



News You Can Use



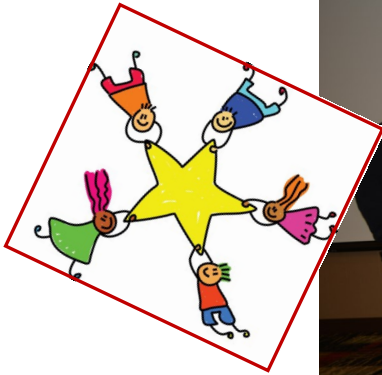
**Child Passenger Safety
Special Edition 2017**

Celebrating 25 Years Of Keeping Kids Safe!!



On January 29, 1992, Altru Health System (United Hospital at the time), signed the contract to serve as the lead agency for Safe Kids Grand Forks. On January 30th of this year, Altru Health System held a banquet and celebration event for our coalition partners to celebrate 25 years of keeping kids safe. More photos and information about the exciting night will be featured in the Spring Safe Kids Newsletter but suffice to say, we were grateful to be able to celebrate our partnerships, our injury prevention work and our wonderful volunteers who make our work possible. Pictured above is Safe Kids Coordinator, Carma Hanson (second from left) with Kelly Ransdell—National Fire Protection Association, Kate Carr—Safe Kids Worldwide President and CEO and Mayor Mike Brown at the celebration.

SAFE KIDS "STARS"



As we celebrate 25 years of keeping kids safe, we tip our hat to all the volunteers who help us in our efforts. We will have more photos in our Spring Safe Kids newsletter but this one was taken of the coalition members from Safe Kids Grand Forks and Safe Kids Fargo-Moorhead who were present on January 31 at our strategic planning session. Together, the volunteers from these organizations are working hard each and every day to make our goal of preventing unintentional injuries and deaths a reality. Tonight, a mother will tuck a little one into bed that she loves more than life itself. This week, a father will drop off his precious child at school for the day. This weekend, grandparents will get a hug from their young grandchildren that they adore. Each and every one of these children are special and our goal is to equip parents, caregivers and families with the education and tools they need to keep these children safe from their number one cause of death. Thank you to each and every one of you that are a part of that mission—**YOU ARE OUR STARS!!**

Great advice from a local parent!



How to Commute in a Taxi or Bus with a Child

By Madison Wessling

There may come a time when you need to use a city bus or taxi to commute around town. If you think you will be bringing a child younger than 13 years old with you, it is important to know the rules of the road. I will explain the best practices for keeping your child safe in a city bus or taxi.

Best Practices for Taxi

If you are using a taxi to get around town, it is important to know what North Dakota law mandates for children riding in any motor vehicle. According to North Dakota law, 39-21-41.2.2, if a child, under seven years of age, is present in any motor vehicle, that motor vehicle must be equipped with at least one child restraint system for each child. This

means if you are riding in any car, including a taxi, your child must be in a child restraint. If you have a child that is older than seven, make sure they sit in the back seat and use a seat belt every time.

If you do not plan on using a taxi, but are thinking about using the city bus, there are best practices for riding with children.

Best Practices for City Bus

In Grand Forks, there are no laws that require a child to be in a child restraint while riding the bus. However, there are safe ways to ride with your child while using the city bus. According to Ali Rood, the Mobility Manager for Grand Forks City Area Transit, the best practice and City Area Transit's policy, is to hold your child while riding the bus. This policy is meant for young

children who are in a stroller or car seat. If you are riding on a city bus without seat belts, it is okay for your older child to sit in the seat.

If you have questions or would like more information on this topic, please call Safe Kids Grand Forks at 701-780-1489.



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.

Global Road Safety

By Madison Wessling

Every day, kids all around the world commute to school. These children may travel by walking, biking or riding in a motor vehicle. In many places around the globe, including the U.S., there are many children being injured or killed due to road traffic crashes. According to Safe Kids Worldwide, there are more than 500 children, around the world, who die from a road traffic crash EVERY DAY. All of these deaths are preventable and can be stopped by increasing policies and law enforcement around the issues of road traffic crashes. Before the issues are addressed, it is important to discuss how driving impacts our lives.

Driving Throughout the World:

Throughout the world it is vital for people to use transportation. When people are able to move through a country it provides economic and social growth for everyone. In low- and middle- income countries it is essential for economic and social growth to continue in order for change to happen (CDC, 2016). Most of the time, the roads are shared by cars, buses, mopeds, motorists, animals, people, and taxis. This leaves little room for children to walk or bike to school on the road and creates a dangerous environment. According to Safe Kids Worldwide, in 2015 road traffic injuries were the

leading health burden for children over the age of 5 in developing countries. The solution is not to take motor vehicles off the road but instead, create infrastructure that promotes safer roads.

Safe Driving Habits:

It is important to create infrastructure that provides a safe environment for any commuter, including children. There are many areas in which road safety can be addressed. Two ways in which Safe Kids is trying to improve road safety is through the Walk this Way pedestrian safety program and the Buckle Up child passenger safety program.

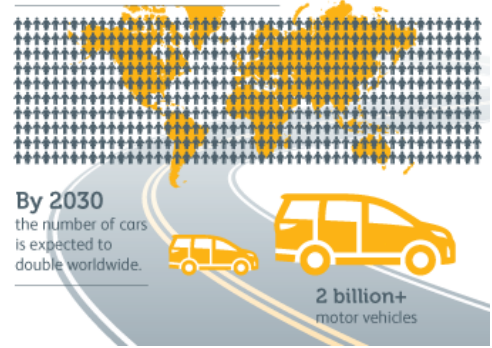
One of the first ways to achieve a safer environment is to pass and enforce laws for child restraints such as a car seat or booster seat. In fact, a properly installed car seat can increase the likelihood of an infant surviving a collision by 70% and a child surviving a collision by 80% (Safe Kids Worldwide). This is just one example of how increasing infrastructure can save a child's life and reduce the chance of injuries. Safe Kids Worldwide has created four basic principles for all countries to strive for in an effort to create a safer environment for children commuting in a vehicle.

Four Basic Principles:

The four basic principles that were put together by Safe Kids Worldwide are the following:

Road Safety Around the World

More than 500 children die in road traffic crashes every day.



1. Place all children under age 13 in the rear seat. Use the correct restraint for the child's size and age.
2. Place all children under age 3 in a rear-facing car seat, in the back seat of the car.
3. Place children over age 2 in a forward-facing car seat with a harness. Secure the car seat with a seat belt or other form of attachment available in the vehicle and on the car seat.
4. A child should be in a car seat or booster seat until they grow to 4'9". Once the child has reached that benchmark, a seat belt must be used.

If these four principles, and other policies in which road safety is improved, could be passed and enforced in every country throughout the world; we could see a decrease in the number of childhood deaths due to road traffic crashes. If you would like more information, please visit www.safekids.org and search for Global Road Safety.

#SaveKidsLives



Featured Car Seat – Nuna Pipa

This sleek car seat is designed for children from 4-32 pounds and up to 32 inches. This seat is similar to many other rear facing only car seats as it has a base that it attaches to that stays in the car. What is different is the design of the base. Nuna says the base is secure and simple with a 5 second install! The Pipa car seat has a stability leg that is meant to touch the vehicle floor, helping to decrease the amount of movement the car seat would have in a crash. The base can be used with or without the stability

leg.

The Pipa also includes a ‘dream drape’ that creates a shelter for baby to keep them from the elements – while it may not work

well for cold winters; it is great to protect against rain, wind and sun.

Retail \$299.95



Thank You to our Dealerships & GF Fire Dept

It takes many, many things to have a well-run car seat check-up event. We of course need our car seat tech volunteers, but the venues we hold those check-ups at are just as important.

We are so grateful for the partnerships we have with the GMC dealerships in our Safe Kids Grand Forks coverage area and the new partnership we have formed with the Grand Forks Fire Department.

Without the use of an indoor space to check car seats we would be much more limited to the number of check-up events we hold and the number of seats we are able to check each year. What parent wants to stand outside with their child in the freezing cold, pouring rain or blistering heat?! Thanks to the

following locations, those parents and our car seat techs have a nice climate controlled area to check car seats.

- Grand Forks – Rydell Cars
- Crookston – Brost Chevrolet
- Grafton – Hanson’s Auto & Implement
- Grand Forks – Fire Station #5

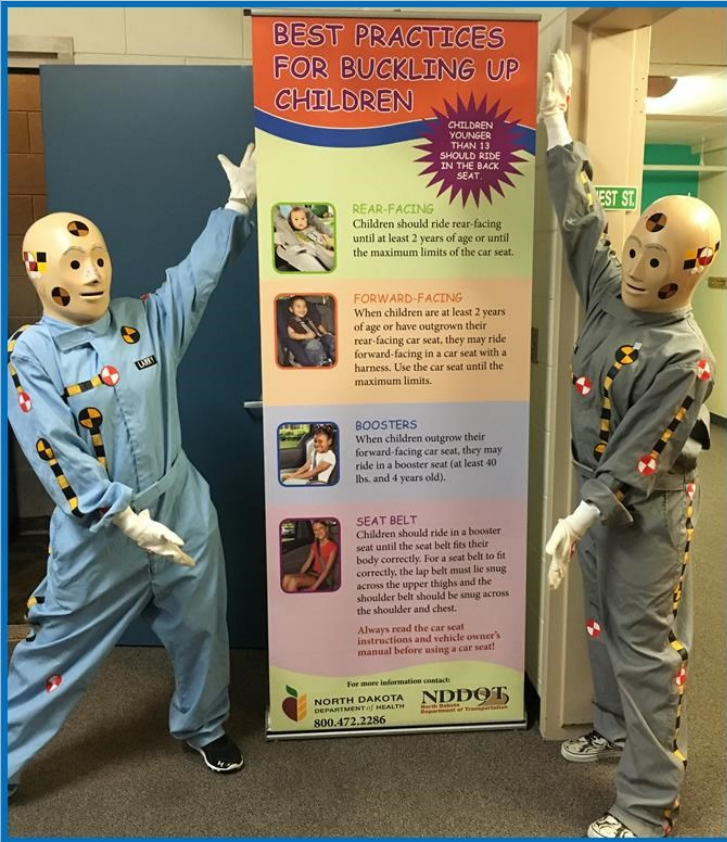


Rydell cars.com





**Thank you to
all our amazing
car seat techs
for helping
keep kids safe!**



2017 proved to be another great year of checking car seats in Grand Forks and the surrounding communities. During the warmer summer months we traveled to places as far as Roseau/Warroad, Pembina & Northwood.

We checked 1,334 seats this past year and made sure that another 230 were properly disposed of if they were expired or in a crash.





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



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:

Alive at 25 - March 19

Defensive Driving Course, 4-Hour - Feb 4

DDC Distracted Driving Online - anytime

www.ndsc.org/TrafficSafety

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.



Car Seat Check-Up Events

presented by:



in cooperation with



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.



MINNESOTA CAR SEAT ASSISTANCE

Keeping kids safe in vehicles is important to Safe Kids Grand Forks. Thanks to a generous car seat grant from the state of Minnesota, we are able to provide seats to residents of Minnesota that cannot afford a car seat. We have seats to fit children of all ages. To set up an appointment for car seat education and installation assistance, please contact Jasmine at 701.780.1660.





Car Seat Check-Up Events

presented by:



SAFE KIDS
GRAND FORKS

in cooperation with
Hanson's Auto & Implement

110 5th Street West, Grafton, ND

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

Safe Kids Grand Forks is pleased to partner with local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered 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 KIDS
GRAND FORKS

in cooperation with
Brost Chevrolet

1600 University Ave, Crookston, MN

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

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

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



Stop 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.

Check Your Car Seat While Flying—Try CARES

Jasmine Wangen

Traveling with kids can be stressful.

Have you ever dealt with lugging your giant car seat through an airport and then had to install that beast of a car seat into an airplane seat? No thanks!

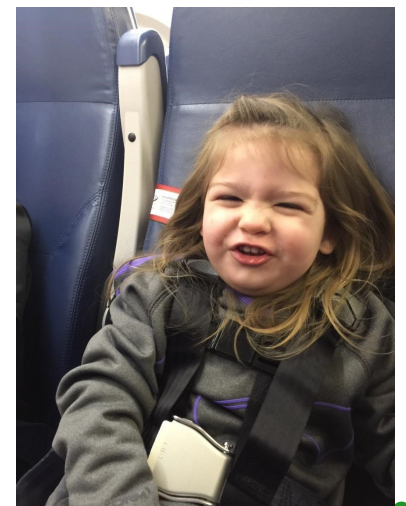
Next time you fly with young children, consider trying the CARES Airplane Safety Harness by Kids Fly Safe.

The CARES harness is good for kids from 22-44 pounds and up to 40 inches tall.

This harness is simple to slip over the airline seat and harness the child in place, which will keep them safe in case of turbulence during the flight.

Safe Kids Grand Forks has two CARES harness systems available to check out from our office. Please call for more information and to schedule a pick up time. 701.780.1489.

Special thanks to Milena for posing in the harness with her cheesy little smile. :)



Winter Coats & Car Seats

How to stay warm AND safe

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



No coat. Use a blanket for warmth.



Lightweight coat.



No coat and use a car seat cover that goes around (but not under) the car seat. This does not affect the tightness of the harness straps.



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



Car seat liners that go under a child can bunch up and makes extra padding that can compress in a car crash.

Remember to
"Strap Before You Wrap"

Warm your car ahead
of time when possible.



www.safekidsgf.com



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Altru
HEALTH SYSTEM



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



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HEALTH SYSTEM



Winter Driving

By Madison Wessling

It is that time of year again when we can expect negative degree weather and snow piles larger than our cars. For many of us this winter, we will get around town in our vehicles. Safe Kids Grand Forks believes you can always use a refresher on how to drive safely during the winter. According to the North Dakota Department of Transportation (NDDOT), there are a few checklists every driver should accomplish before they get out and onto the road this winter.

Winter car preparation checklist

Winter weather can have an impact on the reliability of your car. If you bring your vehicle to an auto care shop, have your maintenance worker inspect your vehicle for maximum performance this winter. If your vehicle is in good condition from your inspection, you are one step closer to driving safely this winter.

Vehicle Emergency Kit Checklist

The other checklist you will want to look over is the "Vehicle Emergency Kit". This kit is kept in your vehicle in case of an emergency, like your car getting stuck on the side of the road. The kit should include the following:

- Jumper cables
- Small shovel and cat litter for traction
- Blanket and warm clothes (i.e. sweatshirt, coat, hat, gloves, boots)
- First aid kit
- Flashlight and extra batteries
- Food and water
- Ice scraper and brush

- Reflective triangles or flares
- Tools
- Tin coffee can
- Tire chains

If you can keep a few or all of these items in your vehicle, you will be better prepared for any situation this winter. One more tip, if you become stranded with your vehicle, stay with your vehicle. Your car will provide better visibility for help and you will have shelter against the elements.

How to drive safely this winter

The first thing you should do is check the road conditions before you leave. If the road conditions are poor, prepare to leave earlier in case you need more time to drive safely to your destination. If you can contact someone before you leave (i.e. coworker, family member or friend) let them know what time you are leaving, your route and when you plan to arrive at your destination. This plan will ensure your safety by having a few people know where you are. If the road conditions get worse while driving, try to find a safe destination where you can stay and wait for the weather to clear up.

If the road conditions are good enough to drive on make sure you have a full tank of gas. This will make sure your fuel lines do not freeze up and if you get stuck on the road, it will help to keep your car's heat on while you wait.

Another thing to check before you get on the road is your car's headlights and taillights. Make sure your they are clear of snow and ice and turn



your lights on. By clearing any snow and turning on your lights, you will increase your visibility to other drivers.

When you are driving, never use cruise control on icy or slick roads. Using cruise control will reduce the amount of control you have over your vehicle when road conditions are poor. Instead of cruise control, manually adjust your speed. When you get out and onto the road, test your brakes while driving slowly and adjust your speed to your traction. If you have less traction, slow down. If you have good traction, keep up with traffic and do not speed.

While keeping up with traffic, give extra room between your vehicle and other cars. Although the roads could look clear and free of ice, you never know how long it may take you to come to a complete stop. This is why it is important to slow down while driving and give extra room between you and other vehicles. Like my Dad always told me, "you may wish you were going faster on the road but it is better than wishing you were going slower on the road".

....continued on page 13



Winter Driving-Continued from page 12

Final check

If you have reviewed the checklists put together by NDDOT you will be prepared to drive safely this winter. Remember, it is important to slow down and give yourself enough room between your car and other vehicles. Although many of the citizens in the Greater Grand Forks and surrounding communities are seasoned for winter driving, you never know what the roads are like; keep yourself and others safe by slowing down while driving. If you are driving past areas with children, such as a school zone or a sledding area, make sure you slow down and watch out for children who may not see your vehicle.

If you would like more information on winter driving, please visit www.safekidsgf.com. You may also

find more information on the NDDOT's website, www.dot.nd.gov



Lives Saved—Stories that Don't Make the News

We frequently hear the news headlines of children who have died and wish we could have done more. Often, we don't hear of the children who survived because of our efforts. The day after our 25th Anniversary celebration we at Safe Kids Grand Forks had an amazing encounter with a very grateful mom.

Jasmine Wangen, our Safe Kids Grand Forks car seat technician instructor met this mom this past fall at a garage sale this past fall and discussed the dangers of purchasing a second hand car seat. Jasmine suggested she attend one of our Buckle Up For Life presentations to receive a free car seat. She came to the class a few weeks later and was given a free car seat and taught how to use it

correctly. In January the mom was T-boned by a driver going 40 mph. Her children walked away without a scratch or bruise... because their car seats were properly installed.

This mom saw our Safe Kids van and saw Jasmine outside and came

running up to give her a giant hug for saving her children's lives.

Check out the full video of what happened when Jasmine and the mom met in the parking lot on our facebook page:

www.facebook.com/pg/safekidsgf/videos/?ref=page_internal



Teen Driver Source

Teen Driver Source, a program of the Children’s Hospital of Philadelphia’s Center of Injury Research and Prevention, has introduced a TeenDrivingPlan Practice Guide, a new interactive resource that provides information and tools designed to help parents effectively supervise their teen’s driving practice.

Teen Drive Source reports that a randomized, controlled trial found that teens with families that followed the TeenDrivingPlan program were 65% less likely to make dangerous driving errors. In addition, driving performance was enhanced because the tool guides new drivers to practice in a greater variety of situations and environments than might otherwise occur.

At the core of the resource is the practice guide, which describes a set of key driving skills broken out by type of roadway, such as residential, intermediate, commercial and country, as well as parking lots and other challenging situations. For each driving environment, there are links to YouTube videos that facilitate learning.

Beyond simply providing safety information to read and watch, the tool helps families organize a plan for effective teen driving practice by providing a Logging and Rating Tool and a Goal Guide.


The Logging and Rating Tool helps families track skills development and practice hours by driving environments and allows parents to record where their teens need more work. Experts agree that novice

drivers need somewhere between 65-120 hours of supervised driving practice, but this tool seeks to ensure that this time is spent on quality experiences, not just the quantity.

The Goal Guide serves as a checklist to track skills mastery in each of the targeted environments. The Goal Guide also offers links to the supporting videos.

All materials can be printed to keep in the car or downloaded to an electronic device or computer. To access these free materials, go to www.teendriversource.org and select “I am a parent/guardian.”

Source: Safe Ride News



We can all help improve teen driver safety. Whether you’re a teen, parent, policymaker, educator, or researcher, this site supports your efforts with free teen driver safety information and downloadable resources. Together we can make a difference in reducing teen driver crashes.



School Bus Safety

With the snow piling up around the region, Safe Kids Grand Forks wants to remind students, parents and drivers of the following safety tips:

Students and Parents

Do:

- Do dress in warm winter clothing – hats, mittens and boots.
- Do “dress to be seen”. Add reflective tape or other items to coats and backpacks.
- Do wait for the bus several feet further off the road in a safe place in ALL weather conditions. Students should be 3 – 10 giant steps away from road.
- Do use the handrail when getting on and off the bus. Make sure backpacks and scarves are not trailing behind you.
- Do move away from the bus to a place where the driver can see you and you can see the driver after you get off the bus.
- Do cross 10 feet in front of the bus but wait for a signal from the driver before leaving the curb.
- Do remember “Heads Up, Phones Down” when crossing the street.

Don't:

- Don't stand or play on snow piles at or near the bus stop – you

could slide into the path of traffic.

- Don't attempt to retrieve any dropped items from around or under the bus. Let the driver help you retrieve an item.
- Don't push or shove when getting on or off the bus.
- Don't chase after the bus or run alongside it.

Drivers and Parents

Do:

- Do keep your windows free of ice and snow so you can see children around your vehicle and crossing streets.
- Do watch out for children and use extra caution around school zones, bus stops, etc. Be aware of arrival and dismissal times of the schools in your area.
- Do clear snow from bus stops on or near your property. Be conscious of cutting snow down on berms so drivers can see children crossing the street or waiting for the bus.
- Do slow down around schools and bus stops. Remember with winter road conditions, stopping distances increase.
- Do keep the low light conditions



of winter in mind. Children can be more difficult to see at bus stops and when crossing streets.

Don't:

- Don't “chase” the bus to another location if your child misses the bus. The driver may not see you and your student approach the next stop. Drive them all the way to school.
- Don't follow too closely behind the school bus.
- Don't disregard the red flashing signals when following or approaching a school bus.
- Above all, remember that while we can teach students safe behaviors, children can be impulsive and disregard rules. They depend on adult drivers to make safe choices.
- If your child needs a reflective zipper pull, contact Safe Kids Grand Forks.

SAVE
THE
DATE

Safe Kids Day 2017!

Saturday, April 1

10 am-1 pm

Grand Cities Mall

1726 S. Washington St.

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).

SAFE 
KIDS HEALTH SYSTEM
GRAND FORKS



*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 Psychiatry Center, 860 South Columbia Road - Grand Forks, ND (use door B1-1 on south side of building)

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



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



* Children estimated ages 6-10



When should I be destroyed?



If the crash history is unknown the car seat should not be used.

If anything is missing or broken, contact the manufacturer to determine if the part is replaceable or if car seat needs to be replaced.



When should I be destroyed?

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If the car seat is expired. Exposure to sunlight and extreme temperatures can damage the plastic and webbing in car seats. Unless otherwise stated by the manufacturer, car seats cannot be used longer than 6 years.

If the car seat is recalled. To check for recalls or obtain registration information, visit www.nhtsa.gov.



When should I be destroyed?

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If the car seat is involved in a vehicle crash. Visit www.nhtsa.gov to determine if your car seat needs to be replaced after a crash.

Bring your unwanted/unsafe car seats to Safe Kids Grand Forks to be properly disposed of.

SAFE
KIDS
GRAND FORKS

Altru
HEALTH SYSTEM



Babies under 2 use rear-facing car seats

- She always rides in a back seat and never in front of an air bag.
- She always rides in a car seat made for her size and age.
- She sits facing the back of the car in her car seat.
- The straps are snug on her, and I can't pinch the buckled strap.
- Her car seat is buckled tightly in the car and doesn't move more than one inch when I pull it.
- She uses a bigger seat rear-facing until she outgrows the harness. Many harnesses go to 35, 40 or 45 pounds.



Toddlers and big kids use forward-facing car seats

If my child is over age 2 AND has outgrown the weight and height limits for the rear-facing seat:

- He always rides in a back seat and never in front of an air bag.
- He always rides in a car seat made for his size and age.
- The straps are snug on him, and I can't pinch the buckled strap.
- His car seat is buckled tightly in the car and doesn't move more than one inch when I pull it. I use the top tethers designed for the seat.
- He uses this car seat until he outgrows the harness. Many harnesses go to 50, 60 or even 80 pounds.



Older, bigger kids use booster seats

If my child is under 4 feet, 9 inches tall AND has outgrown the weight and height limit of the forward-facing car seat:

- She always rides in a back seat and never in front of an air bag.
- She always rides on a booster seat using a seat belt with lap and shoulder straps.
- The lap belt sits low on her hips, not her stomach.
- The shoulder belt is on her shoulder – not on her neck, under her arm or behind her back.
- The seat belt is snug, flat and comfortable on her.
- She may be between 8-12 years of age before the seat belt fits.



Kids ready for seat belts

If my child is over 4 feet, 9 inches tall and has outgrown the booster seat:

- She always rides in a back seat and never in front of an air bag.
- She always uses a seat belt with lap and shoulder straps.
- The lap belt sits low on her hips, not her stomach.
- The shoulder belt is on her shoulder – not on her neck, under her arm or behind her back.
- Her back is firmly against the seat back, her knees bend at the front edge of the seat, and she can sit this way for the whole ride.
- The seat belt is snug, flat and comfortable on her. If the seat belt does not fit right, she must use a booster seat.



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On Monday February 13th, we were on the edge of our seats waiting to see who Gov. Schwarzenegger would name as [The New Celebrity Apprentice](#). It came down to the wire, but in the end the honor went to Matt Iseman, who competed passionately for his charity, the Arthritis Foundation.



Thanks Boy George!!

It was a thrilling journey and we couldn't be more proud of our hero and ambassador Boy George. His creativity, competitiveness and incredible talent shined through in every task. Throughout this season, he battled and fought and took on every challenge, all the while raising more than a half a million dollars for Safe Kids and bringing awareness to our mission to protect kids from preventable injuries.



Boy George could have picked any number of great charities to support. Time and again, he reminded the Governor and viewers that preventable injuries claim the lives of a million children around the world each year. We are so grateful and honored that he selected Safe Kids. Thanks to his efforts, we will be able to provide families and caregivers with the education and tools they need to protect their loved ones.

So we just want to say, we love you Boy George. Working with you and watching you throughout the series only increased our admiration for you as a person and a creative artist. You are and always will be a winner and champion.



We also want to thank Governor Schwarzenegger, the show's creator Mark Burnett and the show's fabulous team. The New Celebrity Apprentice does a great job entertaining. But the most important outcome is their effort to raise awareness and funds for important charitable organizations. Bravo to all.

Updates to ND's Child Passenger Safety Law

The last time there was an update to North Dakota child passenger safety law was in 2005. Lots has changed in the 12 years since that law was put into place (requiring children up to age 7 to be in a car or booster seat). Currently, we know that the recommendation for car or booster seat use is to at least 8 years of age.

Recently, a bill was proposed that would change the North Dakota law to age 8 so that the law is providing parents more accurate information as to the best practice. That bill (House Bill 1323) has passed in the North Dakota House of Representatives by a vote of 65 to 25.

Our special thanks to our bill sponsor, Representative Mark Owens from Grand Forks District 17 and to all the local legislators that voted in favor of the bill. They include:

District 17 (SE Grand Forks) — Representatives Mark Owens and Mark Sanford

District 18 (NE Grand Forks)— Representatives Corey Mock and Steve Vetter

District 19 (rural Grand Forks) - Representatives Wayne Trottier and Gary Paur

District 42 (NW Grand Forks) - Representatives Jake Blum and Emily O'Brien

District 43 (SW Grand Forks) - Representatives Lois Delmore

** Representative Rich Becker from District 42 was absent and not voting.

This represents 100% support from our local legislators for a law that will keep the kids of our state safer. Next time you see your Representatives, please thank them for their support of this bill. We will keep you posted as the bill moves into the North Dakota Senate for discussion and voting in that chamber.



2015 North Dakota Child Passenger Safety Observation Surveys



Nationally, **car crashes** are a leading cause of death for children.



In **North Dakota**, **87%** of the children younger than 11 years of age were observed using a car seat or seat belt in the vehicle.

85% were observed to be traveling in the back seat.

What are ND Child Passenger Safety Observation Surveys?

In 2015, the North Dakota Department of Health observed child occupants younger than age 11 in ten of the largest cities in North Dakota. The surveys were conducted at locations where vehicles came to a stop, allowing the trained observer to look into the vehicle and record observations. The point-in-time observations are used to determine:

- Child seating location - front or back seat
- Child restrained or unrestrained
- Driver restraint status
- How infants were restrained (birth to 1)
- How toddlers were restrained (1-5 years)
- How children were restrained (6-10 years)



How can communities use this observation data?



- Use the data to improve any weaknesses observed in the community.
- Use the data to reinforce the positive behaviors observed in the community.
- Share this document with others in the community. Pass along child passenger safety best practice information to caregivers in the city and county.

What is recommended for child passenger safety best practices?

- Children younger than 13 should ride in the back seat.
- **REAR-FACING:** Children should ride rear-facing until at least 2 years of age (following car seat instructions)
- **FORWARD-FACING:** When children are at least 2 years of age or have outgrown the highest rear-facing limits of their car seat, they may ride forward-facing in a car seat with a harness. Use the seat until the child reaches the harness's highest weight limit allowed by the manufacturer.
- **BOOSTERS:** When children have outgrown the harness in their forward-facing car seat, they may be moved to a booster. The child should be at least 40 pounds and at least 4 years of age. Keep the child in the booster until about 4'9" tall.
- **SEAT BELT:** Children should use a seat belt when it fits over the body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs and be snug across the shoulder and chest. It should not lie on the stomach or across the neck.



Where can you get more information?

Call the North Dakota Department of Health at 800.472.2286 or visit <http://www.safercar.gov/parents/index.htm> or <http://www.ndhealth.gov/injuryprevention/childpassenger/>



See Grand Forks Data

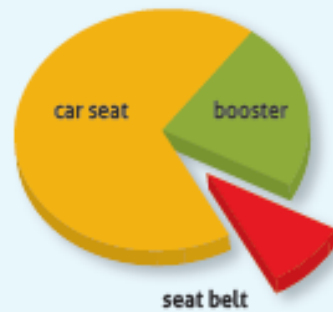




Child Passenger Observation Survey Results in Grand Forks:

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

Overall restraint use in North Dakota is **87%**.



While 90% of toddlers* were observed in some form of restraint, **9% were using a seat belt**. Best practice for this age group is to travel in a car seat or booster seat. It is against the North Dakota law for children **younger than seven years** to ride in a seat belt only.

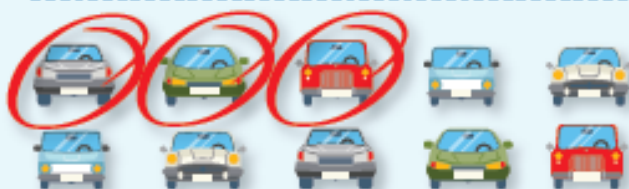
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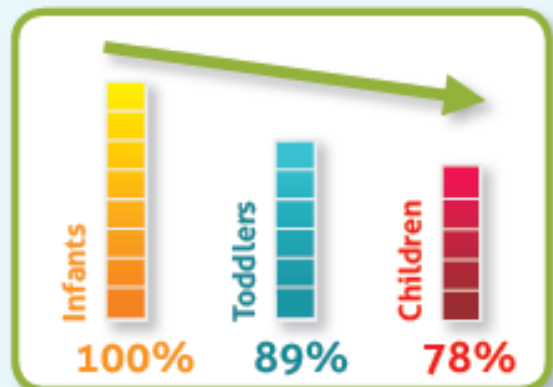


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The **back seat is the safest place** for children under 13 years old, with or without a front air bag.

30% of children** were observed in the front seat (3 out of 10).

Restraint use decreases as children age in Grand Forks. The decreases were observed in all 10 surveys conducted in North Dakota. This is alarming because injuries and fatalities due to motor vehicle crashes increase as children become teenagers.



[Survey Details](#)

*Toddlers = estimated ages 1-5 years

**Children = estimated ages 6-10 years