5:30 p.m.
- July 23 Brost Chevrolet in Crookston, 4:30 - 6 p.m.
- August 5 Altru Family YMCA, 4 - 6 p.m.
- August 6 Hanson's Auto & Implement in Grafton, 4 - 6 p.m.
- August 13 Rydell Auto Center, 4 - 7 p.m.
- August 14 Great Expectations in East Grand Forks, 4 - 6 p.m.
- August 20 Dahlstrom Motors in Oslo, 5 - 6:30 p.m.
- August 27 Wonder Years, 4:30 - 6 p.m.
- September 10 Rydell Auto Center, 4 - 7 p.m.
- September 17 Grafton Head Start, 11:15 a.m. - 12:30 p.m. & 3:15 - 4:30 p.m.
- September 22 East Grand Forks Head Start, 11:30 a.m. - 1 p.m. & 3:30 - 5:30 p.m.
- September 23 Crookston Head Start, 3 - 5 p.m.
- September 29 Grand Forks Head Start, 11 a.m. - 1 p.m. & 3 - 4:30 p.m.



All events with a community not listed are in Grand Forks.  
For more information on each event, visit [www.safekidsgf.com](http://www.safekidsgf.com)



# We've Come a Long Way, Baby!!



REMEMBER THE DAYS OF RIDING IN THE BACK OF YOUR PARENTS STATION WAGON?

Do you remember the days when you rode in the back of your mom and dad's station wagon? How about the days of sitting on their lap or playing with toys on the floor of the vehicle? There was a time when mom's arm across your chest was intended to "serve as a restraint" in a crash too. But, we have come a long way in the area of protecting people in motor vehicles. However, motor vehicle crashes remain the leading cause of death for individuals under age 35 so we want to offer these tips to help keep not only your children safe, but all occupants in the vehicle.

The automobile and car seat manufacturers are doing their part to keep up with the times and enhance their technology so if we do our part, the trips in motor vehicles can be safer for all of us. Here are some easy steps to take:

- ⇒ Have your child's car seat checked by a trained technician for proper use. There are locations to have this done all over the country. To find a check-up event near you, visit [www.safekids.org](http://www.safekids.org).
- ⇒ Make sure that each and every person in the vehicle is restrained in the proper device. That may be a car seat, a booster seat or a seat belt and it will vary based on the age, height and weight of the occupant. Buckle up—every trip, every person!! Kids watch the adults in the vehicle and whether they talk about it or not, your non-verbal cues are role modeled to

them each and every time they ride with you. Again, buckle up—every trip, every person.

- ⇒ Discuss the rules of the road/vehicle with your children and young adults so when they are riding with others or in their own car, they know what your expectations are.
- ⇒ Remember that distractions such as talking on the phone or texting are becoming increasingly common as factors in a crash. Don't drive distracted, whether with a cell phone or other activities that take your eyes off the road and your hands off the wheel of the car.
- ⇒ If you have questions about how to make your family vehicle safer, contact us at Safe Kids Grand Forks. We often help parents or caregivers with tough questions about how to ride safer and we are here to help. We will do our best to keep you updated on new and better technology coming out to make motor vehicles safer. To keep current on these and other injury prevention topics, sign up for our quarterly newsletter at [www.altru.org](http://www.altru.org), LIKE us on Facebook or check out [www.safekidsgf.com](http://www.safekidsgf.com)

## Global Road Safety Summit

Did you know that each and every day, 500 children are killed on the roadways in our world. That is 500 kids EACH—AND—EVERY— DAY that are killed from preventable incidents. In December, Safe Kids Coordinator, Carma Hanson was invited to Washington DC for a Global Road Safety Summit hosted by Safe Kids Worldwide. Nearly 200

leaders from all over the world were convened to discuss this epidemic and ways in which we can take action against these deaths.

Global Road Safety Day will be held on Tuesday— May 5, 2015 all over the world and Safe Kids Grand Forks and other partners in the state will be doing our part of make an impact and raise awareness to this cause. Watch for

more details in our Spring newsletter but for now, you can visit the Save Kids Lives web site at:

<http://www.savekidslives2015.org/> to learn more and to sign the pledge to "take action". We hope you will check it out and learn more to make our roadways a safer place.

# #SaveKidsLives



# 2015

Training  
is 3 1/2  
Days

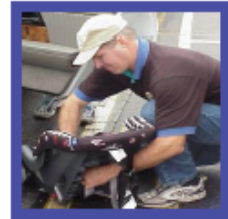
## Dates

March 2 - 5, 2015  
Bismarck  
April 28 - May 1, 2015  
Williston  
May 18 - 21, 2015  
West Fargo  
June 22 - 25, 2015  
Grand Forks

# 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. Credit cards are not accepted for local fee. Make check payable to North Dakota Public Health Association (NDPHA) and send to the North Dakota Department of Health address via online registration instructions.



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DEPARTMENT OF HEALTH

For more information

Dawn Mayer 701.328.4533 [drmayer@nd.gov](mailto:drmayer@nd.gov)

