

SAFE K:DS GRAND FORKS

News You Can Use



Fall 2016



If you haven't heard about the Tummy to Tot Expo yet, you are missing out! This October will be the 3rd annual expo for new and expecting parents. The expo is somewhat of a bridal show, but focuses on products, services, safety information and fashions for mom and baby through the toddler years.

Vendors will have items available to purchase or samples available. There is a whole world of resources available to you and we have put them all into 1 spot! An online silent auction is happening September 29th–October 9th. This will give you a preview of some of the items available at the booths and give you a chance to buy them early and donate to a great cause! **Find the Facebook auction by searching "SKGF Online Auction".**

You can buy pre-sale tickets at the Safe Kids office or these locations!!

The first 300 presale tickets will not only get an event bag filled with goodies, but will be entered into free door prize drawings that will be happening during the expo. There will also be raffle items available at the expo and lots of freebies and samples to pick up at the booths!



\$5 gets you a presale ticket (\$8 at the door), but hurry – only 300 presale tickets are available! You can purchase tickets at Adley Anne's or Plains Chiropractic during regular business hours, or at the Safe Kids office (call for hours – 701.780.1489). **Tickets can also be purchased online at <http://safekidsgf.com/TummyToTot.html>**



Photos shows "swag Bag" contents from 2015 Expo. This year's bags are filling up with great items too. Tickets sold ahead of the Expo date will get a reserved bag but supplies are limited so don't delay!



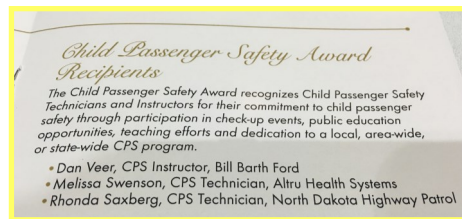
Safe Kids "STAR"



Sometimes our Safe Kids Star is a volunteer, other times it is an employee or "customer". Melissa Swenson is an employee of Altru Health System, the lead agency for Safe Kids Grand Forks. In her "regular job", Melissa works as a Child Life Specialist, interacting with patients and children all throughout the health system. She has also been a car seat technician and volunteer with Safe Kids for many years. Melissa is often times relied on for her knowledge of car seat use by children with special health care needs. She has worked with many children and families over the years to find safe ways to transport patients that have medical needs such as casts, poor body tone, surgical complications, prematurity, have the need to transport medical equipment or other special needs. Her knowledge and compassion are

a huge asset to the patients and families she interacts with on a routine basis.

This past spring, Melissa was honored at the North Dakota Law Enforcement Summit in Bismarck as one of the recipients of the Child Passenger Safety Award. The statewide recognition she was given is a testament to the hard work she has done and the contributions she makes in the lives of so many children that she works with in the health system, community and region. We are so very proud of Melissa and congratulate her on this award!!



Megan Schill,
AAA School Safety
Patroller of the Year
North Dakota, 2016

 EXPECT SOMETHING MORE™

Thanks for making your school safer.

Megan Schill
Discovery Elementary School
Grand Forks, ND

**AAA School Safety Patroller of the Year
North Dakota, 2016**

Congratulations on being selected North Dakota's AAA School Safety Patroller of the Year, and thank you for making a difference in your fellow classmates' lives.

The AAA School Safety Patrol® program is the largest traffic safety program in the world. For more than 95 years, AAA has sponsored the program, which instills students with a sense of responsibility, leadership and citizenship, and allows them to assist their classmates by ensuring their safety to and from school every day.

Learn more at AAA.com/SafetyPatrol

106-MS-2014 ND

Booster Seats for School Aged Kids

School has recently started and kids are excited to pick out their new school clothes, shoes, backpacks and school supplies. But, what about a new booster seat?

Vehicle seat belts are designed for adults, so kids don't usually fit correctly in a seat belt until they are 4'9" tall – which is usually between 8 and 12 years old.

As kids get older, they worry about what their friends think about them... and unfortunately safety isn't always the coolest thing. So showing up to the first day of school in your "baby booster seat" might be a fight. Good news! Booster manufacturers have recognized this problem and have come up with solutions!

Safety 1st has a booster called the Incognito that retails for around \$30. This booster only comes in neutral vehicle seat colors and is meant for kids 60-120 pounds and at least 47" tall.

The Mifold Grab & Go booster is another great booster that is so small, you can fit it in your back pocket or purse... or backpack (10x smaller than a conventional booster seat!). It is a great option for carpooling! This booster is available for pre-order at \$49. It is designed for children 40-100 pounds.



Safe Kids Grand Forks has both of these seats available for viewing, trial and purchase at our office. To stop by and check them out, call us at 701.780.1489 to set up an appointment. You will LOVE these great booster options!!

Car Seat Check Up Saved a Life

I'm so thankful that Safe Kids is around. I was taking my daughter to daycare one day when I was at an intersection where I had the right of way & the other driver had a stop sign. I could see I was going to be hit. I was hit on the driver's side of my van right behind my door which caused damage all the way from the sliding door on that side to the end of my van. When I got hit all I heard was my almost 2 year old daughter screaming in the back and as I looked I could see her car seat did what it was supposed to do to protect her. She was still rear-facing. I don't remember how I stopped my van or how I missed a light pole because my main focus was my child screaming. I don't believe she would have walked away uninjured if it was not for Safe Kids placing her car seat correctly. I don't think people ever think it will happen to them so they don't worry if their car seat is installed correctly. I'm glad I had my car seat checked and I am truly blessed that mine has been and always will be checked by a professional at a car seat check-up.

*Sincerely,
Katrina & Nora*

Thanks Katrina & Nora for this note. We were happy to help and encourage others to come see us too!! Safe Kids

What Difference Does 4 Inches Make?

The average puffy coat/snowsuit adds about 4 inches of slack into the child's car seat harness straps. Why should you care about 4 inches?

- You'd care if you wear a size 32 pants and instead had to go to work in a size 36 without a belt.
- You'd care if you had to walk your dog and only had a leash that was 4 inches too loose for his neck.

We put a baby in the same car seat, wearing the same few thin layers of clothes underneath – but changed which jacket/bunting she was wearing. In all four winter outfits we tightened the straps all the way - so there was only 1 finger's worth of room at her shoulder, and you couldn't pinch any slack at the shoulder. With 2 of the 4 winter outfits, her straps were just as snug with or

without the outerwear. But with the other 2 we were deceived – as we had to loosen the straps by 4 inches to fit the bunting/snowsuit!

What's 4 inches to your child in a crash? A whole lot as it significantly increases the risk of injury, and particularly head injury. If there is ever a place to dot your I's and cross your T's, your child's car seat is certainly the place – it could literally save your child's life. Car seat manufacturers and safety advocates warn that winter coats, snowsuits, buntings, sleeping bag inserts, head & body inserts you buy separately from the car seat, and other "fluff" are not safe in the car seat. In a crash all the fluff compresses and the straps are too loose for the child's body, which causes injuries. Besides the safety issue, winter coats and snowsuits make kids overheat

in the car.

So, how do you keep your child both warm AND safe in the car seat during the winter? Dress your child in a few thin, tight layers of clothing. A thin, well-fit fleece jacket is a great top layer. Once the child is buckled and the straps are snug you can cover the child OVER the straps in a way that allows them to be warm without overheating in the car. Warm your car ahead of time, if possible. Shower cap style car seat covers that have elastic around the rim are a great option as they just go over the top of the car seat and have no contact with the harness straps.

For more detailed information visit <http://thecarseatlady.com/cold-weather-tips/>
Source: The Car Seat Lady

Can Jackets & Buntings Be SAFE in a Car Seat?



Columbia
Steens Mt II or
Benton Springs
Fleece







Here's the Test:

1. With baby wearing desired winter gear, make harness straps SNUG - by pulling UP on shoulder straps, then UP on tail and repeating 3-5 times until only 1 finger fits at collarbone.
2. Unbuckle baby, remove winter gear, and with baby wearing 3-4 thin, tight layers (tight fleece jacket on top is good), buckle baby
3. Check if harness straps are snug by pulling UP on shoulder straps. If any slack comes upwards, or there is room for more than a finger away from the child's body, the straps are too loose and the winter gear too bulky.



Step 1



Step 3
Too Loose!



THE CAR SEAT LADY

**Columbia, Patagonia, and Ollily had nothing to do with this post. This is not a sponsored post (we don't do these). We bought all of these items on our own.

Parking Lot Safety and Your Child



At Safe Kids Grand Forks, we work with schools, parents, and children throughout the community to address pedestrian safety concerns. In fact, you will find many articles in this newsletter related to getting back to school and pedestrian safety. One topic that is sometimes overlooked is keeping your children safe in a parking lot. We found this excellent article online that addresses the topic and has some great tips.

by Melissa Maypole

How can you keep your child safe in parking lots?

Pay Attention

Make sure your child remains with you at all times. This sounds simple, but as parents, we all know how easy it is to become distracted, and within seconds, our child is out of reach. Therefore, whenever you enter a parking lot, it is imperative to put away your cell phone, shopping list, or whatever it is that may take your eyes off of your child, even for a minute.

Use a Stroller

According to preventinjury.org, toddlers (one and two years of age) sustain the highest number of pedestrian injuries. This is due to their small size and limited experience. It is unrealistic to assume that your toddler will perfectly comply with your rules all of the time. Even the most well behaved youngster may forget himself and suddenly sprint off. If you cannot keep a firm grip on your child's hand while in a parking lot, play it safe

and buckle him into the stroller.

Teach Your Children

Do not assume your child understands the dangers lurking in a parking lot. Because it seems so clear to you, it is easy to overestimate your child's knowledge. KidsandCars.org suggests teaching your child that parked vehicles may move. They also recommend reminding children that even though they can see a vehicle, the driver may not see them. Thousands of children are seriously injured or die yearly because a driver simply didn't see them while backing up. You also need to teach your child the dangers of running off, due to the unlikely event that they will be abducted or, more likely, get lost. While we do not want to frighten our kids unnecessarily, we also do not want them to be unaware. Talk to your child in an age-appropriate way about the importance of sticking close to you.

Watch for Other People's Children

Although you may always keep a close eye on your youngster in parking lots, don't assume everyone else does the same. Before getting into your vehicle,

KidsandCars.org recommends walking around and behind the vehicle, prior to moving. Also, keep a careful eye out for children as you back out and maneuver through the parking lot.

Some Additional Reminders

There are several devices and gadgets available that are designed to help keep little ones safe in parking areas. Many cars now come equipped with rear-view cameras and sensors, which let you know when you are close to an object (or person). These devices are good, but there is no substitute for vigilance. Keep a close eye and hand on your child, so you can get to and from your car with your child's safety intact.

This article was taken from <http://www.everydayfamily.com/>



Back to School Safety Checklist

Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school.



Walking to school

- Review your family's walking safety rules.
 - Walk on the sidewalk, if one is available. When on a street with no sidewalk, walk facing the traffic.
 - Before you cross the street, stop and look left, right and left again to see if cars are coming.
 - Never dart out in front of a parked car.
 - Practice walking to school with your child. Cross streets at crosswalks when available.

Riding a bicycle to school

- Make sure your child always wears his/her helmet when leaving the house.
- Make sure helmet is [fitted and secured properly](#).
- Teach your children the rules of the road.
 - Ride on the right side of the road, with traffic, and in a single file.
 - Come to a complete stop before crossing the street. Walk bike across street.

Riding the bus to school

- Go to the bus stop with your child to teach them the proper way to get on and off the bus.
- Make sure your children stand six feet away (or 3 giant steps) from the curb.
- If your child and you need to cross the street in front of the bus, walk on the side of the road until you are 10 feet ahead of the bus. You always should be able to see the bus driver, and the bus driver always should be able to see you.



Safety at HOME

National Safety Council

saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads, through leadership, research, education and advocacy.

1121 SPRING LAKE DRIVE
ITASCA, IL 60143
(800) 621-7619 • nsc.org
customerservice@nsc.org

School Safety

Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school.

Preventing backpack-related injuries

- Choose a backpack for your child carefully. It should have ergonomically designed features to enhance safety and comfort.
- Don't overstuff a backpack; it should weigh no more than 10 to 20 percent of your child's body weight.
 - For example, a child that weighs 60 pounds should carry a backpack no heavier than 12 pounds.
- Ask your children to use both straps when wearing their backpack to evenly distribute the weight on their shoulders.

Preventing playground-related injuries

- Encourage your child to use playgrounds with a soft surface. Avoid playgrounds with concrete surfaces, as they are too hard if your child falls.
- Children under the age of four should use climbing equipment with assistance and adult supervision, and watch older children when they're climbing, especially on monkey bars.

making our world safer®





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



Gun Safety & FREE Gun Locks

Hunting season is upon us and we want to assure that homes with guns are a safe place for curious kids. Here are a few pointers:

- Teach kids these simple steps if they see a gun:
STOP, DON'T TOUCH, LEAVE the AREA, TELL AN ADULT.
- Store guns and ammunition in a separate and safe/locked place.
- Put gun locks on your guns. **We have FREE gun locks available at our Safe Kids Office. Please contact us at 701.780.1489 or safekids@altru.org if you are interested in getting some.** Safe Kids Grand Forks offers their thanks to the Grand Forks County Sheriff's Department for their partnership to provide these locks. They can also be obtained at the Grand Forks Sheriff's Department year round simply by stopping in during office hours. Be safe and happy hunting!!



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.



SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM



6053-0280-SEPT 14



Car Seat Check-Up Events

presented by:

SAFE KIDS **Altru**
GRAND FORKS HEALTH SYSTEM

in cooperation with

Rydellcars.com
CHEVROLET BUICK GMC Cadillac

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.





Car Seat Check-Up Events

presented by:



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 incorrectly. Could one of them be yours? Is your child's car 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 4:30-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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

Proud Program Sponsors



2016 Dates

- *February 4
- April 7
- June 2
- August 4
- October 6
- *December 1

*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:



SAFE KIDS
GRAND FORKS

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.



2016 Dates

- January 28
- April 28
- July 28
- October 27

For more information, contact Altru Clinic Crookston at 218.281.9100.

DON'T PASS THE BUS!



It's Deadly. It's Illegal.



While Red Lights Flashing

Violators will be reported to the police.



This information brought to you by Safe Kids Grand Forks, the City of Grand Forks and Dietrich Bus Service





For twenty three million students nationwide, the school day begins and ends with a trip on a school bus. The greatest risk is not when riding the bus, but approaching or leaving the bus. Before children go back to school or start school for the first time, it is essential that adults and children know traffic safety rules.

Drivers

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
- Slow down. Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street without looking for traffic.
- Learn and obey the school bus laws in your state. Learn the "flashing signal light

Kids, the School Bus & You

system" that school bus drivers use to alert motorists of pending actions:

- **Yellow flashing lights** indicate that the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.
- **Red flashing lights** and extended stop arms indicate that the bus has stopped, and that children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again.

DON'T PASS THE BUS!

**It's Deadly.
It's Illegal.**

STOP While Red Lights Flashing

Violators will be reported to the police.

SAFE KIDS This information brought to you by Safe Kids Grand Forks and your local bus service.



Parents



- Teach children to follow these common sense practices to make school bus transportation safer.



Children

- Get to the bus stop at least five minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it's okay before stepping onto the bus.
- If you have to cross the street in front of the bus, walk on the sidewalk or along the side of the road to a point at least five giant steps (10 feet) ahead of the bus before you cross. Be sure that the bus driver can see you, and you can see the bus driver.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings, and book bags with straps don't get caught in the handrails or doors.
- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus.
- If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.



This information has been created by the National Highway Traffic Safety Administration and distributed by Safe Kids Grand Forks, along with their lead agency, Altru Health System.



Contact Safe Kids Grand Forks at www.safekidsgf.com or 701.780.1489 for more information on school bus safety or other childhood injury risk areas.



BE SURE TO **DRIVE CAREFULLY** WHEN SCHOOL IS IN SESSION!

- Be aware of the locations and hours of schools in your community. If you are driving around during arrival and dismissal times, try to find an alternative route and avoid school zones.
- If you are driving through a school zone, watch for children on their way to and from school. Also, in some communities, children may be walking to and from school at unexpected times for appointments, lunch breaks, etc.
- Obey all school zone signs, signals and markings.
- Look for crossing guards, AAA School Safety Patrollers or others that may be assisting with school safety.
- Watch your speed. Come to a complete stop **BEFORE** a crosswalk even if this means you will then



need to pull into crosswalk to check for traffic.

- **PHONES DOWN!** Consider school zones a “no phone zone”.

Start dates for schools vary throughout the region. Be aware of when school starts in the communities in which you travel.

OF SPECIAL NOTE: The Grand Forks Public Schools have altered the schedule for all elementary schools. The school day now starts at 8:25 am and concludes at 3:00 pm; students will be walking and biking to school longer into the morning than in previous years. Also, every other Wednesday, Grand Forks elementary students will be dismissed at 1:30 pm. **PLEASE DRIVE WITH CAUTION AS OUR COMMUNITY ADAPTS TO THESE CHANGES.**

Driving Day Ends Earlier for Some ND Teen Drivers



With the sun now setting earlier each day across North Dakota, AAA and the North Dakota

Department of Transportation are reminding teens of the state’s night driving provision.

According to state law, teens under age 16 holding a restricted license are prohibited from driving between 9 p.m. or sunset, whichever is later, and 5 a.m. The sun will set before 9 p.m. across the state by the third week in August. The penalty for a violation is a \$20 fee and four points against the driver’s record.

There are exemptions for teens driving directly to and from work, school or religious activities.

In addition to the night driving restriction, teens are reminded of primary enforcement provisions of the state’s seat belt and telecommunications, or cell phone, laws. Accordingly, law enforcement officers can stop youth under the age of 18 for seat belt or cell phone violations without there being another violation. Penalties range from a \$20 fee up to a \$20 fee plus four points.

According to North Dakota crash data, teens are greatly overrepresented in crashes. While they currently make up 5.3 percent of licensed drivers in the

state, they were involved in nearly 18 percent of all crashes in 2015. And the Insurance Institute for Highway Safety states that, per mile driven, the fatal crash rate for teens is about 4 times as high at night as it is during the day.

For additional information on North Dakota’s licensing process visit www.dot.nd.gov or www.TeenDriving.AAA.com.

Submitted by Gene LaDoucer



The Dangers of Bed-sharing

Many babies die each year while sleeping with other children or adults. The American Academy of Pediatrics (AAP) does not recommend bed-sharing, but instead recommends room-sharing. Room-sharing is defined as an infant sleeping in the same room as parents, but in a separate sleeping place such as a crib or pack-n-play.

During bed-sharing, a baby can be injured or die by:

- Getting trapped by the bed's frame, headboard or footboard
- Getting stuck between the bed and the wall, furniture or other objects
- Falling off the bed
- Being suffocated by pillows, blankets or quilts or from laying facedown
- Having another person roll on top of him
- Overheating
- SIDS

Follow these Safe Sleep Tips:

- Always put baby completely flat on

his back in a crib or pack-n-play for every sleep

- Place the crib or pack-n-play close to your bed – make sure unsafe items are out of reach
- Mattress/pad should be firm, tight fitting, and meet the four corners of the frame of crib/pack-n-play. No extra padding should be added.
- Fitted sheet should fit properly so it is not too loose or too tight. The mattress/pad should maintain its shape and lay flat when sheet is used.
- If you bring your baby to bed to breastfeed or comfort, stay awake and put baby in his own crib/pack-n-play before you go back to sleep
- Don't fall asleep with a baby on your chest
- Don't sleep on couches, recliners, or rockers with a baby
- Keep baby's head uncovered
- Keep all soft items out of a baby's crib
- Do not use car seats, bouncers,

swings, etc. for sleeping

- Do not overheat baby. Dress your baby in no more than 1 extra layer than you are wearing.
- Blankets are not recommended
- Swaddling should be discontinued once an infant reaches 2 months of age
- Do not attach anything to the crib/pack-n-play or hang items on the sides
- Do not use positioning devices or wedges
- Remove bibs, necklaces, hooded sweatshirts, and hats for sleep
- Do not attach pacifiers to clothing or use pacifiers with stuffed animals attached for sleep
- Do not use home monitors or commercial devices marketed to reduce the risk of SIDS
- Keep sleeping area smoke-free
- Supervised and awake tummy time is recommended daily

This article has been submitted by Sarah Myers with Child Care Aware.



National Grandparents Day



At Safe Kids Grand Forks, we want to celebrate the amazing job that grandparents do each day. According to Safe Kids Worldwide, 7 million grandparents live with their grandchild. From that 7 million, 2.6 million grandparents are the child's primary caregiver.

Now being a grandparent does give credentials to the individual because they have raised children of their own, but times have changed, when it comes to new knowledge on safety. With an increase in technology, we have more ways to research potentially dangerous situations, such as house fires, and we can track data, such as how many prescription medicines are filled. Back when many grandparent's children were young, things such as baby gates, car seats and other safety devices were not readily available. Being a grandparent and potentially the caregiver for young children these days offers some additional resources in the line of safety devices. But, with that also comes the need for more information and assistance. Safe Kids Grand Forks is here to help. Here are some tips that will



help not only grandparents but all caregivers.

In 2014, 4 billion prescriptions were filled, compared to 1.4 billion prescriptions filled in 1980. Prescription medication is a wonderful example of the miracles of medicine, but when it is not taken properly, it can have major consequences for kids. The only way to prevent a child from getting into prescription pills is to put any medicine up and away from the child. Although putting medicine up and away is highly effective, it may not be possible for grandparents who have disabilities. Fortunately there is a solution; you can purchase medicine lock boxes. The lockboxes have a built in lock which is perfect for keeping medicine away from children, but not having to put extra strain on the grandparent. If you do use a lockbox, make sure the key is kept away from children.

Besides medicine, there are other areas in the home that can put your children or grandchildren in danger. Almost every room in the house has potential dangers for a child which means there are plenty of areas to improve safety conditions. Below is a list that provides a few simple tips for keeping your children safe:

1. Check fire alarms every 6 months. If you are having difficulties hearing your fire alarm, install one that flashes and/or vibrates.
2. Create a fire escape plan and practice it often. Your child may panic in an emergency so it is important that they know a fire escape plan by heart and can get out of a home that they are maybe less familiar with.
3. Block off stairs or other areas where your grandchild may fall. Many children have fun playing in areas of the home with little caution. Grandparents can do their part to make a child feel safe by putting baby gates in areas where kids could take a bad spill.
4. Never leave a child alone in a bathtub full of water, even for a second. It only takes 1 inch of water and less

than 1 minute for a child to drown. If you need to leave the bathroom, be sure to drain all the water or take the child with you.

5. If you are taking care of an infant, never put them in a crib with any blankets, plush toys, pillows, or another baby. When you do put the infant down to sleep, always lay them on their backside.
6. Secure loose furniture and TV's with a strap or another securing mechanism. Kids love to move their bodies and test out their wing span. They have the potential to bump or knock over a large piece of furniture and injure themselves. It only takes one moment to prevent a few hours in the emergency room.

Being a grandparent brings joy to so many and likewise, a grandma or grandpa can be such a blessing to the young ones that get to grow up being around them. As we celebrate National Grandparent's Day (September 11, 2016), we applaud each of you that wear that title of "GRANDPARENT". Thank you for helping to keep the special grandchildren in your lives safe each and every day. If you would like more information on childhood injury prevention topics, visit www.safekidsgf.com or call us at 701.780.1489. We also offer car seat check-up events in our region to assist parents, grandparents and caregivers with their car seat needs. We'd love to help you out too; find our upcoming event dates on our web page.

Below is a sample of a medicine lockbox:



CARPOOL SAFETY CHECKLIST



Transporting your child safely is important – transporting someone else’s child is even more important. When your child is riding in a carpool with someone else or other children are riding with you, please make sure you can say “Yes” to all the following items:

BEFORE THE RIDE

- » The person driving the carpool is a responsible, trusted person who has their driver’s license and carries auto insurance.
- » Before the driver gets into the car, they walk completely around the car – looking for kids, toys and pets.
- » The driver can see each child in the carpool as they are approaching the car.
- » I teach my child not to play around or near cars in driveways, parking lots or the street.

DURING THE RIDE

- » Each child rides in a car seat, booster seat or seat belt, based on individual age, weight and height.
- » Each child has their own seat belt system to hold them, the booster seat or car seat.
- » Each child under 13 is riding in the back seat.
- » Airbags have been disabled for children who must ride in the front seat (front seat location is NOT recommended.)
- » The driver knows how to use a booster seat or car seat correctly for the children they transport.
- » The car does not start until every person is properly buckled.

AFTER THE RIDE

- » Keep the vehicle locked, so kids cannot play in or around the car when an adult is not there.
- » Each child has seen and knows how the glow in the dark emergency trunk handle works in an emergency.
- » All children exit the car on the curb side.
- » Once children exit the car, the driver waits until they are safely supervised before driving off.
- » Never leave children alone in the car, not even for a few minutes.

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6053-0257 JULY 14



Do Side-Impact Air Bags Affect Car Seats Next to the Door?

Most newer cars have side-impact air bags, which may be located in the sides of the seats, in the door panels or frames, or above the doors. Many are “curtains” that drop from the ceiling to cover the side windows in front and back. Look on the seat or door frame for labels, such as Air Bag, SIPS, IC, Torso Bag, or SIAB.

A side-impact air bag or curtain inflates only a few inches toward the passenger. In a crash it can prevent serious head or chest injury. It should not harm a child buckled up properly in a car seat or seat belt. However, some kinds might injure someone leaning against the door. Most newer vehicles have been tested to make sure their side air bags will not harm children, even ones who move out of position.

If your car has side-impact air bags, make sure your child does not lean against the door or window. Children riding in a booster may be better protected in one with a high back. (Sleeping children are also safer and more comfortable in a booster with a back. Always check the car seat instructions and the vehicle owner’s manual for information about installing car seats near air bags.



Sports Nutrition: Practice Supplement Safety

Choosing to take a dietary supplement can put an athlete’s health at risk. Think food first, as your athlete’s safest bet when it comes to enhancing sport performance. Nutrients from whole foods are better absorbed and come in the correct proportions than those found in supplements. Supplements are not regulated and supplement companies do not have to show proof of purity, safety, or effectiveness before selling dietary supplements. Check out the following resources that test dietary supplements for quality and banned substances:

- NSF International: www.nsf.org
- Informed Choice: www.informed-choice.org
- US Pharmacopeia: www.usp.org

Organizations that provide supplement information are: The National Center for Drug Free Sport and the U.S. Anti-Doping Agency.

The keys to good health and successful athletic performance are a well balanced diet created to meet the specific needs of each athlete along with a proper training program.

to meet sport specific nutritional

needs, call to schedule an individual appointment with a Sports Dietitian at the Sanny and Jerry Ryan Center for Prevention and Genetics at 701.732.2620. For more information on other sports nutrition services call 701.732.7624.

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





Fall in the Upper Midwest means Harvest Time!

Danielle Gratton, RN, BSN, FCN

Harvest season is busy and can be stressful for area farmers. Harvest involves a lot of heavy equipment and machinery that can pose a risk to you or your family. For those farming there are a few things that will help make your harvest season safe for your entire family.

- Make sure all your equipment has been maintained and all repairs done.
- Make sure all guards and shields are secured before equipment is started.
- Ensure implements are attached or hitched properly and are in good working order. Use safety chains, if equipped.
- Ensure all lights and reflectors are in place and in good working order. A slow-moving vehicle sign should be

in place and visible from the rear.

- Avoid sleep deprivation and extreme physical exhaustion.
- Be aware of who and what is near you.
- Keep children away from all equipment.
- Give farm equipment room on the road. Wait until it's safe to pass.
- It can take a loaded truck up to two times longer to come to a stop than a car. Please don't pull out in front of trucks, they may not be able to stop in time to avoid a collision.

away from grain bins, equipment storage areas and fuel tanks that are frequently used by heavy equipment during this busy season.

Be safe this harvest season! This article has been provided by Danielle Gratton, a nurse with the Grand Forks Public Health Department and long-time member of Safe Kids Grand Forks.

Some very important tips for children during this busy time year are:

- Don't play too close to the field or on the road
- Stay away from all machinery
- Designate safe, age appropriate tasks for children to take part in.
- Have a safe area in the yard designated for children's play that is



- Teach your kids to buckle up every ride, every car, every time, forever. Start this rule when your kids are young.
- Be a good example when you drive. Your kids are watching and learning even when they are still in their car seats.
- Spend time in the car with your new teen driver. Discuss safety issues, including putting phones away when driving.
- Remind your teens about the importance of observing speed limits and following the rules of the road.
- Encourage your teens to speak up when any driver, including you, is driving unsafely. Teach them to find a safe way home if the driver has been drinking.

BUCKLE UP!

Be a good example and buckle up for every ride!

National Teen Driver Safety Week

October 16-22, 2016

Did you know that only 25% of parents have a serious talk with their kids about the key components of driving? As a parents, do you know what the key components of driving are for teens?

NHTSA (National Highway Traffic Safety Administration) wants parents to know! To learn more about the "5 to Drive" campaign, check out <http://www.safercar.gov/parents/TeenDriving/fivetodrive.htm> . This website will provide parents with tools to help them set the rules before their teen hits the road.



Donation Helps Safe Kids Grand Forks Enhance Our Education on the Dangers of Heatstroke

Often times, generous donations come from people who are grateful for help that they have received from Safe Kids Grand Forks. One such donation came this summer that has allowed Safe Kids Grand Forks to get out our message about the dangers of heatstroke and children left in hot vehicles.



doesn't take a very hot day before temps inside the car extend way over 100 degrees and can be fatal to young children.

On average, each year 38 children die of heatstroke from being left in a hot car. Usually, children are forgotten there but this summer, we have seen a trend where children of toddler age are gaining access to vehicles and then cannot get out. Several children have died of this cause and so our efforts to spread that message in the Grand Forks region have been in full force. Having the visual thermometer to use at clinics, child care centers, grocery stores and other community events has drawn a great deal of attention to this risk area for children. We are so grateful to

Henningsen Cold Storage for their donation and offer them not only our gratitude but these tips for our newsletter readers:

ACT To Prevent Heatstroke:

A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse, your shoe or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Besides the education that was provided with the thermometer, Safe Kids created window clings that were placed in MANY regional business doors and windows. Thanks to all the places that used these clings as a reminder to not leave kids alone in a car and to call 911 if a child is seen alone. If you or your business would like a FREE cling or poster like this for next summer, please contact Safe Kids Grand Forks at safekids@altru.org or 701.780.1489 and we will gladly mail them to you free of charge.



Thanks in part to a grant we received last fall and to a \$1000 donation from Henningsen Cold Storage of Grand Forks, we were able to purchase this visual digital thermometer which was used at many locations this summer to educate parents and caregivers about the vast difference in temperatures inside a vehicle and outside. Temperatures inside a car can heat up to 40-50 degrees hotter than outside in a matter of an hour or two. Children's bodies overheat 3-5 times faster than an adult so it



Leaving Your Youth Alone at Home

It is always an exciting time of year when school starts in the fall. For some parents, this may be the first school year that your child is coming home alone after school. For other parents, you may have already been through the first year of letting your child have that independence and responsibility. But, no matter how much time your child has been at home alone, it is always important to review and plan for any situation that can occur.

Safe Kids Grand Forks offers an activity booklet that allows for you and your child to review topics that are most likely to occur while your child is home alone. The activity booklet is called, *Safe At Home Alone: A Guide for Kid's Time Alone*. A few topics that are reviewed in the booklet are: fire emergencies, cooking safety, answering the phone and door, and many more. Although you know that your child is ready to be at home alone, you may not know how they will respond in an unknown situation. For example, it is possible for a child to forget their house key; do you think they would know how to respond to that situation?

When I went into sixth grade, my parents felt that I was old enough to stay at home for an hour between school and them arriving back from work. It was the second week of school and I did something that most kids do, I forgot to grab the house key. I panicked because my parents and I did not review what to do in case that happened and because I was young, I ended up waiting outside for an hour until my mom arrived home. While I was waiting, nothing bad happened but, imagine if it was the middle of winter; waiting outside for an hour would not have been safe. Looking back, I wish that my parents and I would have filled out this booklet because it includes a section, *Coming Home*, which prompts you to create a plan on what to

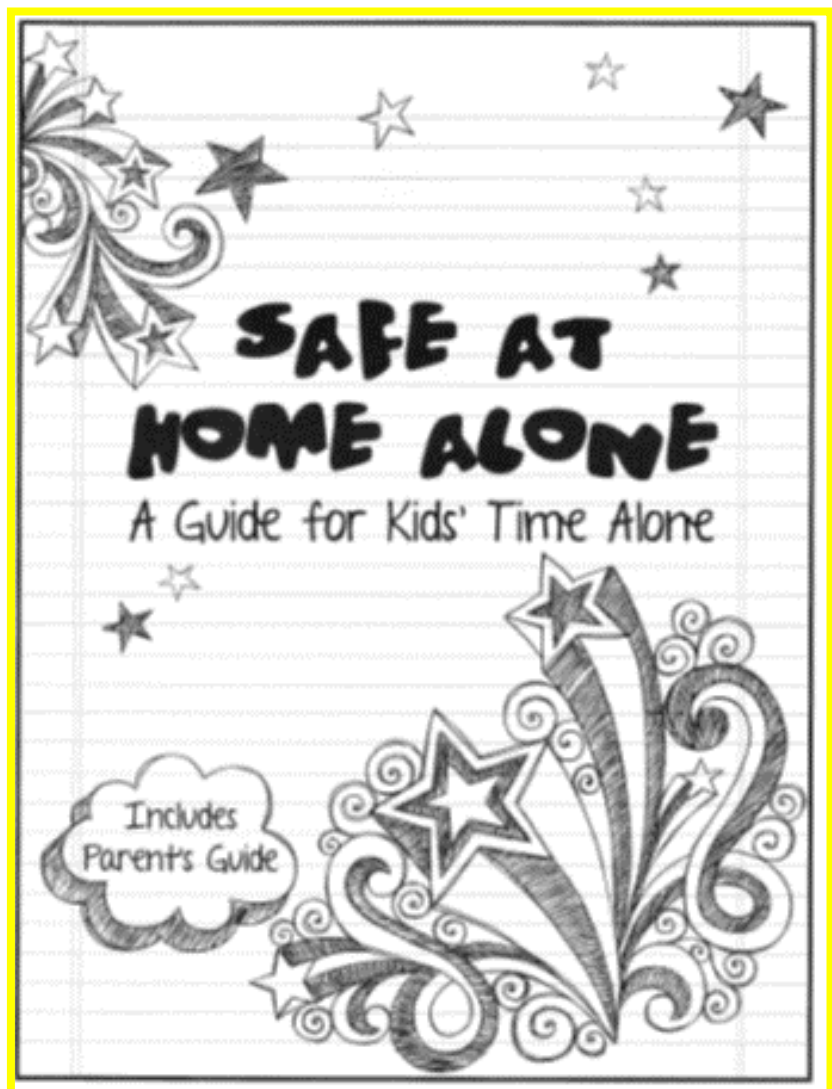
do if you cannot get inside your home (hint: hidden extra key).

Preparing your child before you have to leave them alone at home is going to make you and your child feel more comfortable. It will also build a strong foundation for your child to succeed at staying home alone, which will make them feel more confident in their abilities to take care of themselves.

If you would like to fill out the activity booklet with your child, you can download it at www.safekidsgf.com. Once you are on the homepage, find the tab "safety info" and click on it. Then scroll down to the title "Miscellaneous Safety

Information" and click on the link "Downloadable Activity/Teaching Pages". Once you are on that page, click on the link, "Safe at Home Alone: A Guide for Kid's Time Alone", and it will allow you to print it out. You can also call Safe Kids Grand Forks at 701.780.1489 for more information about your child staying home alone or for copies of this book. We would be happy to mail them out to you.

This article has been written and submitted by Madison Wessling. Madison recently joined our Safe Kids staff/team to help with covering the many events that we are involved in with the community and region. Madison is a senior at UND, majoring in Public Health Education.





HEADS UP SCHOOLS

A Fact Sheet for Parents

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports **one or more** of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

**Only ask about sleep symptoms if the injury occurred on a prior day.*

To download this fact sheet in Spanish, please visit: www.cdc.gov/Concussion. Para obtener una copia electrónica de esta hoja de información en español, por favor visite: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, or
- Physical activity at recess.

What should I do if my child or teen has a concussion?

1. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
2. **Help them take time to get better.** If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a health care professional.
3. **Together with your child or teen, learn more about concussions.** Talk about the potential long-term effects of concussion and the dangers of returning too soon to normal activities (especially physical activity and learning/concentration). For more information about concussion and free resources, visit: www.cdc.gov/Concussion.

How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.



To learn more about concussion and to order materials **FREE-OF-CHARGE**, go to: www.cdc.gov/Concussion or call 1.800.CDC.INFO.

Tips to help you stay safe while playing Pokémon GO



“Pokémon GO,” the augmented reality mobile game from Nintendo, Niantic, and the makers of Google Earth that turns real-world landmarks into monster-catching hotspots, has caught the attention of just about everyone, even reportedly surpassing Twitter and Tinder in daily active users since being launched recently. It even showed up in a literal battleground.

Pokémon GO gets people outside and walking around and interacting with strangers in interesting ways. But there have already been some drawbacks to the game. Players have reported getting hurt while distracted by the app, and reports quickly spread over the weekend that armed robbers were using the app to camp out near Pokéstops and gyms to get easy access to potential victims.

There’s also the chance of emotional trauma, as evidenced by the Wyoming teen who stumbled across a dead body while using the app.

So, what should you know to stay safe while playing Pokémon GO?

Look up, and pay attention to your surroundings

When you open Pokémon GO on your mobile device, you get a warning message, imploring you to pay attention to your surroundings. That’s no mistake—Pokémon GO is pretty much the epitome of distracted walking, which research has proven is dangerous for your health. (In 2012, the University of Maryland published a study saying that

pedestrian deaths involving victims wearing headphones had tripled since 2004.)

The New York City Mayor’s office released a statement recently, warning Pokémon GO players to stay “aware of their surroundings, alert to danger, and following all laws” while playing the game. That means crossing the street at crosswalks and intersections, not sprinting across the road when you see a Jigglypuff. It also means not trespassing on private property, looking both ways before you cross the street, and avoiding places that might be dangerous for catching Pokémon, like on the train tracks or in dark alleys.

Furthermore, according to Forbes, you can cut out distractions by allowing the app to run in the background while you walk. If you feel a buzz in your pocket and it’s not a text, email, or other app sending you a push notification, there’s a Pokémon nearby. Stop, take out your phone, and begin your search then.

Be careful at night

To be safer while playing at night, you can turn up your screen brightness, which will drain your battery, but will also make you more visible on dark streets. You can also wear a reflective bike vest or a headlamp to alert drivers to your presence.

Play with a group

Even though crime rates have plummeted in recent decades, walking alone at night—especially while distracted, with an expensive smartphone in your hand—is probably a bad idea. When you’re playing Pokémon GO, especially at night and in less-populated areas, consider taking a friend with you. For extra safety, you could even take turns playing and acting as guides or spotters. If you’re playing with a kid, let them take the phone while you keep watch.

Know your limits

If you play Pokémon GO for an hour or

two, you could end up walking more than you bargained for. (A two-hour session, walking at an average of 3 miles per hour, would net you six miles.) If that’s more than you’re used to walking, make sure you stay hydrated, wear sunscreen, and take opportunities to sit down and rest. (Seriously!) You’ll need to walk back home eventually, and sore legs aren’t going to help that at all.

Don’t play while driving

This one is obvious. You already don’t text and drive, so why would you want to do something even more distracting while operating a car? Washington state’s Department of Transportation has already released an official warning about Pokémon-catching while driving, and more states could follow suit. Plus, the game is specifically designed for you to discover new Pokémon and Pokéstops on foot—not while speeding through a neighborhood.



Yeah we know Charizard is rare but don't let Officer Monello & his new partner catch you! Don't #CatchEmAll & drive!



Carry an extra battery pack, in case you get lost

Playing Pokémon GO carries the risk of wandering into unfamiliar territory, and not being able to get back home. Usually, finding directions is no problem—just shut down the game and open a maps app. But Pokémon GO is a notorious battery hog. So you might want to carry an extra battery pack, in case your phone dies while you’re playing.

Continued on page 25



Tips to help you stay safe while playing Pokémon GO~Continued from page 24

Set boundaries for kids, and enforce them

“My nephew got lost in the mountains at midnight looking for a zubat or something,” David Wilson, a New York coffee shop manager, told me about his experience with the game over the weekend at a family reunion in South Carolina. “My brother-in-law and I had to search for him for about an hour. He’s 10.”

Wilson’s story is illustrative of one of the most dangerous things about Pokémon GO. Players (many of them children) are going to be wandering around their towns and cities, possibly traveling to less-than-safe areas.

If your kid is going out looking for Pokémon far from home, you might want to make sure they’re chaperoned. And no matter what, you’ll want to talk with your kid about maintaining safety even while pursuing Charizards.

The ultimate safety tip: stay home

There are reportedly ways to hack the game in order to play it without moving. Sure, that’s kind of beside the point, but if you really want to stay safe and avoid dangerous interactions, just put your feet up at home and use a spoofing hack to fake your location. (Or, if you don’t want to cheat, just spend a few dollars on incense or lures, both items in the game that will bring Pokémon to you.)

Happy hunting.

This article has been provided by Stephanie Erickson, a Planner with the City of Grand Forks. It was taken from the following link:
<http://fusion.net/story/323639/pokemon-go-safety/>



My Summer of “Splashing into Safety”

This summer I was fortunate enough to be offered a position at Safe Kids Grand Forks. I am currently a student at UND for Public Health Education and being able to gain experience before I graduate is invaluable for my career. My first day on the job, I was given an assignment to plan, coordinate, and present information on water safety to the local region. I was beyond thrilled to have this topic because as a former lifeguard and competitive swimmer, water safety is near and dear to my heart.

The presentation that I gave on water safety is called, Splash into Safety. Over the course of the summer, I was able to present in various towns from Northwood to Hoople all the way to Roseau. Being safe around the water is simple and for many children and parents, it may seem like a “no-brainer”. Unfortunately, there are roughly 800

children who die each year from drowning-related accidents, so the need for educating kids on water safety is still a high priority.

Splash into Safety reviews the most important information to prevent accidents from occurring in or around the water. All of the topics discussed in the presentation are important, but I am going to share with you the three topics on water safety that I feel are critical for your child to know. The first topic is about whom kids should always bring with to the pool or other bodies of water. The second topic is teaching kids how to properly pick out and put on a lifejacket. The third and final topic is a water safety technique to teach kids how to save someone who is drowning. If your child can remember these three topics, they will have lifelong knowledge and skills.

Making sure that the kids will know these lifelong skills is the first line of



defense to prevent an accident. The first critical water safety topic is about always bringing a parent or guardian and a friend to the pool. The idea is the more people your child has watching them in or around the water; the more likely they will be helped, if an accident occurs. The parents’ role is to keep undivided attention on their child and child’s friend. The role of the friend is to have a second pair of eyes on your child. Plus, it is just plain fun to bring a buddy to swim with at the pool or lake.



Hidden Dangers In Your Garage

Garages are typically full of potential hazards. They are usually not a place recommended for children. If you are not able to safety proof your garage, it is recommended to keep it off limits by locking the access doors and keeping the garage door down when not in use.

If you are able to make changes to your garage to improve safety, please consider the following:

- Cover electrical outlets that are within reach of children.
- Keep steps and exits free from clutter.
- Store all chemicals, gasoline, and cleaning products in their original containers. Keep them out of reach or locked up. Keep them in a well ventilated area and away from a heat source.
- Keep sharp objects, like tools, yard and garden tools and equipment, nails, screws and other small objects, locked up or high out of reach.
- Keep the propane tank turned off on gas grill and keep grilling tools out of reach.
- Keep matches or lighters out of reach.
- Keep ropes, straps, leashes, etc. out of reach to prevent strangulation.
- Attach large furniture, such as open shelving, to the wall; use brackets, braces or wall straps. Place heavier items on the bottom shelves to help prevent tip-overs.
- Keep a fire extinguisher in the garage and know how to use it. It is recommended to purchase an A:B:C fire extinguisher so it will be effective for paper, liquid, and electrical fires. Purchase a size that can put out a small fire, but not so heavy as to be difficult to handle. Store the extinguisher near a door. It is also recommended to mount it about 5 feet above the floor so it

can't be easily reached by young children.

- Remember that children can drown in an inch of water, so drain any tubs or buckets immediately after use.
- Store ladders in a horizontal position on the floor or on the wall so children cannot climb them.
- Disconnect power tools when not in use and keep cords out of reach.
- Remove keys from lawn mowers or ATVs.
- Keep doors to vehicles locked. Fingers can be crushed by a car door and children can get trapped inside the vehicle. During the summer months, the inside of a vehicle can reach dangerous temperatures.
- Use special precautions with garage doors. Garage doors are heavy and can cause serious injuries. Both automatic and manual doors can crush fingers and cause severe head injuries, even death. Make sure automatic garage doors have a device that automatically stops the door or reverses it when it comes into contact with an object.
- Remove the door or put a lock on any discarded appliance if stored in the garage.

- Keep all guns and ammunition separate and locked. Also keep other hunting equipment such as bow and arrows, knives, etc. locked or out of reach.

** Regardless of any changes made to improve safety in your garage, active supervision is most important to prevent injuries!

This article has been submitted by Sarah Myers with Child Care Aware. Sarah is a Child Care Health Consultant and has been a long-time member of Safe Kids Grand Forks. We value her expertise and commitment to childhood injury prevention.



Halloween Should be a Fun, not Dangerous Night for Children



Halloween might be scary for different reasons than you think. On average, twice as many kids are killed while walking on Halloween than on any other day of the year. With a few tips and tricks, kids can stay safe while out walking. Safe Kids Worldwide and FedEx urge parents to prepare their children to walk safely, and remind drivers to be particularly alert this Halloween.

“On Halloween, more children are on the street after dark than normal, and they are so excited that they may run out into the street without thinking,” said Kate Carr, President and CEO of Safe Kids Worldwide. “Drivers need to take extra care and slow down on neighborhood roads. And, of course, it’s very important that drivers put down mobile devices to avoid distraction.”

Safe Kids and FedEx recommend these top tips to keep kids safe on Halloween.

Top safety tips for kids:

- **Costumes can be both creative and safe.** The most important thing is to make sure you can be seen by drivers. Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Masks can obstruct your vision, so choose non-toxic face paint and make-up whenever possible. Carry

glow sticks or flashlights so you can see better, as well as be seen by drivers. Also, make sure costumes aren’t too long or shoes too big for your child, creating a tripping hazard.

- **Cross the street safely at corners,** using traffic signals and crosswalks. Look left, right and left again when crossing and keep looking as you cross.
- **Put electronic devices down** and keep heads up and walk, don’t run, across the street.
- **Walk on sidewalks or paths.** Avoid having children run from house to house through the yards; there could be decorations or other items that can create a tripping hazard. If there are no sidewalks, walk facing traffic as far to the left as possible.
- **Slow down and stay alert.** Watch out for cars that are turning or backing up and don’t dart out into the street or cross in between parked cars.
- **Consider attending alternative Halloween/Harvest events.** These are held throughout the region in October and are either conducted indoors or in secured parking lots. Safe Kids Grand Forks compiles a list of these events in late September and posts them on Facebook. If you have an event in your community you would

like us to promote, please contact us at safekids@altru.org

Top safety tips for drivers:

- **Slow down** in residential neighborhoods. Remember that popular trick-or-treating hours are 5:30 to 9:30 p.m.
- **Be especially alert** and take extra time to look for kids at intersections, on medians and on curbs. Children are excited on Halloween and may move in unpredictable ways.
- **Reduce any distractions** inside your car, such as talking on the phone or eating, so you can concentrate on the road and your surroundings.

Top safety tips for decorators:

Halloween brings out some of the most creative decorators in the region! When setting up your displays, keep these safety tips in mind:

- While we encourage children to use sidewalks, paths and driveways, consider the obstacles and tripping hazards you may be creating with yard displays.
- Consider using flameless candles in pumpkins and other decorations to decrease the chances a child’s costume would come in contact with a flame.



My summer of Splashing into Safety ~Continued from page 25



While at the pool or lake, you can use a lifejacket to assist your child in swimming. Choosing the right lifejacket is a skill and it is the second critical topic for your child to know about water safety. A lifejacket that is U.S. Coast Guard approved and within the child's weight range, is the only lifejacket that will keep your child afloat. Any other floatation device such as a pool noodle, water lounger, or "arm floaties" will not protect your child from drowning; only use U.S. Coast Guard approved lifejackets. While presenting this topic, I usually stop to let the kids participate in a small activity. The concept is to have different lifejackets in a pile and the kids pick out the correct lifejacket for themselves. Once they are done, I ask

them to show me where they found the U.S. Coast Guard approved logo and where they found the weight range; then I help the child put on the lifejacket. The main point about a properly fitted lifejacket is it should not be able to be pulled above the ears.

The third and final critical topic on water safety is to teach kids about a water safety technique. The saying for the technique is: "Reach, Throw, Go!". This is only to be used when someone is drowning in the water. The first part is to "Reach" for the person with an arm, pool noodle, shepherd's hook, fishing pool, etc. The main point is to use anything that extends your reach to the person. If that trick does not work, the second part is to "Throw" any sort of floatation device. This can be a lifejacket, lifesaver, or even an empty cooler, if you were in a pinch. In some cases, trying to reach for a person or throw a floatable device will not work. The final option is to "Go!" and get help from an adult; or to grab a phone and call 911. Getting in the water to help someone is never an option because it could lead to two people needing help, instead of one person. One of the activities to help the kids feel more confident about "Reach, Throw, Go!", is to practice the "Throw". I bring square-shaped Personal Floatation Devices and plan a designated target for the kids to throw to each other. The kids who practiced loved to show how far they could throw or to show their accuracy on hitting the target. Although Splash into Safety has many fun and intriguing activities, the number one goal is to make sure the kids understand the knowledge and skills of water safety.

Water Safety is essential to present in the summer but you may find yourself at the pool during the winter months and even then, it is still important to remember the three critical topics. The first topic is to always bring a parent or guardian and friend to the pool. The second topic is how to properly pick out and put on a

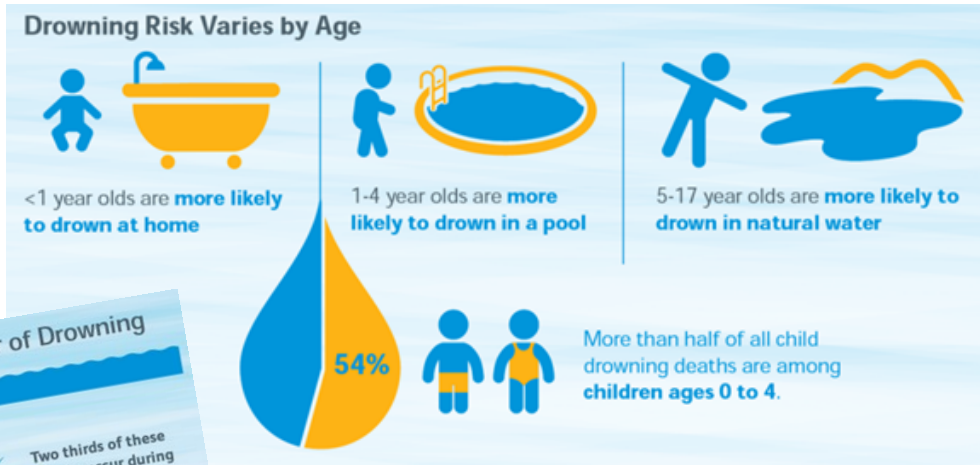


lifejacket. The third and final topic, is the water safety technique, "Reach, Throw, Go!". I had a wonderful summer being able to experience public health education first hand and will never forget the amazing kids that I had a chance to talk to about water safety. I would like to thank all of the organizations who partnered with Safe Kids Grand Forks to present Splash into Safety. If you would like more information on water safety topics you can visit www.safekidsgf.com or call us at 701.780.1489.



Water Safety Research Released This Summer By Safe Kids Worldwide

This past summer, Safe Kids Worldwide released a study that highlights some of the misconceptions parents have around water safety. Those misconceptions are highlighted below, along with some tips to help keep kids safe around water.



The Facts about Kids and the Danger of Drowning

THE PROBLEM

Almost 800 children drown in the U.S. every year.

Two thirds of these deaths occur during May – August.

PARENTS' MISCONCEPTIONS

MISCONCEPTION 2
1 out of 3 parents have left a child alone in a pool for two or more minutes.

Reality
Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.

PARENTS' MISCONCEPTIONS

MISCONCEPTION 1
Nearly half of parents surveyed think that if a child was drowning nearby, they would hear it.

Reality
Drowning is silent. There can be very little splashing, waving or screaming.

PARENTS' MISCONCEPTIONS

MISCONCEPTION 4
60 percent of parents surveyed would not worry as much about drowning if their child has had swim lessons.

Reality
Swim lessons are essential, but skill level varies. A review of children who drowned in a pool revealed that 47 percent of 10 – 17 year olds reportedly knew how to swim.

PARENTS' MISCONCEPTIONS

MISCONCEPTION 3
More than half of parents surveyed think that when present, a lifeguard is the primary person responsible for their child's supervision at the pool.

Reality
Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.

WATER SAFETY TIPS

- Watch your kids when they are in and around water, without distraction.
- Teach children to swim and the 5 Water Survival Skills.
- Learn CPR and basic rescue skills.
- Make sure pools have four-sided fencing at least 4 feet high.

WATER SURVIVAL SKILLS

5 Survival Skills That Could Save Your Life in the Water

- Step or jump into water over your head and return to the surface.
- Float or tread water for one minute.
- Turn around in a full circle and find an exit from the water.
- Swim 25 yards to the exit.
- Exit from the water. If in a pool, be able to exit without using the ladder.

Whether you are an expecting parent, a mom or dad, caregiver or grandparent, you will not want to miss this event!!

Find the latest products, safety information, services and fashions. Shop for everything you and your baby/toddler will need, all under one roof!

First 300 admission tickets purchased will receive a free reusable event bag filled with samples and coupons!

*Bag sponsored by
Dakota Pediatric Dentistry*



Daddy to Tot EXPO

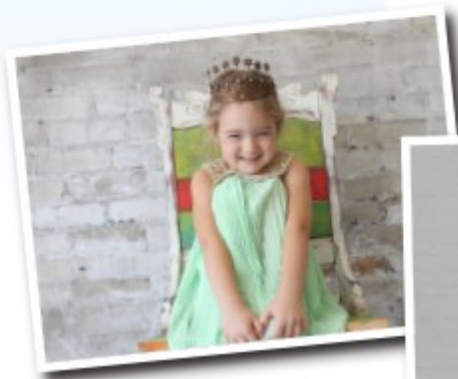
Sunday, October 16, 2016
12 - 3 p.m.
Alerus Center

\$5 in advance, \$8 day of Expo

To purchase tickets and reserve your FREE event bag, visit www.safekidsgf.com

**SAFE
KIDS**
GRAND FORKS

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HEALTH SYSTEM



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



Follow us on Twitter @SafeKidsGF



Fire Safety Tips For Indoor Fun

The days are getting cooler, a reminder that the fall season is upon us. As our routines change and activities come indoors, let's take some time to think about our safety from fire. Keep your family and friends safe with NFPA's safety tips at nfpa.org/safetytips.

Much of our entertaining with family and friends will center on the kitchen, the heart of the home. Cooking brings people together. But sometimes cooking mistakes can lead to fires and serious injuries.

Stay in the kitchen while you are frying, boiling, grilling, or broiling food.

Keep anything that can catch fire—oven mitts, wooden utensils, food packaging, towels, or curtains—away from your stovetop

Have a “kid-free zone” of at least three feet around the stove and areas where hot food or drink is prepared or carried.

If you have a small grease cooking fire on the stovetop and decide to fight the fire smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire just get out! Call 9-1-1 or local emergency number from outside the home.

One of the busiest days for cooking in the kitchen is Thanksgiving. It is also the leading day of the year for home fires involving cooking equipment.

Make sure kids stay away from hot food and liquids. The steam or splash from food and beverages could cause serious burns.

Keep the floor clear so no one trips over kids, toys, pocketbooks or bags.

Keep knives out of reach of children.

Have activities that keep kids out of the kitchen during busy times. Games, puzzles or books can keep them busy.

Make sure your smoke alarms are working.

Test them at least once a month by pushing the test button.

By following these simple steps you can enjoy gatherings and prevent home fires.

Lisa Braxton
Associate Project Manager Public Education
NFPA



CONGRATULATIONS!

You have been selected as MODE's

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GRAND FORKS

ORGANIZATION
of the week

10.16.16 - 10.22.16

20% of sales will be donated back to your organization this week. Shopper just needs to indicate they are shopping for your cause this week at checkout.

801 42nd St S | Grand Forks, ND
Located next to Tim Hortons

Mon-Sat: 10-6 | Sun: closed



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shopmodestore.com/grand-forks

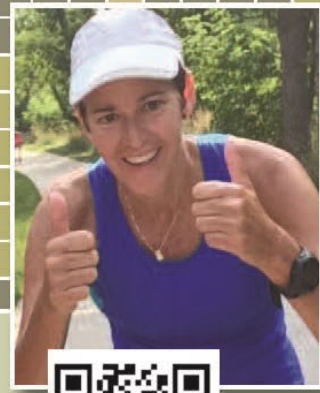




Kathy



Julie



Beverly

These folks **RUN**. These folks run **FAR!** These folks all run for their own reasons.

But...on October 30, 2016, they will all run for the same great cause - to raise funds for Safe Kids and our childhood injury prevention efforts in North Dakota and Minnesota.



to

KEEP KIDS SAFE

MARINE CORPS MARATHON

Please help support them as they lace up for the Marine Corps Marathon and run 26.2 miles on our behalf. All proceeds will help with Safe Kids' injury prevention efforts.

To donate, scan their QR codes, go to www.safekidsgf.com and find the MCM logo, or mail in your donation using the form on the back.

Preventing injuries at home, at school,
at play, and on the way!

**SAFE
K:IDS**
GRAND FORKS

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HEALTH SYSTEM

Thanks for your 2016 Marine Corps Marathon Donation

From: _____

Address: _____





Email: _____

- To support: Julie Jeske*\$ _____
 Beverly Everett*\$ _____
 Kathy Lein*\$ _____
 Safe Kids Grand Forks\$ _____

**All proceeds benefit Safe Kids Grand Forks but each runner has a \$2500 personal goal.*

Thanks for your support!

Mail donations to: Safe Kids Grand Forks
P.O. Box 6002
Grand Forks, ND 58206-6002

 <p>\$10 PROTECTS A CHILD WITH A HELMET</p> <p>Through our Safety on Wheels program, we are able to offer free or reduced price bike helmets to kids. \$10 puts a helmet on a child that could prevent a life altering head injury. Can you help in this way?</p>	 <p>\$25 PROTECTS A CHILD IN THE WATER</p> <p>Wearing a life jacket and learning life-long water safety skills can save a child from drowning. Your \$25 donation helps support, among other things, our life jacket loaner program and water safety efforts. Can you help in this way?</p>	 <p>\$50 PROTECTS A CHILD IN THE HOME</p> <p>Safe Kids Grand Forks supports a home visitation program for children living in a low-income situation. \$50 helps us provide a home with life saving safety devices such as a carbon monoxide detector, baby gate, smoke alarm or simple cabinet locks. Can you help in this way?</p>	 <p>\$100 PROTECTS A CHILD IN AND AROUND CARS</p> <p>Motor vehicle crashes are the leading cause of death for children under age 19. \$100 helps us provide a car seat for children and child passenger safety education to parents and caregivers, helping to keep kids safe from their #1 killer. Can you help in this way?</p>
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