



The Opening of Discovery Elementary School



On August 31st, a new elementary school opened in Grand Forks – Discovery Elementary. Safe Kids Grand Forks worked closely with principal, Ali Parkinson, prior to the first day of school and throughout the first few weeks to ensure that students were arriving and departing safely whether by foot, by bicycle, by bus or by family vehicle. Some highlights of the work:

- Safe Kids staff and volunteers were on hand with Discovery staff to greet students and parents throughout the first

week of school during arrival and dismissal. During these interactions, we provided students and parents with tips on where to park, where and how to safely wait for buses, crosswalk locations and other procedures. The students and parents of Discovery were very receptive to learning new traffic patterns and helping to establish safe routines.

- During the second week of school, Safe Kids worked with Michael Bare, physical education teacher, and Kayla Skjervheim, music teacher, to conduct “safety field trips” with each class and grade at Discovery. During these field trips, we walked the perimeter of the school property reviewing crosswalk

locations, loading and unloading of vehicles, negotiating a round-about, staying away from retention ponds and culverts and several other safety tips.

- Finally, during the third and fourth weeks of school, we trained 5th grade student leaders to serve as AAA Student Safety Patrols. These dedicated students are helping their fellow students during arrival and dismissal with vehicle and bus loading/unloading as well as providing pedestrian and bicycle safety tips to other students. Katrina Brekke, school counselor, is serving as the school-based sponsor for the

safety patrol program.

Cooperation has been the key to the success at Discovery. When parents, students and staff take ownership of the safety at their school, great things happen!



Safe Kids “STAR” - Robert Johnson

Robert is a “weekly” volunteer at the Safe Kids office – always willing to perform any tasks with a smile. He comes to our office every Thursday for several hours. We often hear him say “I love this place so much, and I want to help the kids be safe.”

Robert lives in Grand Forks, and is a client with the “Anne Carlsen Day Support Program”

He keeps busy with a number of favorite activities, including: going to the library, working on the computer, writing stories and poems that he hopes will get published, and going to movies at the theater.

Robert bowls every Friday on an Anne Carlsen bowling team. This fall he placed 5th in his class at the Special Olympics in Bismarck. He also likes to perform martial arts.

He proudly volunteers at Denny’s restaurant rolling silverware, and most recently he has been hired by Sam’s Club for helping in a maintenance position.

Safe Kids is so grateful to Robert for his weekly hours of service and his cheerful attitude – we thank him for all his hours of volunteering and are proud to have him be this quarter’s Safe Kids STAR!!



Champion of Child Safety

“Champion of Child Safety” Award Presented to Local Head Start Transportation Coordinator Award Presented at Minnesota Childhood Injury Summit

Mary Johnson, a regional transportation coordinator for Head Start Centers in Minnesota and North Dakota, was awarded the 2015 “Champion of Child Safety” award at the Minnesota Childhood Injury Summit on September 24 in Vadnais Heights. Organizers of the summit, including Safe Kids Minnesota, the Minnesota Safety Council and the Minnesota Department of Health, honored Johnson for her exceptional effort in ensuring safe transport for children on Head Start buses.

“Mary’s passion and leadership have made a significant difference in keeping children safe,” said Safe Kids Minnesota Coordinator Erin Petersen, who presented the award. “Many little lives are fortunate to have her working hard on their behalf.”

Johnson’s role as assistant program design manager for the Tri-Valley Opportunity Council, based in Fergus Falls, includes transportation management responsibilities for Head Start programs in 14 communities, including Breckenridge, Brooten, Crookston, Danube, East Grand Forks, Elysian, Glencoe, Hendrum, Hutchinson, Owatonna, Rochester, Sleepy Eye, Winnebago, Minnesota and Grafton, North Dakota.

Mary has been a member of Safe Kids Grand Forks for several years. We were thrilled to submit the nomination of Mary for this award and were delighted to be in attendance when it was presented to her.

Congratulations, Mary!!



International Walk to School Day

October 7th was International Walk to School Day! Kids from all over the Grand Forks school district were encouraged to walk to school that day. The students had a ton of fun handing out prizes to classmates who participated as a pedestrian. Clifford, the Big Red Dog, was at to greet the students who walked to school at Wilder elementary! Clifford then traveled to Winship elementary school to hand out his book Clifford Takes A Walk. Fed Ex delivery drivers and officers from the Grand Forks Police Department helped read Clifford's book to the students. Clifford went around to all the classrooms to give all the kids a copy of his book to take home. The students then went over all the ways to be a safe pedestrian. Clifford was a great success and we hope to see him again next year!



This article was submitted by Jessica Knutson, a UND Public Health Student, who helped with this event in the Grand Forks Schools.

Winter Coats & Car Seats

How to stay warm AND safe

Bulky winter coats and snow pants should not be worn in a car seat as it makes the harness straps too loose to be effective in a crash.



No coat or a light weight fleece. Wear a warmer coat while going to and from the car.



The fluff of a bulky winter coat can compress in a car crash making harness straps loose, which can cause injury or ejection.



No coat. Use a blanket for warmth.

Remember to
"Strap Before
You Wrap"



Harness child, then put coat on backwards.



Unzip coat, then buckle child.

Warm your car ahead of time when possible.



www.safekidsgf.com



**SAFE
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Altru[®]
HEALTH SYSTEM



Featured Car Seat – Diono Radian

The Radian®RXT Car Seats are designed with your child's security and safety as top priorities. Premium materials and thoughtful safety features like a steel alloy frame, aluminum reinforced side walls, energy absorbing EPS foam, and a five-point harness put your mind at ease as your little one stays safe and sound. The reinforced adjustable head support provides additional side impact protection.

Key Features

- Full steel frame and aluminum reinforced sides for unmatched safety
- Comfortably seats rear-facing children from 5-45 lbs, forward-facing children from 20-80 lbs in a 5-point harness, then converts to a booster for children 50-120 lbs.
- Unique SuperLATCH system that makes installation easy
- It also fits 3 across in most

mid-size vehicles, folds flat for travel and is FAA certified

Additional Features

- Infant body support cushions and memory foam for added comfort
- Energy absorbing EPS foam and side impact protection provides added safety
- Safestop® energy-absorbing harness
- Additional forward-facing recline position to accommodate different types of contoured vehicle seats, a 12-position adjustable headrest, a 5 shoulder and 3 buckle positions deliver a comfortable ride.
- Expandable sides and long seat bottom allow proper leg support
- Low-sitting profile makes it easy for your child to board
- Angled cup holder keeps a variety of drinks upright and within easy reach
- Cover is machine washable and

dryable

- Rubber bottom grips for no-slip installation
- 10 year life



Halloween Safety Wrap-up

Promoting Halloween safety is a big part of Safe Kids Grand Forks work each October. Our goal is to get parents and caregivers to think about how they dress their children, where they go trick or treating and how to make sure they are safe pedestrians. This is important as we know the children are two times more likely to be involved in a pedestrian crash on Halloween than any other night of the year.

This year our Halloween safety activities included booth displays at community events, distribution of reflective bags and safety

information and the promotion of alternative events throughout the region. We posted over 25 events such as family festivals and trunk or treat activities on our Facebook page during the month of October.

Sadly, after Halloween night, we were reminded of the dangers facing young pedestrian trick or treating. While there was a lot of media attention directed towards possible tainted candy, there have been no confirmed cases of a child being poisoned this year. However, young pedestrians in Minneapolis and in Brooklyn, NY were hit and killed by

motor vehicles Halloween weekend. If you have a Halloween event in your community that you would like Safe Kids Grand Forks to promote next year, please contact us in the fall.



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 (Click on Events/Classes).

SAFE KIDS GRAND FORKS
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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



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.

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

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

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



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.**

Safe Medication Storage

Not only is it important to store medication safely in your home, it is important to remember safe medication storage when your family visits other homes or when people visit your home if you have young children. Discuss medication storage when you stay with relatives/friends (or they stay with you) as well as remember these general guidelines:

- Keep all medications in the original container
- Store medications out of reach/sight or lock them up
- Keep purses out of reach –

including diaper bags, travel bags/suitcases

- Post the Poison Control number 1-800-222-1222 and program number in your cell phone
- Never refer to medication or vitamins as candy
- Don't take medicine in the presence of a child
- Treat products such as diaper rash remedies, vitamins, eye drops, etc., as medicine; therefore, store them as medication.
- Close your medication tightly after every use



This article has been provided by Sarah Myers. Sarah is a nurse and the Child Care Health Consultant for Child Care Aware. She has been a valuable member of Safe Kids Grand Forks for many years and we appreciate her expertise and support of our work.



School Bus Safety

Recently, Safe Kids Grand Forks and Dietrich Bus Service recently met to discuss how we can partner on improving student safety in and around the school bus and, particularly, with drivers. We had a very productive meeting and our moving forward on several initiatives.

Some of our activities include:

- Safe Kids staff riding the school buses in the morning and afternoon to observe students and drivers along the route.
- Providing materials and educations to parents and students regarding safety in and around the school bus.
- Increasing awareness of motor vehicle laws concerning stopping for school buses. Bus drivers have filed reports on a weekly basis about drivers violating the

law and not stopping for buses. This places students in a very hazardous situation when waiting for the bus or getting to and from the bus stop. We are working with Dietrich Bus Service and the city of Grand Forks to determine how to get messages to drivers about this important issue.

Here are a few important bus safety tips to review with your students:

School Bus Safety

1. When the bus approaches, stand at least 3 giant steps (6 feet) away from the curb.
2. Wait until the bus stops, the door opens and the driver says it is okay to get on the bus.
3. If you have to cross the street in front of a bus, use a crosswalk and be sure the driver sees you and you can see the driver.

4. Get to the bus stop about 5 minutes early so you are not in a hurry.
5. 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.
6. When the bus is moving, sit on the seat and do not stand or walk in the aisle.

We are excited about our new partnership and look forward to working with Dietrich Bus Services throughout the school year. We can also bring school bus safety education to schools throughout our region. Please contact Safe Kids Grand Forks if you are interested in promoting school bus safety in your community.



A large yellow graphic with black and red text. At the top, it says "DON'T PASS THE BUS!" in large, bold, black letters. Below that, in red, it says "It's Deadly. It's Illegal." To the left of this text is a cartoon illustration of the back of a yellow school bus with red flashing lights and a "STOP" sign on the left side. The bus has "SCHOOL BUS" written on its back and "STOP WHEN RED LIGHTS FLASHING" on a sign. To the right of the bus is a red octagonal "STOP" sign. Below the bus and sign, it says "While Red Lights Flashing" in black. At the bottom, in a black box with yellow text, it says "Violators will be reported to the police." In the bottom left corner, there is a logo for "SAFE KIDS GRAND FORKS" and the text "This information brought to you by Safe Kids Grand Forks and your local bus service."



Toy Safety for Infants & Toddlers

Infants and toddlers love to put things in their mouth. It is important to follow manufacturer's guidelines and review the following safety guidelines when choosing toys for this age group:

General Guidelines

- To prevent choking, measure all toys/objects with a toilet paper tube. If the item fits inside a toilet paper tube, it is not recommended for children under 3 years of age.
- The weight of the toy should be light enough for the child to handle.
- Toys should be labeled washable and non-toxic.
- Assess if a toy may contain lead. Lead can appear in the paint on the surface or in the toy's vinyl, pigment or plastic. Avoid purchasing non-brand toys from discount stores or private vendors to limit potential exposure.
- Check the Consumer Product Safety Commission (CPSC) website, www.cpsc.gov, for toy recalls and alerts.
- Toys should be certified by the Toy Safety Certification Program (TSCP) or American National Standards Institute (ANSI).

Toy Construction

- Riding toys should be stable and well-balanced to prevent tipping. Helmets should be worn if using riding toys if child is over 12 months.
- Cloth toys should be labeled flame resistant, flame retardant or nonflammable.
- Stuffed toys should have tightly sewn seams and have all paper

tags removed. Eyes and noses should be securely fastened.

- Battery operated toys should have battery case that is securely closed (ex. with screws) so children cannot open it. The ingestion of button batteries can cause serious chemical burns, internal bleeding, and choking. Don't forget that items such as remote controls, musical greeting cards, etc. also contain button batteries.
- Plastic toys should be strong or flexible so they won't break and leave sharp/jagged edges. They should not contain BPA (Bisphenol A), phthalates, or PVC (Polyvinyl chloride).

Toys to Avoid

- Small cars (ex. Matchbox or Hot Wheels) due to choking hazard of small wheels and parts.
- Magnets. These can cause serious injuries and/or death if two or more are swallowed, or if one is swallowed with a metal object. (Not recommended for children under the age of 6 years old)
- Toys with detachable small parts that could lodge in throats, ears or noses.
- Foam blocks, foam books, foam puzzles, etc. are hazardous because a child could potentially bite off a piece and choke.
- Play forks, spoons, or knives that can injure a child's mouth/throat if they fall. Children this age tend to put these objects in their mouths and walk around. Large spatulas or mixing spoons are safer choices for dramatic play for this age group.
- Toys with sharp edges or points

- Propelled objects (including projectiles and other flying toys)
- Toys that produce sounds at noise levels that can damage hearing
- Toys with parts that could pinch fingers or toes or catch hair.
- Toys with cords/strings that are longer than 7 inches long. Shorten or remove the cord/string.
- Bags, purses, hats or guitars with straps/handles pose a strangulation hazard. Remove strap from hats/ guitars. Knot to shorten straps on bags/purses so child can't get his/her head through strap/handle.
- Costume jewelry due to choking, strangulation (necklaces) and possible lead/cadmium exposure.
- Latex balloons (not recommended for children under the age of 8 years old)
- Electrical toys are a potential burn hazard. Avoid toys with heating elements, electrical plugs, etc. for children under age 6 years old.

Attention: Don't forget the packaging materials for toys such as fastening wire ties, plastic bindings, plastic locks, protective film on mirrors, etc. are potential safety hazards.

Sources used: CPSC, Safe Kids



Toy Safety for the Holidays



According to the Consumer Product Safety Commission, there were an estimated 256,700 toy-related injuries treated in U.S. hospitals in 2013.

Approximately 69 percent of those injuries happened to children 12 years of age or younger. If your children have been good this year, they might receive a few games or toys this holiday season. The North Dakota Safety Council provides the following safety tips for you when choosing gifts for your little ones:

- Consider your child's age when purchasing a toy or game. It's



worth a second to read the instructions and warning labels to make sure it's just right for your child.

- Purchase the proper safety equipment when giving certain gifts. For instance, if a bicycle or scooter is on your child's wish list, makes sure a helmet is also purchased.
- Remove tags, strings, and ribbons from toys, and gift wrapping, before giving them to young children.
- Keep a special eye on small game pieces that may be a choking hazard for young children. While these kinds of games are great for older kids, they can pose a potential danger for younger, curious siblings.
- After play time is over, use a bin, shelf, or container to store toys for next time. Make sure there are no

holes or hinges that could catch little fingers and keep older kids' toys away from any younger children.

- Sign up to receive product recalls. Safe Kids Worldwide and www.recalls.gov are two valuable resources.

If toys are on your shopping list this holiday season, play it safe. Take second to make sure you're buying safe, age-appropriate toys for all the children on your nice list.

This article has been provided by Lindsey Hefta, Marketing Coordinator for the North Dakota Safety Council. We are proud to partner with the NDSC on many of our injury prevention programs and initiatives.

Halloween Safety Thanks

Halloween is over and while the candy bags are loaded down with what children may see as a successful Halloween, Safe Kids Grand Forks is grateful for other aspects of this holiday. In nearby Minnesota, a 5 year old boy was struck and killed while out trick-or-treating and 3 people were killed in New York. This is a scary reminder that children are twice as likely to be injured as a pedestrian on Halloween than any other day of the year. Safe Kids Grand Forks works tirelessly to help assure that this will not be the case in our community and surrounding area. We provide a great deal of education and offer reflective bags and offer thanks to our partner, FedEx for their support of this education and program.

We also want to offer other thanks to entities in our community that are a part of making sure Halloween is a safe holiday. There are many businesses, organizations and churches that host "Trunk or Treat" events where kids can participate in activities and trick-or-treat in a secured parking lot, free of moving vehicles. We are grateful to all the entities in our region that planned indoor or alternative activities, parties, or events for children to attend rather than having them out on the streets. For those that were out on Halloween night, we offer our thanks to the UND Student Government for once again organizing "Monster Patrol". This is a group of UND volunteers (many from the Greek system) that don crossing guard vests and flashlights and provide traffic patrol at intersections around

the community near popular trick-or-treating venues.

It takes a whole community of parents, and drivers and safety advocates to make sure that Halloween is a night of fun and festivities and not one of horrific tragedies and scary situations for kids. Thanks to all who made that happen in 2015!!



Proud Program Sponsor



Concussions

As winter sports seasons are underway, contact sports can be a rewarding experience for both players and coaches. For the players, sports such as hockey and basketball, can build strong relationships between players, and be some of the best memories you'll ever make. Increasing trends in sports participation and sports injury, especially head injuries, has become a growing concern for contact sports. Concussions, a mild form of traumatic brain injury (TBI), are damaging to the youth involved in these contact sports. It is important for players, coaches, and parents to recognize concussion symptoms and seek the necessary medical care when needed. Common symptoms of concussions are:

- Headaches and migraines
- Loss of consciousness
- Sensitivity to light
- Dizziness
- Nausea
- Vomiting

Recognizing these symptoms of a concussion is essential so that repeated head trauma does not occur. It is important that if someone recognizes signs that a player may have a concussion, the player should be brought to the sideline and be assessed. If the player seems dazed or stunned, seems easily confused, has poor balance, or cannot recall prior events after a hit, they should be taken out of the game. Reoccurring concussions can cause permanent brain damage. Knowing when to say that a player should not



sports can be effective. Following the rules and making sure that equipment is fitted to the specific player can help improve their safety also.

Altru Physical Medicine and Therapy Services offers Baseline Impact Testing for concussions. ImPact (Immediate Post-Concussion Assessment and Cognitive Training) is a computer based screening that assesses athlete's cognitive ability before and after a concussion may have occurred. This test is very useful in evaluating patients and their recovery. Many schools offer the testing to their teams, and the service is available to teens and adults who participate in high risk activities. An individual can schedule a baseline test for a \$40 fee by calling Altru Health System.

This article has been submitted by Evan Reitter, UND Public Health Student under the instruction of Dr. Todd Sabato. Evan has been conducting concussion education with Safe Kids Grand Forks this semester as part of his public health education.



1.



Look for signs and symptoms of concussions.

2.



When in doubt, sit it out.

3.



Back to play, when the doctors say.

be competing is essential for healthy development. Taking the necessary precautions to prevent traumatic brain injuries in sports is important in healthy development. Educating parents, coaches, and athletes about concussion signs and symptoms can help prevent further damage. Encouraging players that safety comes first within contact

Crib Repurposing

In 2011 the safety standards for cribs sold in the United States were updated. The new federal requirements include:

- * Traditional drop-side cribs can no longer be made or sold; immobilizers and repair kits are not allowed.
- * Wood slats must be made of stronger material to prevent breakage.
- * Crib hardware must have anti-loosening devices to keep it from coming loose or falling off.
- * Mattress supports must be more durable.
- * Safety testing must be more rigorous.

By following these safety precautions it will improve the quality of cribs and make sleeping safer for babies. It is also important that your crib slats are no more than 2 3/8 inches apart and have a tight fitting mattress where no more than two fingers can fit between the mattress and side of crib. Avoid any bed accessories such as pillows, thick blankets, loose sheets and stuffed animals.

Noncompliant cribs should not be resold, donated or given away! Instead of throwing out your furniture, you can consider repurposing! Take that crib and make it into something that can be used for another purpose in your home. Be creative and have fun keeping that "treasured" piece of furniture in your home but used in a safe manner.



Crib Repurposing

While an older family crib with drop down sides may not provide a safe sleeping environment for your baby, you don't have to throw it out. Be creative! Take that crib and make it into something that can be used for another purpose in your home.



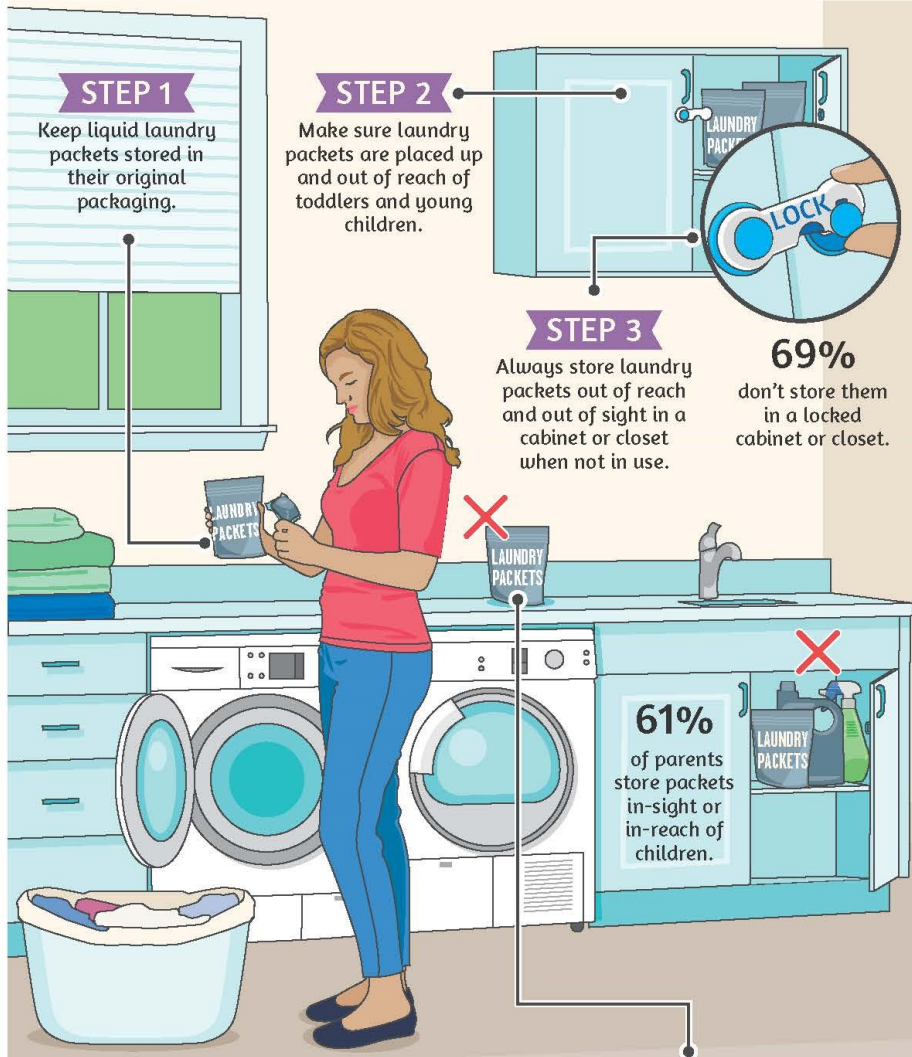
Crib standards changed in June 2011 so drop down sides are no longer sold due to safety concerns. Visit www.safekids.org for more information on crib standards and safety.



LAUNDRY SAFETY

Keep Up and Out of Reach

An ACI survey reveals more than 80% of parents mistakenly think their children can't reach liquid laundry packets. Parents and caregivers can take simple steps to ensure children are safe from these easily preventable accidents.



STEP 1

Keep liquid laundry packets stored in their original packaging.

STEP 2

Make sure laundry packets are placed up and out of reach of toddlers and young children.

STEP 3

Always store laundry packets out of reach and out of sight in a cabinet or closet when not in use.

69%

don't store them in a locked cabinet or closet.

61%

of parents store packets in-sight or in-reach of children.

More than 80%

of parents mistakenly think their children can't reach the packets.

About 3 million

households with children under age 4 store laundry packets on top of the washing machine.

May 2015 survey conducted by ACI and KRC Research among 1,000 parents and caregivers, all users of laundry packets and half with children under the age of 4.



*As you can see,
single load liquid
laundry packets
look like candy
and toys to
curious young
children.*



american cleaning institute®
for better living
www.cleaninginstitute.org



For more information, visit keypledge.com



Keeping Kids Safe Around Liquid Laundry Packets

Liquid packets are concentrated and designed to dissolve in water.

More than 33,000 calls were made to poison centers for laundry packet incidents since 2012.

More than 700 children age 5 and under experienced serious effects after getting into laundry packets in 2012 and 2013.

That's an average of one child per day.

That's one call every hour.

Children at greatest risk are 1 and 2 year olds.

Children have required hospitalization due to:

- difficulty breathing
- excessive vomiting
- severe eye burns and irritation
- temporary vision loss
- loss of consciousness

36% of incidents happen when product is outside of the container.



Tips to Keep Kids Safe

- Keep liquid laundry packets out of children's reach and sight.
- Keep packets in their original container and keep container closed.
- If a child gets into liquid laundry packets, call the Poison Help number immediately: 1-800-222-1222.

**SAFE
KIDS**
WORLDWIDE™
safekids.org

Made possible through a partnership between Safe Kids Worldwide and the  and  Up, Up, and Away Program.



Trading Sports Drinks for Water



Many sports drink companies advertise that their products are best at keeping athletes hydrated. A few of the most popular ones include Gatorade, Powerade, and Propel. It has become incredibly popular to see most of today's athletes drinking large amounts of sports drinks during and after their exercise.

Unfortunately these sports drinks lack in nutritional value and can be harmful if consumed too often. It is best to stick with a cheap and healthy alternative: Water. Among contenders for the most effective sports drink on the market, water remains the best option for athletes to drink before, during, and after exercise.

- Drinking water is the most efficient way to hydrate and fuel your body during exercise.
- Drink water when you are thirsty. Take breaks during exercise to drink water and stay hydrated.
- Sports drinks have a high sugar content and lack of nutritional value, making them full of empty calories.
- A large bottle of Gatorade has 52.5 grams of sugar – as much as 15 Oreo Cookies. Yuck!
- Do not attempt to overhydrate – guzzling sports drinks during exercise does not help prevent overhydration.

- The electrolytes in sports drinks are promoted more than they should be. Water does just as much good during a workout without giving athletes empty calories like sugar and salt.
- Sports drinks used to be aimed at extreme endurance athletes, but promotion has trickled down to tempt any athlete.
- Instead of using sports drinks to fuel lost electrolytes and carbohydrates after a workout of 40 minutes or longer, grab for a high protein (peanut butter, yogurt, cheese) or healthy carbohydrate (crackers and fruit) after exercise with lots of water.
- According to the American

Academy of Pediatrics, consumption of sports drinks unbalances carbohydrate, fat, and protein intakes needed for optimal growth, development, body composition, and health.

- If you really want to include flavored drinks in your exercise, consider watering down sports drinks to intake less sugar or add some natural fruit flavoring to make it extra delicious.

This information has been submitted by Lucas Blanchard, a UND Public Health student that has been working with Safe Kids Grand Forks this past semester as part of a course requirement.



Drink water before, during and after play.



**2. THIRST
DIZZINESS
NAUSEA
FATIGUE**

Know the signs and symptoms of dehydration.



3.

Hydration is essential for staying in the game.



WHAT WON'T YOU SEE WHEN YOU GLANCE AT YOUR PHONE?

100% OF DRIVERS
on phones are distracted.
You are no exception.



Upcoming Grand Forks courses:
Adverse Weather Driving Course: Slippery Slope - Dec 5
Alive at 25 - Dec 14

Sign up now at:
www.ndsc.org/TrafficSafety

Don't "Thump Your Melon" This Winter!!

Protect yourself and children from a serious head injury this season! Wear a helmet when you and your family are skiing, sledding, ice skating or snowboarding. There are special helmets made just for some of these sports. They are made of a harder plastic, contain extra padding for protection and warmth and have a strap to affix ski goggles.



We do have winter helmets in stock. They are available in a variety of colors and sizes for adults and children. We also carry bicycle and multi-sport helmets throughout the year.

Please contact Patty Olsen at
Phone: 780-1856 or E-mail: polsen@altru.org



Sports Nutrition: The Do's and Don'ts of Safe Weight Loss

“Dieting” can jeopardize energy and nutrients needed for training and performance. Significant calorie restriction will cause loss of lean muscle mass, decreased immune function, and increase the risk of injuries. If weight loss is necessary it should be undertaken in the off season after answering the following questions.

- What is the weight loss goal and is it realistic?
- When is the last time you weighed this amount?
- Why do you want to lose weight?
- Will this weight loss help you perform better?
- Is there a chance that changing your diet will hurt your training and performance, both physically and mentally?

If it's determined that weight loss would benefit the athlete, the following are some do's and don'ts of safe weight loss.

Don't Skip Meals: skipping meals depletes energy levels. Athletes should eat 4-5 times a day.

Do Practice Mindful Eating: Identify times when you are eating calories that aren't necessary. Are you hungry? Or are you reaching for food out of boredom, stress, sadness, happiness etc...

Don't Eliminate Favorite Foods: All foods can fit into a weight loss plan.

Don't Risk Dehydration: Drinking plenty of water is important for weight loss and athletic performance. Staying hydrated will help your body use calories for energy. Sports drinks contain calories that may be needed during exercise to maintain blood sugar; these are not calories to cut.

Do Modify The Calories You Drink: During the day stick with water and other calorie free beverages. Use sports drinks only during exercise lasting longer than 1 hour.

Don't Follow Fad Diets: Any diet or meal plan that is extremely rigid or eliminates major food groups will interfere with your ability to train and perform well.

Rate of weight loss should not be more than ½-1 pound per week and changes in energy level, training capacity, and recovery should be monitored.

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

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



Adaptive Aquatics Training Course Held

On November 5-6, Safe Kids Grand Forks, in partnership with the Grand Forks Public Schools and local aquatics facilities, held the first-ever in our state, Adaptive Aquatics Training Course. The class was designed to teach water safety instructors and paraprofessionals how to teach swimming lessons to children with special needs. Watch for more information in our next newsletter about this exciting course that was in the making for over 2 years. We will discuss more about the class and about plans to utilize some of the skills of those attending and now further trained in adaptive aquatics. To say we were thrilled by this class would be an understatement and we look forward to sharing more information with our readers.





Presented By:
SAFE KIDS
 GRAND FORKS

Mark your calendar for Sunday, October 16, 2016!

So many businesses help sponsor this expo in many ways! Special thanks to those on our planning committee!



PLAINS

CHIROPRACTIC & ACUPUNCTURE

"I've never seen so many pregnant women in one place!" This phrase was heard many times at the 2nd annual Tummy to Tot Expo held at the Alerus Center on Sunday, October 18th.

Hundreds of expectant parents, caregivers, grandparents and parents of newborns through toddler aged children visited over 70 booths and received samples and information on products, services and safety all geared towards the special little ones in their lives. They also had a chance to shop for everything from hair bows to toys and baby care products at some booths.

Thanks to Quotable Kids Speech and Language Clinic attendees could sit and rest at the breakout sessions to hear more details about topics such as how well a toddler should be able to speak to how to prepare financially for your child and event how to fit in a little exercise and include your baby.

The Tummy to Tot Expo helped raise over \$12,000 for Safe Kids Grand Forks. This money will be put to work in the Greater Grand Forks area and surrounding communities to provide car seats, life jackets, bike helmets, smoke alarms and other safety devices.

Did you miss the expo or want to enjoy it all over again next year?



Safe Practices for Infant Sleep

* **Place all infants (birth through 12 months) completely flat on their backs for sleep in a crib or playpen.**

- ◇ ALWAYS place infants completely flat on their backs for sleep. Once an infant can roll from back to front and front to back, the infant can be allowed to remain in the sleep position that the infant chooses. You do not need to return the infant to a back sleeping position.
- ◇ There is no safe way to elevate the head of the crib or playpen

* **Only allow infants to sleep in a crib or playpen approved by the Consumer Product Safety Commission (CPSC). Check www.cpsc.gov for recalls.**

**As of June 28, 2011, all cribs manufactured and sold must comply with new and improved federal safety standards. Check www.cpsc.gov for details.

- Do not use a crib that does not comply with new federal safety standards
- Regularly check crib for loose, missing or broken parts/slats
- Use a firm and tight-fitting mattress (no more than 2 fingers' width between mattress and side of crib)
- If staying in hotel, with relatives/friends, or enrolling your child in child care, check to make sure the crib was manufactured after June 28, 2011 and check the crib for safety before using.
- Waterbeds, couches, soft mattresses, pillows, beanbags, Boppys™, and other soft surfaces should not be used as infant sleeping surfaces.

If you are using a bassinet:

- Follow the weight guidelines by the manufacturer and discontinue when the infant becomes mobile

If using a playpen:

- Make sure the model has not been

recalled. Visit www.cpsc.gov for updates.

- As of February 28, 2013, all playpens manufactured and sold must comply with new and improved federal safety guidelines.
- Make sure there are no holes in the mesh
- Make sure frame is sturdy and locks in place
- Use only the mattress/pad provided by the manufacturer
- Mattress/pad should lay flat and touch all four corners of frame
- Use the velcro straps/squares provided by the manufacturer to secure the mattress/pad in place
- If using the bassinet insert, follow the weight guidelines by the manufacturer and discontinue when the infant becomes mobile.
- Remove the changing pad attachment when infant is placed in the playpen
- Remove mobiles or purchase one without
- If you use a sheet, make sure it fits properly and the mattress/pad lays flat and touches all four corners of the frame. If the mattress/pad cannot maintain shape, do not use sheet.

* **Do not allow infants to sleep in car seats, swings, Fisher-Price Rock 'n Play Sleeper, bouncer, or any other piece of infant equipment.**

- ◇ When infants sleep in car seats, bouncers, swings, etc., the downward bending of the neck and head compress the airway, thus decreasing the amount of air the infant is able to breathe in.
- ◇ Infants sleeping in car seats, swings, or bouncers, also raise a safety concern because the infants are not well protected from other children's activity in these devices.
- ◇ Sleeping in infant equipment contributes to positional skull deformities in infants.

* **Do not attach anything to the crib/playpen**



- ◇ Do not attach mobiles, mirrors or crib toys to the crib or playpen
- ◇ Do not hang blankets or other items on the sides of the crib or playpen when infant is in the crib/playpen
- ◇ Bumper pads (including breathable/mesh bumper pads) are not recommended to use

* **Place crib/playpen in a safe location.**

- ◇ Away from stairs, windows blinds, outlets, heaters, etc.
- ◇ Keep everything out of reach (ex. monitor cords, pictures, etc.).
- ◇ Do not hang anything heavy on the wall around the crib or playpen.

* **Encourage tummy time when infant is awake and supervised.**

- ◇ This strengthens neck and shoulder muscles; encourages rolling over and crawling; helps to prevent positional skull deformities

* **Remove pillows, heavy blankets, fluffy comforters, sheepskins, bumper pads, stuffed toys, and other soft items from the crib. Only use properly fitting FITTED crib or playpen sheets to cover the mattress or pad.**

- ◇ Do not use flat sheets, blankets, or fitted sheets that are the wrong size.

Safe Practices for Infant Sleep-Continued



blanket, only one thin blanket should be used and it should not come any higher than to the infant's shoulders; blanket needs to be loose enough for a hand to fit between the blanket and the infant's chest so the infant doesn't have trouble breathing; blanket should be kept loose around the infant's hips.

* Blankets are not recommended

- ◇ Consider using footed sleeper pajamas or a sleep sack instead of a blanket. If a swaddle sleep sack (with arm panels) is used, it is recommended to discontinue use once the infant shows signs of rolling over or reaches 2 months of age.
- ◇ If using a blanket, use only one thin blanket. Place the infant's feet to the foot of the crib/playpen and tuck the blanket in along the sides and foot of the mattress. The blanket should not come up higher than the infant's chest. Arms should be above the blanket.

* Swaddling is recommended to be discontinued when an infant shows signs of rolling over or reaches 2 months of age

- ◇ Consider using a sleep sack instead of a blanket to swaddle. If a swaddle sleep sack (with arm panels) is used, it is recommended to discontinue use once the infant shows signs of rolling over or reaches 2 months of age.
- ◇ If you swaddle with a

* Make sure the infant's head remains uncovered during sleep.

* Don't let the infant overheat during sleep.

- ◇ Infants should not be dressed in more than one extra layer than an adult.
- ◇ Signs of overheating: sweating, chest feels hot to touch, flushed cheeks, heat rash, breathing rapidly

* Consider offering a pacifier when placing an infant down for sleep.

- ◇ Pacifiers have been found to have a protective effect on the incidence of SIDS
- ◇ Once infant falls asleep and it falls out, it does not have to be reinserted. Always inspect pacifier for tears.
- ◇ Pacifiers should not be tied around an infant's neck or clipped to an infant's clothing.
- ◇ No stuffed animals/toys are recommended to be attached to the pacifier.

* Remove bibs, necklaces (including teething necklaces), hooded sweatshirts, and hats before laying infant down for sleeping.

* Make sure pets are not left alone with your infant without supervision.

* Use an infant monitor whenever your infant is sleeping. Conduct frequent visual checks when you are not sleeping.

* Co-sleeping (infant sleeping in a bed, chair, on couch with an adult/ child) is not recommended.

- ◇ It is recommended to place a crib or playpen next to your bed for the first six months.

* Know and practice CPR.

- ◇ Know what to do for an unresponsive infant.

* Do not use positioning devices.

- ◇ As of September 2010, the CPSC and FDA warn against the use of positioning devices.

* Discuss infant sleep safety with all family, friends, and child care providers before they are allowed to care for your infant.

Sources: AAP Policy Statement – SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment, AAP, Pediatrics 2011; Technical Report - SIDS and Other Sleep Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment, AAP, Pediatrics 2011; AAP news, June 2013; CFOC, 3rd Edition, 2011.

