



News You Can Use



Spring 2017

**We're In This Together!!!
Here's to the next 25 years!!**



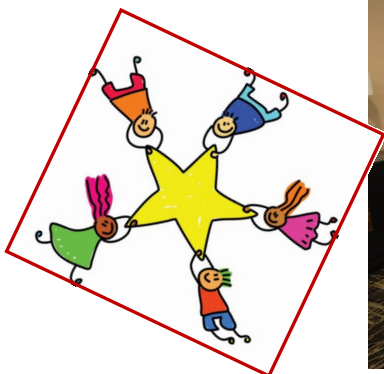
The saying that “time flies when you’re having fun” seems appropriate for the work that has been taking place at Safe Kids Grand Forks over the past 25 years. I have been honored to serve as the Coordinator of this coalition for 21 of the last 25 years as the work we do is important, but even more so because I know we are making a difference. The tough job of keeping kids safe from injuries is made special when it is done with staff and volunteers and partners who all come together to help in our mission. Over the years, we have worked with countless people who share the same passion we have for keeping kids safe. While the number of children dying from unintentional injuries has declined, they remain the number one cause of death and our work must continue (albeit, we took one night on 1-30-2017 to celebrate). I am grateful to the people who came to celebrate with us that night as Altru Health System hosted a 25th anniversary banquet and program. A special thank you to Kate Carr, Safe Kids Worldwide President and CEO and to Kelly Ransdell from the National Fire Protection Association who traveled here to be a part of our event. (See more photos on page 6).



Together we are committed to keeping kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. We have been here for 25 years and dedicate ourselves to the next 25!!

Pictured here are: Kelly Ransdell, NFPA, Madison Wessling & Patty Olsen—SKGF, Kate Carr—Safe Kids Worldwide, Carma Hanson, Jasmine Wangen, Jessica Knutson & Sandy Schuster—SKGF and Elizabeth Oestreich—Safe Kids Fargo-Moorhead

SAFE KIDS “STARS”



Above left: Sandy Schuster—Safe Kids, Kate Carr—Safe Kids Worldwide President and CEO with volunteers: Myrna Hanson, Ronda Zirnhelt and Chilly Goodman.

Above right: Linda Funkhouser and Ronda wrap and bag 750 chocolates made by Judy Twete (right)

Below: CT Marlen, the “mold designer and creator”!!

The chocolates were made with a mold designed by CT Marlen of Las Vegas, friend of Safe Kids Coordinator, Carma Hanson



Without the help of the people shown here, our recent 25th Anniversary Celebration would not have had the special touches that made for such a festive evening. We are grateful for all the people who volunteered their time and talents to help us celebrate in style. So, with this newsletter, we feature them as our **SAFE KIDS STARS!!**



SAFE KIDS DAY

Presented by



Car crashes, fires, drownings, poisonings, falls and other injuries are the #1 cause of death to kids in the United States. Join us for this FREE event and help make every kid a safe kid. Visit our interactive booths with information and prizes.

Safe Kids Day 2017
Saturday, April 1 | 10 a.m. - 1 p.m.
Grand Cities Mall | 1726 S. Washington St.



Altru Health System:
Proud to celebrate 25 years
of keeping kids safe!

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Global Road Safety Week – May 8-14, 2017



Why #SlowDown?

Every day we have good reasons to go somewhere important, whether we leave our homes for work, school or play. However, getting safely to where we are going is as important as getting there at all.

By slowing down, observing speed limits appropriate for the roads and not speeding, we make the roads safer for all. For children walking to school, for the elderly crossing the road, for workers driving to places of work and all road users. Speeding is a major risk factor. The more your speed, the higher the risk of a crash as well as the severity of crash consequences. Speeding also affects other road users such as pedestrians and cyclists. Slowing down is safe.

Avoid Collisions

You have more chance of avoiding a collision when you #SlowDown. The lower your speed, the less distance is covered while you make decisions and take action to avoid a potential collision (**reaction distance**). Also, the slower you are going, the less time it takes for the vehicle to stop when you hit the brakes (**braking distance**).

Lower speeds decrease your risk of a crash for a number of reasons:

- It is more likely that a driver or rider will keep control of the vehicle.
- It is more likely that a driver or rider will anticipate oncoming hazards in good time.
- The distance travelled in a given time – and so the distance travelled as a driver or rider reacts to an unsafe situation on the road ahead – is shorter for travel at a lower speed
- The stopping distance for a vehicle, after a driver or rider reacts and brakes, will be shorter at a lower travel speed

Lower Speed, Less Damage

The lower the speed, the less kinetic or movement energy the vehicle and you (the driver or passengers) are carrying. Therefore less energy is released when colliding into another vehicle or stationary object, such as a tree or wall. Part of the energy released will be absorbed by the objects involved in the crash and part will be absorbed by the human body, causing injuries. Our human body is vulnerable and there is only so much energy it can handle without being seriously damaged. **The less energy, the less damage.**

Protect Vulnerable Road Users

When you #SlowDown, other road users are better able to judge the speed of the vehicle, especially pedestrians attempting to cross the road. Also, the **mass** and **vulnerability** of the vehicles/road users who are involved in a collision plays a major role. In crashes between a lighter and a heavier vehicle the occupants of the lighter vehicle are generally worse off than the occupants of the heavier vehicle. This is especially the case for pedestrians, cyclists and moped riders (who are vulnerable road users) in crashes with much heavier motor vehicles. A recent study on pedestrians and their chances on surviving car crashes, shows an adult pedestrian has approximately a 20% risk of dying if struck by a car at 60 km/h. A pedestrian's best chance of surviving a crash is when the impact speed is low (below 30 km/h). Another good reason to #SlowDown!

Slow Down, #Save Lives

Featured Car Seat – Graco Snugride Snuglock

CLICK! That's the sound of a secure install. The Graco SnugRide® SnugLock 35 Infant Car Seat has a hassle-free installation for rear-facing infants using either the vehicle seat belt or LATCH. In three easy steps you can feel confident you've got a secure install. This seat is rated for infants from 4 – 35lb and up to 32".

For growing babies the Simply Safe Adjust Harness System lets you adjust the harness and headrest height together, so it's as easy as it is safe.

Retail \$159.99



26th Annual Hands On Learning Fair—April 22nd

The 26th Annual Hands-On Learning Fair will be held on Saturday, April 22, 2017 at the Purpur Arena in Grand Forks. The fair features an exciting variety of learning activities for children from birth to age seven, including art, science, water play, music, dramatic play, interactive stories, and an infant/toddler area. The mayor's proclamation will kick off the event at 9:45 AM, and the activity floor is open from 10:00 AM to 1:00 PM.

The Hands-On Learning Fair is a FREE community celebration in observance of National Week of the Young Child and Child Abuse Prevention Month. ***Celebrating Our Youngest Learners*** is this year's theme, emphasizing the amazing brain power children possess from birth and their unique ability to develop it through play. Sponsors are the Northeast Chapter of the North Dakota Association for the Education of Young Children and Prevent Child Abuse North Dakota.

The early childhood years are the foundation for healthy development, learning, and success throughout life. Parents plant the seeds to grow lifelong learners, complemented by other important adults with whom young children interact. Many community educators who partner with families will be offering activities and information at the Hands-On Learning Fair.



Find out more about the Hands-On Learning Fair on Facebook.



For more information contact:
Jen Beck-Lizakowski (701-610-1161)

handsonlearningfair@gmail.com

Dawnita Nilles (741-5539 or dsnilles@gra.midco.net)

Scenes From Our Celebration



Kelly Ransdell - NFPA, Madison Wessling and Patty Olsen— SKGF, Kate Carr—President and CEO Safe Kids Worldwide, Carma Hanson, Jasmine Wangen, Jessica Knutson and Sandy Schuster—SKGF and Elizabeth Oestreich—Coordinator Safe Kids Fargo-Moorhead



Emily Custer of Congressman Cramer's Office .



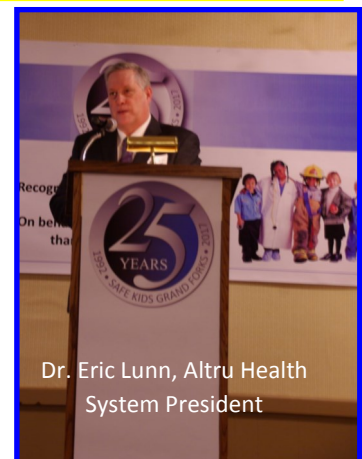
Safe Kids Grand Forks Coalition Members



Dave Molmen, Altru Health System CEO



Judy Larson shares stories from the early years.



Dr. Eric Lunn, Altru Health System President



Have you found Safe Kids Grand Forks on social media yet?

What are you waiting for??



- Check out our events section on Facebook to see a list of classes and events we will be attending in the community.
- Watch for updates of different unintentional injury topics.

- Ask questions
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489

E-mail: safekids@altru.org



Altru Health System:
Proud to celebrate 25 years
of keeping kids safe!

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Interested In Becoming A Car Seat Technician and/or Helping Safe Kids Grand Forks in our Child Passenger Safety Efforts?

To make our events a success, we need well trained and eager volunteers to assist at our car seat check-up events. There are no pre-requisites for who can become a car seat tech so if you have the passion to work with parents and children, we would love to have you join our team!

Safe Kids Grand Forks will host a 4-day child passenger safety technician training

June 20-23, 2017

8am-5pm

Cost: \$115 for a 2 year certification

To register, visit www.cert.safekids.org

Class size is limited to 20 attendees so don't delay!

If you want to learn more or attend an event to see what we do, please contact Jasmine Wangen with Safe Kids Grand Forks at jwangen@altru.org or 701.780.1660.

Car Seat Check-Up Events at Fire Station 5

2017 Dates

January 25	1-3 p.m.	July 24	1-3 p.m.
February 20	9-11 a.m.	August 23	9-11 a.m.
March 22	1-3 p.m.	September 28	1-3 p.m.
April 26	9-11 a.m.	October 23	9-11 a.m.
May 25	1-3 p.m.	November 21	1-3 p.m.
June 26	9-11 a.m.	December 27	9-11 a.m.

Additional dates and times on other side.



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Altru
HEALTH SYSTEM

Car Seat Check-Up Events

presented by:

**SAFE
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Altru
HEALTH SYSTEM

in cooperation with

Rydellcars.com



2700 South Washington Street



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

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

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



Baby on the way?

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

2017 Dates

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

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



Additional dates and times on other side.

March 19—25, 2017 is National Poison Prevention Week:

Be Poison Safe With These Tips

The number one cause of poisoning in children is over-the-counter and prescription medications. Keep medications up and out of reach and site of young children.



Put the Poison Control Center number into your phone so you have it handy in case of an emergency.

Remind visitors at your home (grandparents, babysitters, etc.) to put their backpacks, purses and suitcases in an area where young children cannot get into them and explore if medications are stored in those items.



Think of things in your home that are "household products" that can be a source of poisoning such as laundry pods. Keep them up high or locked in a cabinet as well.



Get rid of any unused or expired medications by dropping them off at local law enforcement centers (most have a mailbox-type drop box" inside their lobby for this type of disposal).





Car Seat Check-Up Events

presented by:



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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 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



2017 Dates

February 2

May 4

August 3

November 2



Car Seat Check-Up Events

presented by:



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



2017 Dates

January 26

April 27

July 27

October 26

For more information,
contact Altru Clinic
Crookston at
218.281.9100.

April Is Distracted Driving Month: U Drive. U Text. U Pay!!

According to the National Highway Traffic Safety Administration, 3,477 people were killed and an estimated 391,000 injured in motor vehicle crashes involving distracted drivers in 2015. That is a 9-percent increase in fatalities as compared to the previous year.

That's why local and state law enforcement agencies will be stepping up enforcement to catch distracted drivers from April 6 to April 10, 2017, as part of the *U Drive. U Text. U Pay.* campaign, a national high-visibility effort to enforce distracted-driving laws.



Babywearing Safety Tips



More and more parents are moving toward the babywearing movement. It's a great option to keep your hands free while holding your youngest and keeping track of 1 or more older kids.

The US Consumer Product Safety Commission (CPSC) has approved a new federal mandatory standard intended to improve the safety of infant sling carriers and prevent deaths and injuries to young children.

Infant sling carriers are worn by the parent or caregiver and are designed to carry an infant/toddler in an upright or reclined position. Slings generally are intended for infants and toddlers between 8 and 35 pounds.

Between January 2003 and September 2016, 159 incidents were reported to CPSC involving sling carriers; 17 were fatal and 142 were nonfatal. Of the 142 nonfatal incidents, 67 reports involved an injury to the infant during use of the product. Among the 67 reported nonfatal injuries, 10 involved hospitalizations.

CPSC advises parents and caregivers to be cautious when using infant slings for babies younger than four months of age. Slings can pose two different types of suffocation hazards to babies.

In the first few months of life, babies cannot control their heads because of still developing neck muscles. The sling's fabric can hold the baby in a position that blocks the baby's breathing and rapidly suffocates a baby within a minute or two. Additionally, where a sling keeps the infant in a curled position bending the chin toward the chest, the airways can be restricted, limiting the oxygen supply. The baby will not be able to cry for help and can slowly suffocate.

CPSC recommends the following tips to parents and caregivers when using infant sling carriers.

Make sure the infant's face is not covered and is visible at all times to the sling's wearer. If nursing the baby in a sling, change the baby's position after feeding so the baby's head is facing up and is clear of the sling and the mother's body.

Be vigilant about frequently checking the baby in a sling, always making sure nothing is blocking baby's nose and mouth and baby's chin is away from her chest.

Source: www.cpsc.gov



Off Road Vehicles – Big Risk for Small Kids

Recreation vehicles can be fun for adults, but did you know they are dangerous for kids? There are many concerns to address as they relate to ATVs (All-Terrain Vehicles, aka Quads) and UTVs (Utility-Task Vehicles, aka Side-by-Sides, Recreational Off-Road Vehicles, or ROVs). Across the country these vehicles are used for both recreation and work purposes, but can be extremely dangerous to children.

Off-Road Vehicle Safety Recommendations

Special training is recommended for ATV/UTV drivers, since there is much to learn to safely operate these vehicles. Although there is much more to know, the CPSC (Consumer Product Safety Commission) recommends these basic safety precautions when using ATVs and UTVs:

- *Don't drive either of these off-road vehicles on paved roads. (The low-pressure tires do not grip paved road surfaces properly).

- *All drivers and passengers should wear a helmet, as well as other protective gear like eye protection, gloves and clothing that covers the body.

- *The number of occupants shouldn't exceed the number of seats, for ATVs, this means no passengers.

- *Children under age 16 should not drive a UTV or adult ATV.

Further precautions specifically for UTVs:

- *Always fasten the safety belt.

- *Be sure all passengers are large enough so that both feet rest on the floorboard while their back is against the seatback. That means NO kids of car seat or booster age!



Highback or Backless Booster:

Which should you use?

Once a child has outgrown their harnessed car seat they may be ready for a booster seat. There are 2 main types of booster seats on the market, both serving the same purpose: to help position the seat belt on your child so it fits them correctly.

The question we receive at Safe Kids Grand Forks the most often is which one does my child need? There isn't a hard and fast answer to this question. The highback is going to help protect your child against side impact and can help to better position the shoulder belt, but isn't very convenient for travel or carpooling.

The biggest thing to know is that if the child is sitting in a position where there is NO headrest or a low headrest they NEED to have a highback booster. To help prevent whiplash, the child's head needs to have support up to at least the top of their ears.

If you have questions on car seats or boosters, please call Jasmine at our Safe Kids office at 701.780.1660.



Kids on the Move

With the current warmer temperatures and melting of snow, more children are on the move near our schools and in our neighborhoods. DRIVERS: be on the watch for children walking and biking to and from schools, parks and in your neighborhood.

Reminders:

- ⇒ Know where schools are located in your area and the arrival/dismissal times for these schools. Avoid driving by schools during these times if at all possible.
- ⇒ Take an alternative route: If you do not have school-aged children, don't drive by a school during arrival/dismissal. Choosing a route that takes you just a few blocks farther from school decreases congestion around the school and adds little time to your commute.
- ⇒ PHONES DOWN, HEADS UP: This goes for drivers and pedestrians.
- ⇒ Drive at posted speeds. The risk of death to pedestrians increases dramatically as speed rises over 25-30 mph.

Remember That Water Bottle!

How much water should a kid drink while playing sports?



For every 20 minutes of play, a young athlete should drink about 10 gulps of water.

1 gulp = ½ oz. of fluid

A teen should drink about 20 gulps.

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WORLDWIDE™

The American Academy of Pediatrics (AAP) recommends: 5 oz. for an 88-pound child every 20 minutes, and 9 oz. for a 132-pound adolescent every 20 minutes.

As parents and caregivers we are sometimes in a rush to get our kids to practices. Do they have everything they need? Warm clothing, helmets, shin guards, skates, etc.! It is easy to forget one of the most important pieces of “equipment” – the water bottle! Safe Kids does an extensive amount of education on dehydration awareness and prevention throughout our region. We want to remind parents and caregivers that having proper hydration available to every athlete is as important as having the right equipment.



HYDRATION TIPS

To keep kids in top shape for sports, it's important for them to stay hydrated by drinking plenty of fluids.

Learn the signs and symptoms of dehydration.

To stay hydrated, bring a water bottle to practice and games.

Drink fluids before, during and after play.

Don't wait until athletes are thirsty, have mandatory fluid breaks during practice and games.

Learn more at www.safekids.org



PREVENTING SPORTS INJURIES

Did You Know?

- ◆ More than 38 million children participate in sports each year in the United States.
- ◆ One in three children who plays a team sport is injured seriously enough to miss practice or games.
- ◆ Girls are up to eight times more likely to have an ACL injury than boys
- ◆ Most organized sports-related injuries (62 percent) occur during practice rather than in games.
- ◆ The most common types of sports-related injuries among children are sprains, muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illness.



Working for Change

We want kids to excel in sports and love the simple pursuit of play. One of the most important ways to promote this is to reduce the number of kids being sidelined from sports-related injuries. That's why Safe Kids Worldwide has developed easy-to-use tools to help parents, coaches and young athletes understand common sports injuries and how to prevent them.

Safe Kids Grand Forks has embraced this mission of SKW and has been working to promote sports injury prevention in our region for over six years. Some of our efforts include:

- Dehydration prevention signage at local baseball parks, fitness centers and in locker rooms
- Distribution of concussion awareness and dehydration prevention materials through both local and regional hockey tournaments
- Speaking at youth coaches' training
- Distribution of water bottles with dehydration messaging to young ball players throughout the region

We are excited to share two new initiatives that we will be carrying out in the spring of 2017

Sports Injury Prevention Clinics: We recently received a grant from Safe Kids Worldwide to carry out clinics targeted towards coaches, parents and youth. These clinics will focus on the following topics:

- Concussion awareness and response
- Proper hydration
- Medication safety (REQUIRED)
- Acute and overuse injury prevention
- Heat illness prevention
- Emergency response
- Positive play
- Proper Equipment

Development of an informational video on concussion awareness focusing on a local athlete and her experience with the long term effects of a concussion. We will be able to share this video throughout the region and create links to each through school and team webpages.

If you would like to learn more about our sports injury prevention efforts and/or bring a clinic to your community, please contact Patty Olsen at polson@altru.org or at 701-780-1856.



Sports Nutrition: Safe Tips for Athletes on a Vegetarian Diet

It's possible for athletes to meet their nutritional needs while following a vegetarian diet. The more restrictive the vegetarian plan, the more attention an athlete will need to pay to their diet in order to get all of the nutrients they need for normal growth and athletic performance. The important nutrients to keep an eye on include; protein, calcium, and iron.



Protein

An athlete's protein needs are higher than non-athletes. An athlete needs between 0.5 and 0.8 grams of protein per pound of body weight. So for a 120 pound athlete that's 60 to 96 grams of protein a day. Protein is made from building blocks called amino acids. Some foods contain all of the amino acids we need that our bodies can't make: meat, poultry, fish, cheese, eggs, milk, and yogurt. Other high quality protein sources come from soy products. And good sources of protein include nuts

and seeds, peanut butter and dried beans, like black beans and pinto beans. Grains and vegetables also provide small amounts of protein. If your athlete limits animal products or eliminates them all together, it is important they eat a variety of other protein sources to ensure they are getting adequate amounts of protein along with getting all of their essential amino acids.



Calcium

Calcium is a key mineral helping athletes to maintain strong bones. Dairy products such as milk, yogurt and cheese are some of the best natural sources of calcium. Athletes who choose to continue to eat dairy products generally will not have a problem getting enough calcium as long as they include 3-4 servings of these products daily. If milk products are eliminated from the diet, other sources include calcium fortified almond and soy milks and calcium fortified juices, cereals, and other grain products. Other good sources include oranges, broccoli, almonds, and pinto beans.

Iron

Iron is very important for athletes. This mineral helps to make hemoglobin and myoglobin, compounds in the body that

carry oxygen in the blood and muscle. Low iron intake in the diet can lead to low energy levels. Heme iron found in meat, and the highest amounts are in red meat, is absorbed by the body the best. If your athlete isn't eating meat, you want to make sure they get other good sources of iron such as eggs, beans, blackstrap molasses, spinach, soy nuts, fortified tofu or breads and cereals fortified with iron. Including a vitamin C source, such as strawberries, oranges or orange juice along with the vegetarian iron source will increase the absorption of iron.

Visit with a dietitian who specializes in sports to help create a plan that insures enough calories and includes a variety of nutrients while following a vegetarian eating pattern. 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



That's Not a Life Jacket! ...Or Is It?

In the past few years we have seen more and more life jackets that don't look like a standard life jacket. Check out these floatation devices called Puddle Jumpers. They are designed for kids from 30-50 pounds and are US Coast Guard approved Type III life jackets. Meaning they can be used when playing on the beach/pool deck, swimming with supervision or riding on a noncommercial boat less than 40' long. They can NOT be used for water skiing or similar towed uses. The reason caregivers love these is because the design allows more freedom to swim and play than a

traditional life jacket.

What life jackets aren't safe for kids? One that are not the correct size (weight limit) or ones that blow up.



Spring and Summer Sale of Safety Items!

The summer sports and lake season is just around the corner! Safe Kids wants to remind families about the importance of having the appropriate safety equipment for biking, inline skating and other wheeled sports. It's also important to check those life jackets. Do you have enough for the lake? Are they in good shape?

Helmets and life jackets also make great Easter and birthday gifts and we sell this safety gear at a reduced price.

Helmets:

Bike helmets: These should only be worn for riding a bike as they do not provide adequate protection for other activities. (Cost is \$8.00 – red, blue, black and purple).

True Multi-sport helmets: These helmets are designed for bike riding as well as

in-line skating and for use on scooters. They provide additional protection to the head, especially if you or your child do activities such as tricks on their boards/skates, etc. (Cost \$12.00 – white, blue and black)

Elbow, knee, wrist pad sets:

Small, medium, large - \$12.00

Life Jackets: Color choice: Red or blue. \$20 all sizes

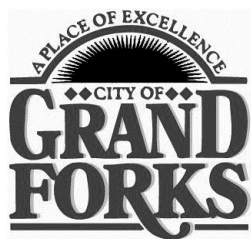
Infant (0 – 30 lbs.)

Child (30 – 50 lbs.)

Youth (50 – 90 lbs.)

Adult (over 90 lbs.)

If you are interested in purchasing any equipment, please contact Safe Kids at 701.780.1489 or safekids@altru.org.



Spring Flooding and Safety



The residents of Greater Grand Forks are fortunate to have a sophisticated flood protection system in place. As the Red River rises, it's tempting to go to the dikes to view the mighty river.

However, Safe Kids and the City of Grand Forks want to remind children and adults to stay away from the rising river during a flood. We know how tempting it is to watch the Red River as it continues to rise in Greater Grand Forks. The water is cold and moving fast so please remember to view the river from a safe distance.

High water will cause some trails and other amenities to be closed. Please check the Greenway website or local media sources for the most current trail conditions. Amenities along the Greenway, including the dog park, may close temporarily for high water.

Links to current river levels and city news can be found at www.greenwayggf.com in the tab labeled "River Levels."

STAY SAFE AND STAY AWAY FROM THE FLOOD WATER.

Submitted by Kim Greendahl, Greenway Specialist

C.A.R.S (Child & Restraint Systems) Class 2017 Training Schedule

2017

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. The class is also registered with Growing Futures credits in ND.

Certificate will be provided at the completion of the class.

To register, call 701.780.1639 at least 2 weeks prior to the class.

February 7, 2017 (Tuesday) 6 pm—9:30 pm

March 11, 2017 (Saturday) 9 am—12:30 pm

April 11, 2017 (Tuesday) 6 pm—9:30 pm

May 9, 2017 (Tuesday) 6 pm—9:30 pm

June 15, 2017 (Thursday) 6 pm—9:30 pm

July 11, 2017 (Tuesday) 6 pm—9:30 pm

August 8, 2017 (Tuesday) 6 pm—9:30 pm

September 9, 2017 (Saturday) 9 am—12:30 pm

October 10, 2017 (Tuesday) 6 pm—9:30 pm

November 4, 2017 (Saturday) 9 am—12:30 pm

December 7, 2017 (Thursday) 6 pm—9:30 pm

All classes are held at Altru Health System

Building 3 - Grand Forks, ND

(3065 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).

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



Bringing Home Baby

For new or expectant parents

Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you already have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into a vehicle.

Cost:

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

2017 Class Dates

Locations:

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

9 a.m., noon and 4 p.m. Classes held at Altru Health System. Building location will be given with your reminder call/email.

January 12 6-7:30	May 6..... 9-10:30am	September 9 9-10:30am
January 16 4-5:30	May 11..... 6-7:30	September 14... 6-7:30
January 24 5-6:30	May 15..... 4-5:30	September 18... 4-5:30
February 9 6-7:30	May 23..... 5-6:30	September 26... 5-6:30
February 13 4-5:30	June 8 6-7:30	October 3 12-1:30
February 25 9-10:30am	June 13 12-1:30	October 12 6-7:30
February 28 5-6:30	June 19 4-5:30	October 16 4-5:30
March 9 6-7:30	June 27 5-6:30	October 24 5-6:30
March 13 4-5:30	July 13 6-7:30	November 4..... 9-10:30am
March 21 12-1:30	July 17 4-5:30	November 9..... 6-7:30
March 28 5-6:30	July 25 5-6:30	November 13.... 4-5:30
April 8 9-10:30am	August 5 9-10:30am	November 28.... 5-6:30
April 13 6-7:30	August 10 6-7:30	December 5 12-1:30
April 17 4-5:30	August 14 4-5:30	December 14.... 6-7:30
April 25 5-6:30	August 22 5-6:30	December 18.... 4-5:30



**SAFE
KIDS**
GRAND FORKS

Altru
HEALTH SYSTEM

Rydellcars.com
CHEVROLET BUICK GMC Ram MVA

WELCOME
TO
GRAND FORKS

Child Passenger Observation Survey Results in Grand Forks:



Overall restraint use: **84%** in Grand Forks.

It is against the law in North Dakota for children younger than **7 years** to ride in a seatbelt only.

78% of children* 6-8 years old were restrained



88% were in a seat belt (9 out of 10)



Children* in this age group are safer in a booster seat and should not ride in a seat belt until they are **4'9"** or until the seat belt fits them low on the hips and centered across the chest.

Need help getting a car seat or booster?



Safe Kids Grand Forks has received a one year grant to distribute **free car seats and boosters** based on need.

**Distribution starts promptly at 4 p.m. on
February 15 | March 20 | April 20 | May 17**

Distribution and education will happen at the Safe Kids office.
Registration is required to ensure the correct number of seats are available.

For more information and to sign up for the distribution, contact
Safe Kids Grand Forks at 701.780.1489.



Buckle Up for Life
TOYOTA Cincinnati Children's

** Children estimated ages 6-10*



Shopping Carts and Car Seats – What’s Safe?

There are so many Do’s and Don’ts when it comes to car seat safety in the car. Using your car seat outside of the car may be convenient, but there are safety risks to address here as well. A common misuse we see of car seats is placing them on the top of shopping carts. Here are some safer options for transporting your infant inside of a store.



#1 - Put the car seat in the basket of the cart

Rather than setting the car seat on the top of the cart, put it in the large basket instead. In that position, the seat can't fall off the cart and the seat will rock as you push the cart, keeping your child more content while you shop.



#2 – Have baby sit in the child seat of the cart

This option is good for babies that can sit up on their own (usually around 6 months of age). Be sure to buckle baby in place and never leave the cart unattended.

#3 – Leave the car seat in the car and babywear

This keeps your baby close while leaving your hands free for shopping and doesn't take up any carts space! Be sure to follow the directions for proper babywearing.



#4 – Use a stroller

If you have a travel system that goes with your car seat, bring the stroller to the store with you. This is good for smaller shopping trips. Items you are purchasing can be stored in the bottom of your stroller until you get to the register.

#5 – Shop where carts are designed to hold a car seat

There is a newer product available to retailers called a Safe-Dock. This is meant to hold your infant car seat and not take up space in your shopping cart. If you want to encourage your favorite retailer to have Safe-Docks available you can share your thoughts at <http://www.shoppingcartsafety.com/locator/index.php?tab=US>



A lot has changed over the years from when grandparents of today had their little ones. We have heard from people in the community that they would love to learn more about keeping their grandbabies safe through a class. Well, we have found a way to make that happen and are pleased to begin offering a course called “Grandparent Basics”. Come join us and learn about all that has changed in the world of “little kids”. We are offering the class once per quarter and registration is required. See the details below.

Grandparent Basics

Altru Health System and Safe Kids Grand Forks are pleased to announce a NEW class being offered just for grandparents. Lots has changed since the days when they raised their children and grandparents play a vital role in the lives of so many of their grandkids, often serving as the primary caregiver. Come, learn helpful hints that include some of the following topics: car seats, safe sleep, feeding recommendations, babyproofing, role transition from parent to grandparent and supporting the parents.

Call 701.780.5179 to register or log on to: altru.org/find-a-class-or-event/
\$20 registration fee

2017 CLASS DATES:

MARCH 23 - JUNE 29 - SEPTEMBER 21 - DECEMBER 7
6:30 – 9 P.M.

SAFE KIDS HEADQUARTERS – 860 S. COLUMBIA ROAD



While it is only March and it may seem early to be talking about heatstroke deaths from kids being left in hot cars. In 2017, the United States has already had one child die of this type of tragedy. Check out the tips on the next page and as the weather warms up, be in tune with this danger that kills nearly 40 children each year in the US.





Vehicular Heatstroke

100% of heatstroke deaths of children in cars are preventable

TOTAL SINCE 1998

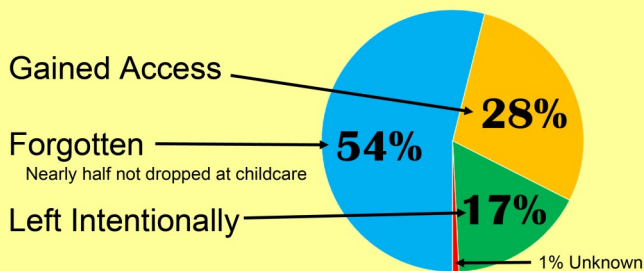
700 DEATHS

AVERAGE PER YEAR

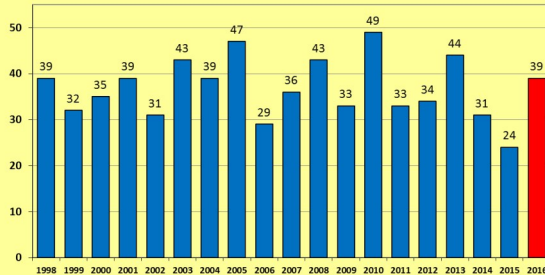
37

During summer that's almost **2** per week

CIRCUMSTANCES



U.S. Child Vehicular Heatstroke Deaths



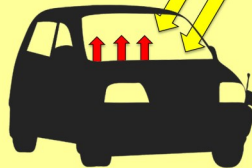
HOW HOT? HOW FAST?

80%

of total heat rise occurs in the 1st 30 minutes

Max temps can exceed: **135°**

Interior temperatures can be 50° higher than outside.



SAFETY TIPS

- Never** leave children unattended in a vehicle. NOT EVEN FOR A MINUTE!
- Always** check the backseat. Leave your wallet or purse as a reminder.
- Always** keep vehicle locked and keys out of reach.
- Make** arrangements with your childcare provider to call if child is absent.
- CALL 9-1-1** if you see a child alone in a vehicle.

Vehicular heat stroke. Hyperthermia. Hot car death. All names for a preventable tragedy that happens far too many times each summer. In 2016 there were 39 heatstroke deaths in the United States. The first heatstroke death of 2017 happened in February. Think it could never happen to you? Think you could never, ever, forget about your child in a car? Think again.

Common Myths

Let's clear up some misperceptions. Parents don't forget they have children. The Pulitzer Prize winning article "[Fatal Distraction](#)," said it best: accidental hyperthermia deaths happen because in that parent's mind, the child isn't in the car. The baby hasn't been forgotten; the baby's location has been forgotten. In that parent's mind, the baby is already at day care, or safely at home. If you are capable of driving halfway to work on a Saturday when you were meaning to go to the grocery store, or forget to pick up milk on your way home from work, you are capable of forgetting your child in the car.

Temperatures

The temperature inside a vehicle can climb from 80 to 123 degrees in about an hour. In Grand Forks on a nice June day it was 70 degrees outside and within less than 15 minutes it was 122 degrees inside our Safe Kids van.

Deaths Per Year

In more than 80% of the 700 recorded incidents, the child's death was completely unintentional. The child was unknowingly left in the vehicle by a parent or caregiver, or the child had become trapped in the vehicle from playing in it. These deaths are accidents that those parents would give anything to go back in time and prevent.

Prevention

What can we do to prevent these tragedies? The first step is realizing that all human brains, even parents' brains, can make mistakes. The second step is to implement a simple reminder system.

Look Before you Lock

Before locking your vehicle, take a moment to look in your back seat and verify that the children are not in their car seats.

Source: Car Seats for the Littles



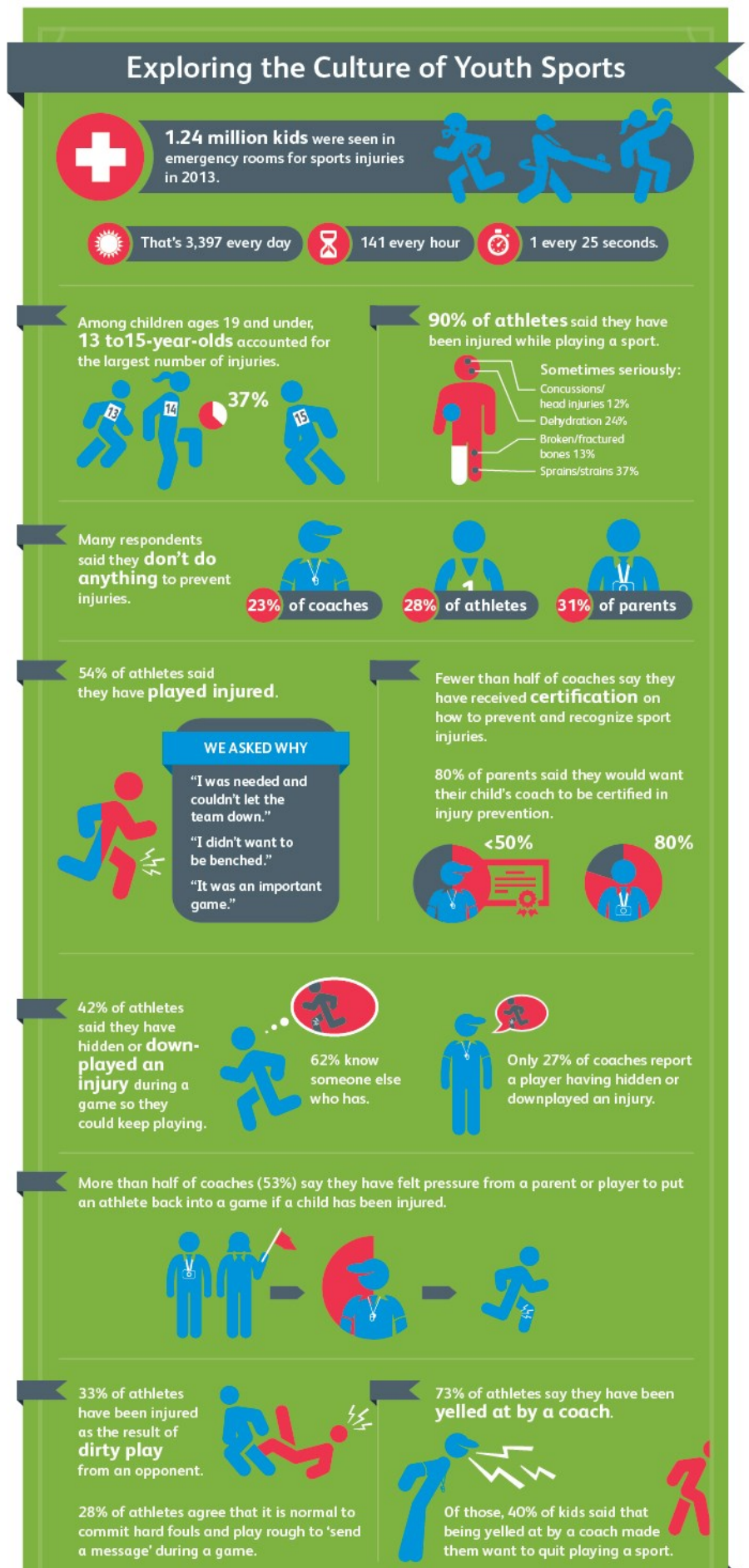
Noheatstroke.org



Strategies for Smart Play In Youth Sports

(See the infographic to the right)

- ⇒ **Set the ground rules at the beginning of the season.** Coaches bring together parents and athletes before the season begins to agree on the team's approach to prevent injuries.
- ⇒ **Teach athletes ways to prevent injuries.** Proper technique, strength training, warm-up exercises and stretching can go a long way to prevent injuries.
- ⇒ **Prevent overuse injuries.** Encourage athletes to take time off from playing only one sport to prevent overuse injuries and give them an opportunity to get stronger and develop skills learned in another sport.
- ⇒ **Encourage athletes to speak up when they're injured.** Remove injured athletes from play.
- ⇒ **Put an end to dirty play and rule breaking.** Call fouls that could cause injuries.
- ⇒ **Get certified.** Learn first aid, CPR, AED use and injury prevention skills.



SAVE THE DATE

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

**SAFE
K:DS**
GRAND FORKS

Altru
HEALTH SYSTEM



Sunday, October 22, 2017
12 - 3 p.m.
Alerus Center

For more information about the
Tummy to Tot Expo visit:
safekidsgf.com

or

facebook.com/TummytoTot



Reenes
PHOTOGRAPHY

