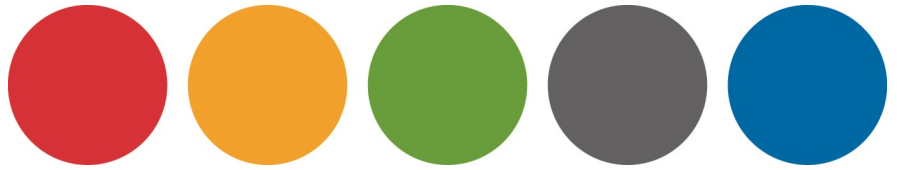


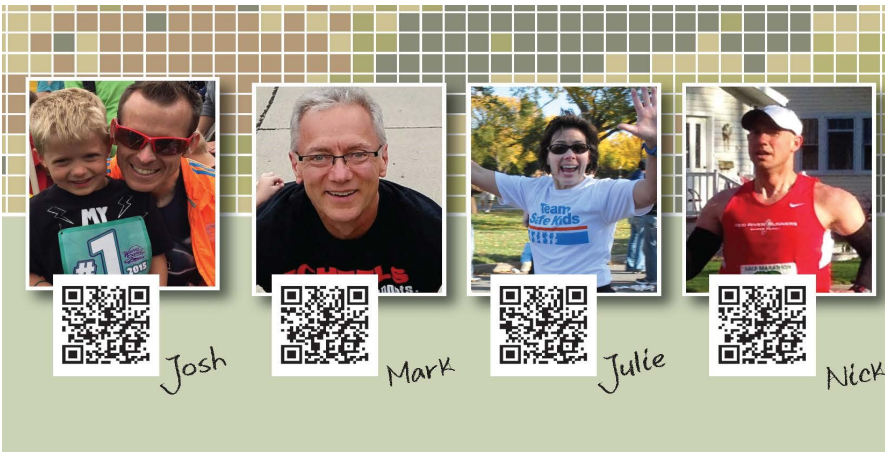


# News You Can Use



Fall 2015

## Two Great Ways To Support the Work of Safe Kids Grand Forks



Safe Kids Grand Forks provides childhood injury prevention programs in much of North Dakota and northwest Minnesota. While Altru Health System serves as the lead agency and provides a great deal of support for our programs, we do have activities and materials that help make our efforts successful. For example, we provide smoke alarms or car seats to people that would not otherwise have them. We assist schools with purchasing pedestrian safety supplies or offer classes to expectant parents. Our Safety on Wheels program offers bike helmets at a reduced price and we have Life Jacket Loaner programs in many locations throughout our region. Our van and staff travel throughout the state and region, offering childhood injury assistance and resources in a variety of ways. All these programs cost money and so we are asking for your support. Here are two ways you can help:

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

But...on October 25, 2015, they will all run for the same great cause - to raise funds for Safe Kids and our childhood injury prevention efforts in North Dakota and Minnesota.



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

To donate, scan the QR code or go to [www.safekidsgf.com](http://www.safekidsgf.com) and find the MCM logo.

- Purchase a \$5 ticket to this year's Tummy To Tot Expo and attend the event on October 18th (see flyer on page 15).
- Help support one of our runners that are shown here (left) that will be running in this year's Marine Corps Marathon in Washington DC. Your \$5 or \$10 or \$25 donation will go a long way in helping them, and ultimately us to meet our goal of raising \$12,500 for our efforts. Would you consider donating to encourage them on their 26.2 mile run and to help us meet our goal?

From the bottom of our hearts, we say "THANKS FOR YOUR SUPPORT OF OUR WORK".

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



# Safe Kids Star

On July 13, 2015, there was a vehicle driving in the wrong lane of a highway at 7 a.m. in Granite Falls, MN. The area's Head Start bus was traveling in that lane with 10 children and 4 adults on board. While the driver of the bus tried to avoid a crash, one occurred and was quite extensive with the bus ending up in the ditch. All 14 passengers on the bus survived the crash because every child on that bus was properly restrained in an appropriate car seat (children were ages 10 months – 4 years). Mary Johnson, this edition's Safe Kids Star, was ultimately responsible for training the bus driver and the safety monitors on that bus. Her transportation team equipped the bus with car seats when seat belts would have been legal for some. Her knowledge and expertise, her oversight of the Head Start transportation

processes and practice at 14 different sites in ND and MN (ranging from Rochester, MN to Grafton, ND), and her passion for keeping kids safe resulted in the amazing outcome of that day. Law enforcement officials on the scene were shocked that all the children (and adults on the bus) were safe and only needed to be taken to the hospital for observation and were back in the arms of their parents by 1 p.m. that day. While the accomplishments of Mary are many, this is a very recent and poignant example of how her education and passion has been put into action to help the children of North Dakota and Minnesota. Those little lives that were saved on this date are fortunate to have Mary working hard on their behalf and we are grateful to have her as a member of our Coalition. For all her efforts, especially in the area of child passenger safety, we name her this edition's Safe Kids Star!!



“Every Bedroom Needs a Working Smoke Alarm” – National Fire Protection Association (NFPA)

This year's Fire Prevention Week (FPW) theme is focused on smoke alarms and the ability to “hear the beep where you sleep!” in the event of a fire. Fire Prevention Week on Grand Forks Air Force Base kicks off on Friday, October 2nd with the Wing Commander signing the FPW proclamation, designating the week of October 9th as FPW for the base. On Sunday, October 4th, a base parade showcasing all Fire Department vehicles and trailers will

travel through the housing area. Sparky the Fire Dog, NFPA's official mascot, will visit the Twining school, Youth Center, Child Development Center, all of the home daycare children and Library during the week. The fire department will set up and have on display its fire safety trailer and extinguisher trainer at the Twining school, Base Exchange, Youth Center and the Commissary for children and adults to experience realistic fire safety scenarios and fire extinguisher training. To demonstrate our firefighting capabilities, the department will put on a few exercises for the base public to witness. A Commander/First Sergeant challenge

is being planned, pitting squadron leadership against each other performing various timed firefighter operations. The last day will have an open house at the fire department featuring a pancake breakfast, some kids' challenges, giveaway items and tours of the station and fire vehicles. Come, join in the fun on the GFAFB.

Steven A. Calhoun  
Fire Inspector, GFAFB  
701-747-4174

Like us on Facebook!  
[https://www.facebook.com/GFAFPvention?ref=aymt\\_homepage\\_panel](https://www.facebook.com/GFAFPvention?ref=aymt_homepage_panel)



# Discovery Elementary School Open Their Doors

It's an exciting time in the Grand Forks School District. For the first time since 1998, the district is opening a new school – Discovery Elementary. The new school, located at 3300 43rd Avenue South, will have an initial enrollment of approximately 350 students in K – 5th grade. The school is located where a lot of residential growth is happening in southwest Grand Forks, just south of 40th Avenue.

The opening of a new school brings challenges and opportunities in regards to traffic flow and setting precedent for all modes of safe school transportation – walking, biking, family vehicle and school bus. Ali Parkinson, Discovery principal, Safe Kids Grand Forks, and individuals from the city of Grand Forks and the MPO have been meeting throughout the summer to discuss safe routes to school, traffic flow, parking and efficient arrival/dismissal procedures. Safe Kids will be working with Discovery staff over

the coming weeks to share information with parents, students and residents of the Discovery School neighborhood.

While the school is in the southwest corner of Grand Forks, it is near the 32nd Avenue retail corridor, making it important that all drivers become aware of its location and practice safety in the school zone. What can you do to help?

- Drive by Discovery Elementary to familiarize yourself with the new roads and traffic patterns including the addition of a roundabout at 40th Avenue South and South 34th Street.
- When school is in session, void driving through the Discovery School zone during arrival and dismissal (approximately 7:30 – 8:15 am and 3:00 – 3:45 pm).
- If you are driving through the school zone, be aware of young

pedestrians and bicyclists getting to and from school. They are dependent on drivers obeying the school speed limits and yielding to them in crosswalks.

- Remember that young students (especially those under 11 years of age) have limited cognitive skills when it comes to judging the speed and distance of motor vehicles. They can be also impulsive in making decisions of when to cross streets.

We are excited to be working with the Discovery Trailblazers as they open their front doors!



Discovery Elementary from 40<sup>th</sup> Avenue South



Discovery Elementary from 43<sup>rd</sup> Avenue South



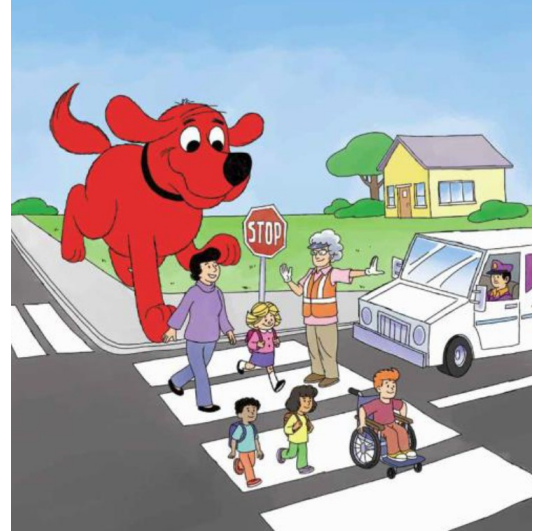
## Exciting News:



To Open Soon!!



Clifford, the big red dog, will be making his way into the classrooms this fall with a new pedestrian storybook produced by Scholastic and Safe Kids Worldwide. Watch for more details closer to International Walk To School Day in early October.



## School's Open! Drive Safely

Discovery Elementary School, located at 3300 43rd Avenue S., will open to over 300 students on Monday, August 31. This is an exciting time for your neighborhood and for Grand Forks. The last time a new elementary school was opened in Grand Forks was in 1998 so there is lots of excitement around this event. Safe Kids Grand Forks has been working with the principal, Ali Parkinson, and city planners to develop safe transportation options for everyone. We are asking residents of the Discovery neighborhoods to do their part to keep children safe.

### Here's what you can do to make the arrival and dismissal of students safer:

- ✓ Be aware of arrival and dismissal times at Discovery. Students will arrive at school between 7:30 and 8:15 a.m. They depart school between 3:00 and 3:15 p.m. Some students stay as late as 4 p.m.
- ✓ Follow posted school speed limit signs – 20 mph! A “your speed” radar sign has been installed south of the round-a-about on S. 34th Street to help monitor speeds.
- ✓ Be aware that the majority of children in elementary school do not have the cognitive skills to safely judge the speed and distance of approaching vehicles – they depend on you!
- ✓ Yield to pedestrians in the crosswalk; it's the law. Be sure to yield well before the crosswalks, not in them.
- ✓ Follow the directions of crossing guards.
- ✓ If you don't have children to drop off or pick up at the school, take an alternative route during arrival and dismissal, especially during the first few weeks of school. It may add a few minutes to your trip but it can significantly decrease the traffic volume around the school.
- ✓ Try to develop a “no phone in the school zone” habit. Just taking your eyes off the road for a few seconds can greatly increase the risk of a pedestrian crash.
- ✓ Be patient. It will take the work of the whole Discovery community to learn new traffic patterns and routines.

If you have questions or concerns, please contact Patty Olsen at [polsen@altru.org](mailto:polsen@altru.org) or call 701.780.1856. Thank you for your part in keeping the kids of our community safe.

Sincerely,  
Patty Olsen  
Community Resource - Safe Kids Grand Forks





# Featured Car Seat– Evenflo Advanced SensorSafe Embrace

Every summer, we can't help but wonder why there aren't more product solutions to the disturbing, but all too familiar, incidents involving children left behind in hot cars, often resulting in death. There's at least one new product on the market this season that uses technology to alert parents before they accidentally leave their child in the vehicle, a car seat that's now being sold online by Walmart for \$149.88.

The Evenflo Advanced SensorSafe Embrace rear-facing only car seat uses a wireless receiver that plugs into a car's on board diagnostic port, and syncs with a chest clip that goes around the baby.

Once the car turns off, if the chest clip is still buckled, a series of tones will ring out and alert the driver. The company says it's the only alert system that's been crash-tested by

Evenflo and will be exclusive to Walmart.

On average, 38 children die in hot cars each year from heat-related deaths after being trapped inside vehicles, according to KidsAndCars.org.

Source: Consumerist.com



## Britax Recall

On August 13, 2015, Britax Child Safety, Inc., in cooperation with the National Highway Traffic Safety Administration and Transport Canada, conducted a voluntary recall of certain Advocate ClickTight, Boulevard ClickTight, and Marathon ClickTight model convertible car seats. Britax has decided that these models manufactured between August 1, 2014 and July 29, 2015 may contain a defect with the red harness adjuster button, which could pose a safety hazard. The car seats and model numbers included in this recall are identified on [BritaxClick-TightConvertibleRecall.com](http://BritaxClick-TightConvertibleRecall.com).

As this is a voluntary recall, it is important to Britax that affected consumers receive the correct information about the issue, ensure that their car seat is registered, and be directed to our Customer Service department and FAQs at all times. All assets are available on [BritaxClick-TightConvertibleRecall.com](http://BritaxClick-TightConvertibleRecall.com).

For more information about the recall, dial the Britax customer service line at





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

2015

If you are a child care provider or foster parent, safe transportation of the children in your care is important. Come find out how to keep kids safe while in the car. The **C.A.R.S. (Child and Restraint Systems)** class is designed to meet the MN CPS course requirements for licensure & foster parenting and for law enforcement requirements. It has been approved for credit hours in MN. (\* Applied for in ND, pending notification.)

Certificate will be provided at the completion of the class.

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

January 10, 2015 (Saturday) 9 am—12:30 pm

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

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

April 14, 2015 (Tuesday) 6 pm—9:30 pm

May 12, 2015 (Tuesday) 6 pm—9:30 pm

June 4, 2015 (Thursday) 6 pm—9:30 pm

July 14, 2015 (Tuesday) 6 pm—9:30 pm

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

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

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

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

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

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



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

Registration cost is \$30 per person. Registration forms can be obtained by calling 701.780.1639 or visiting our Safe Kids web site at [www.safekidsgf.com](http://www.safekidsgf.com) (Click on Events/Classes).

**SAFE KIDS** GRAND FORKS  
**Altru**  
HEALTH SYSTEM





Have you liked  
Safe Kids  
Grand Forks on  
Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.



- Ask questions
- View our weekly Area Voices blog
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489

E-mail: [safekids@altru.org](mailto:safekids@altru.org)



## BLAST!

### Babysitter's Lessons And Safety Training!

BLAST! is a babysitting class designed by the American Academy of Pediatrics to teach 11 – 14 year olds about the responsibilities of caring for children. Attendees receive a certificate of completion and a course manual.

This class will be offered at Altru Health System on the following dates:

**February 7, 2015**

**May 2, 2015**

**June 13, 2015**

**August 8, 2015**

**October 3, 2015**

**December 5, 2015**



**Class time on each date is 9:00 a.m. – 3:00 p.m.**

Cost: \$45 (includes lunch)

Registration is required and can be completed at [www.altru.org/calendar](http://www.altru.org/calendar).

For more information, call 701.780.5179.





# The back seat is the safest place to ride.

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

**Buckle in the back!**



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



**SAFE  
K:IDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM



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](http://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.**

**Rydell**cars.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.**

**Two medication take-back events were held as a drive-up-style event this summer on Altru's Columbia Road Campus. Here are the following numbers from those events:**

**June 2015: 172 people dropped off medication**

**1000# of meds were disposed**

**August 2015: 145 people dropped off medication**

**Nearly 300# of meds were disposed**

**Many thanks to the Grand Forks Sheriff's Department and United Way for partnering in these events to get medications out of cupboards and properly disposed. Watch for our scheduled events that will take place at the Safe Kids Headquarters in 2016 on a quarterly basis.**



## Safe Kids Medication Drop Off

**Help to make your home a safer place, especially if young kids visit!**

Unused medications kept at your home can pose a danger, especially if young children visit. In partnership with the Grand Forks Sheriff's Department, Safe Kids Grand Forks, will be hosting a Medication Drop Off event at the Grand Forks Senior Center. You can bring any outdated or unused over-the-counter or prescription medications for disposal to this event. Bring them in their original containers and there will be a drop off box for disposal.

**Tuesday— October 15, 2015**

**11 a.m.—12 noon**

**Grand Forks Senior Center**



**For more information, contact  
Safe Kids Grand Forks at:  
Phone: 701.780.1489  
E-mail: safekids@altru.org**



# Safe Routes to School-East Grand Forks

Our current grant cycle of Safe Routes To School funds for East Grand Forks ended in June of this year. We were able to conduct several exciting and fun walking activities this spring and continued with our Safety on Wheels program. Here's what happened in EGF this spring:

**New Heights:** In April, we resumed our "Fire Up Your Feet" walking program at New Heights. Students from the school met Safe Kids staff and volunteers at Our Saviors Lutheran Church parking lot one block from the school. The high school volunteers walked with the younger students teaching and practicing safe pedestrian behaviors. Our participation numbers increased dramatically from November of 2014 with as many as fifteen students meeting at the starting point each Friday. We received a lot of positive feedback from both students and parents about this walking program.



**South Point:** In April, we launched a new program – "Mobile Mondays". Students were encouraged to meet Safe Kids staff and volunteers at a designated intersection on Monday mornings approximately ¼ mile from

the school. This intersection has a high volume of traffic during the 60 minutes prior to school, making parents reluctant to allow their 8 – 11 year old children to cross at this location. Participation was weather dependent but we did have as many 15 -20 children walk or bike from this location per day. When feasible, we also set up another location to greet students biking and walking to school from a different approach to the school. We also had members of the East Grand Forks Police and Fire Departments greet students at these locations when they were available. We received positive feedback from parents dropping their students off and one parent took the time to call us and thank us for providing supervision at the busy intersection and bringing more attention to school-age pedestrians.



We also conducted our annual Safety on Wheels program at South Point. This program involves speaking with third grade students about helmet use, providing them an opportunity to purchase helmets and, with the support of the Optimist Club, conducting a bike rodeo. We spoke to 140 students and distributed 12 helmets. At New Heights, we provided students an opportunity to

purchase helmets as requested by staff and parents. We were able to fit over 20 helmets on the K-2nd grade students.

Last fall, we used SRTS funds to purchase vinyl signs for the intersection of Bygland Road and 13th Street (near South Point) to bring more attention to the pedestrian crossing. Due to the popularity of the signs, we had them remade with a metal backing and the City of East Grand Forks installed them for us!



All these activities were possible due to support from New Heights and South Point Elementary, East Grand Forks Police, East Grand Forks Fire Departments, city planners from East Grand Forks, members of the Metropolitan Planning Organization, Our Saviors Lutheran Church and our wonderful high school students, Shaelyn and Ryon. We are excited to continue working with the elementary schools in East Grand Forks to continue the walking programs this fall.





# Halloween Safety

At retail establishments throughout the region, you can find Halloween decorations and costumes mixed in with all the back-to-school supplies. Despite protestations that summer never end, Halloween is really just around the corner. Safe Kids wants to share information with parents and caregivers that can help keep their minions, superheroes and princesses safe as you prepare for and take part in Halloween activities and events.

## Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

## Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision.
- If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

## Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't

run, across the street.

- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

## Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.

- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

## Consider attending alternative Halloween/Harvest events.

- Many churches, community centers and businesses throughout our region host events in their facilities and/or parking lots to offer a safe alternative to trick or treating on residential streets. Each fall, Safe Kids Grand Forks compiles a list of events throughout the region and makes it available on our website as well as on our Facebook page. If you know of public Halloween/Harvest events at your agency, church or within your community and you would like Safe Kids Grand Forks to promote them, please contact us at [safekids@altru.org](mailto:safekids@altru.org).

the YMCA

## Hoot N' Howl Halloween Bash

Sunday, October 25th from 6:00-8:00pm  
For Pre-K-5th Grade  
Admission: \$3 Per Child/\$6 Per Family  
\*\*Children must be accompanied by an adult\*\*  
FREE Family Swim 2:00-5:00pm

- \* Carnival Games
- \* Cupcake Walk
- \* Bounce House
- \* Costume Contest
- \* Haunted House
- \* Treats & Prizes!!

Tickets Available at the YMCA Front Desk.  
Please call 701.775.2586 for more information!

Thank You to our Sponsors:

Safe Kids Grand Forks Rhombus Guys Jump For Joy Safe Kids Grand Forks



# Congratulations Talon: SKGF Is Proud of You!!

The Safe Kids Grand Forks staff recently received this nice note and photo from Talon Stammen. Talon is a past chair of our Water Safety Subcommittee and has done a great deal of work with our water safety education. Congratulations, Talon; we are proud of you!!

Greetings,

I am writing to thank each of you for contributing to my maritime education and helping me earn a 50 Ton Masters license. Please find a photo attached. I hope to use it in the future aboard a marine research vessel, and someday take people out sailing and scuba diving. I am profoundly grateful for the guidance and encouragement each of you add to my life.

Very truly yours,  
Talon Stammen



## Safe Kids Grand Forks Home Safety Training



- **Date:** September 24, 2015
- **Time:** 9 a.m. – 4:30 p.m.
- **Location:** Safe Kids Grand Forks Headquarters (860 S. Columbia Road – Grand Forks)
- **Class content:** This class is designed for personnel from agencies that conduct home visits with clients, those providing home child care or others interested in learning more about home safety including some of the following topics: button batteries, choking hazards, fires and burns, infant products/furniture, poisonings, playground safety, guns and firearms, water and drownings, strangulations, falls, television tip-overs and more. The class will discuss childhood injuries, why they occur and how to prevent them. We will provide instructions on how to complete a home safety inspection and provide a documentation tool for use to do that. Following the course completion, agencies from the Grand Forks region working with low income families will be able to access home safety devices for installation in their clients' homes.
- **Class cost:** The class is FREE but registration is required by September 15th.
- **Registration:** To register, contact Sandy at 701.780.1639 or [sschuster@altru.org](mailto:sschuster@altru.org)
- For more information: visit [www.safekidsgf.com](http://www.safekidsgf.com) and click on the events/classes link.



# Preparing For the Unthinkable

## The Importance of CPR Training

As a new parent, there are multiple ways we prepare. We buy tiny clothes and fold them to fit perfectly in the drawers. We stockpile diapers and wipes. We research car seats and proper installation techniques. We're prepared...right? What most of us forget to prepare for is the unthinkable: one day you turn around to see your child in their highchair choking and starting to turn blue; or maybe you're at a neighbor's pool and your child is pulled from the water, limp and not breathing.

None of the things we are told to prepare for as parents can prepare us for that life-altering moment. Some of us may even avoid preparing for it because we don't want to believe that it could happen to us. But it can happen, and it's our responsibility to be prepared and equipped.

CPR is a life-saving skill every parent, grandparent and care giver should know. As bystanders, we are able to respond within the first life-saving minutes and can CHANGE the outcome of the emergency. When bystander CPR is administered correctly within the first 3 to 4 minutes, it can double or triple survival rates. And if CPR is used

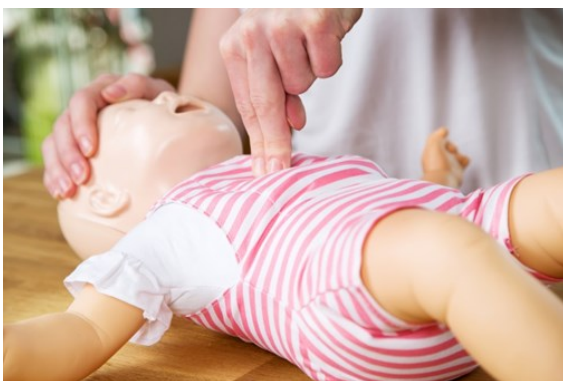
along with an AED (automated external defibrillator) survival rates can jump up to nearly 60%. With children and infants, CPR might be necessary after a variety of emergencies- including car accidents, near-drownings, choking, suffocation, poisoning, smoke inhalation, electrocution injuries, and suspected sudden infant death syndrome (SIDS).

It is crucial for us to learn this life-saving skill and take a refresher course every two years so we can be prepared and confident to perform CPR. Empower yourself, your family, friends, and your community by completing a CPR and AED course. We can work together as parents and as a community to increase CPR awareness and skills and prevent the tragic and unnecessary death of a child or infant.

The North Dakota Safety Council is a non-profit that provides safety training throughout the state, with the mission to save lives by preventing injuries and deaths at work, on the roads, and in our homes and communities. For more information about the North Dakota Safety Council or to register for a class, please visit <http://www.ndsc.org/trainingcalendar>

To register for a CPR/AED & First Aid course offered by Altru, please visit: [www.altru.org/calendar](http://www.altru.org/calendar).

This article has been submitted by Rachael Bucholz, First Aid Coordinator for the North Dakota Safety Council. The NDSC is a great partner with Safe Kids Grand Forks in our injury prevention measures and efforts.



### CPR FIRST AID EMERGENCY PROCEDURE

**CALL 911**

CALL FOR HELP

**PUMP**

POSITION HANDS AT THE CENTER OF THE CHEST

PUSH DOWN 30 TIMES (100 TIMES/MIN) COMPRESS 2 IN (4-5 CM)

**BLOW**

TILT HEAD, LIFT CHIN, CHECK BREATHING

GIVE TWO BREATHS CONTINUE 30 PUMP/2 BREATHS

**SECURITY POSITION**





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

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

First 500 admission tickets purchased will receive a free reusable event bag filled with samples and coupons!

*Bag sponsored by  
Dakota Pediatric Dentistry*

- » Breakout sessions sponsored by Quotable Kids
- » Thousands of dollars worth of giveaways, raffles and silent auction items
- » Interactive product demonstrations
- » Learn about local companies and organizations that serve parents and kids
- » Products available for sale
- » Car seat check up (weather permitting)



# Daddy to Tot EXPO

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

\$5 in advance, \$7 at the door

To purchase tickets and reserve your  
FREE event bag, visit [www.safekidsgf.com](http://www.safekidsgf.com)

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



Follow us on Twitter @SafeKidsGF



# WILL YOUR TEEN DRIVER BE **ALIVE AT 25?**

Vehicle crashes are the #1 cause of death for drivers ages 14-24.  
Help your child make it to age 25 safely.

**Enroll them in an Alive at 25 driver safety course today.**

**NDSC**  
NORTH DAKOTA SAFETY COUNCIL

**ALIVE AT 25**

To learn more or register, go to [www.ndsc.org/aliveat25](http://www.ndsc.org/aliveat25)\*

**DDC**  
DEFENSIVE DRIVING COURSE

Set an example by enrolling yourself in a Defensive Driving Course at [www.ndsc.org/trafficsafety](http://www.ndsc.org/trafficsafety)\*

\*These courses qualify for an insurance discount and point reduction in North Dakota.

## Driving Day Ending Earlier for Some ND Teen Drivers

With the sun now setting earlier each day across North Dakota, AAA and the North Dakota Department of Transportation are reminding teens of the state's night driving provision. According to state law, teens under age 16 holding a restricted license are prohibited from driving between 9 p.m. or sunset, whichever is later, and 5 a.m. The penalty for a violation is a \$20 fee and four points against the driver's record. There are exemptions for teens driving directly to and from work, school or religious activities.

In addition to the night driving restriction, teens are reminded of primary enforcement provisions of the state's seat belt and telecommunications, or cell phone, laws. Accordingly, law enforcement officers can stop youth under the age

of 18 for seat belt or cell phone violations without there being another violation. Penalties range from a \$20 fee up to a \$20 fee plus four points.

Licensing of new teen drivers in North Dakota, as in all states, occurs in three stages often referred to as a graduated system. The three-stage system allows for new drivers to gain valuable experience in each stage while reducing the greatest risks to them. Night driving and teen passengers are two of the greatest risks for new teen drivers, according to numerous research studies on novice drivers.

According to North Dakota crash data, teens are greatly overrepresented in crashes. While they currently make up 5.3 percent of licensed drivers in the state, they were involved in nearly 18 percent of all crashes in 2014.

Gene LaDoucer, North Dakota spokesman for AAA-The Auto Club group, says parental involvement in the licensing process is critical to the development of safe teen drivers. "After a teen receives their license there is still a lot of teaching that needs to be done. Understanding the law and the reasons for the restrictions are a good starting point for parents as they continue the process of training and guiding their children through this critical point in their lives," he said. For additional information on North Dakota's licensing process visit [www.dot.nd.gov](http://www.dot.nd.gov) or [www.TeenDriving.AAA.com](http://www.TeenDriving.AAA.com).



# Sports Nutrition: Staying Safe and Injury Free Starts with Breakfast

Help kids stay safe and injury free by maintaining a schedule of regular meals and snacks to promote proper fueling and recovery. Paying for extra sport training, strength, and conditioning isn't going to pay off unless kids are making good nutrition part of their game plan. Help kids stay fueled and decrease their risk of injury by starting off the day right with a healthy breakfast. The possibilities are endless...

- Whole grain cereal with milk and fruit
- Egg sandwich: whole wheat toast or English muffin with an egg cooked in the microwave and a slice of cheese, paired with fruit
- Grab-and-go low-fat chocolate milk and a small bag of cereal, nuts, and dried fruit
- Banana muffin with peanut butter or other nut butter and a glass of low-fat milk or soy milk
- Oatmeal with milk, almonds and fruit
- Peanut butter and jelly sandwich with a glass of milk
- 100% whole-grain toast with peanut butter and banana or raisins
- Whole-grain frozen waffles or pancakes
- Smoothies using carnation instant breakfast, milk, ice, peanut butter and banana (or other favorite fruit)
- Leftover pizza (crust + tomato sauce + cheese)

Even if kids are not used to eating breakfast, just as they can train to get faster, and stronger, they can train their bodies to want breakfast, starting the pattern of eating regular meals and snacks.

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

## Safe Kids Supporter Spotlight

We are blessed with many businesses and individuals that come together to help Safe Kids Grand Forks with our injury prevention efforts. This month, we give a shout out to Andrea Volk and her team at Quotable Kids Speech and Language Clinic. Andrea has been a member of our Tummy To Tot planning team and has offered her support, ideas and energy to that event. We thank her and her business, Quotable Kids for helping to spread our Safe Kids injury prevention messages and programs. Quotable Kids Speech & Language Clinic provides pediatric speech-language therapy services in ND and MN. Check them out at [www.quotablekidsspeech.com](http://www.quotablekidsspeech.com).



Kristin Ziegelmann, MS, CCC-SLP  
Andrea Volk, MA, CCC-SLP  
Chelsey Kjono, M.S., CCC-SLP

**Quotable Kids**  
SPEECH & LANGUAGE CLINIC PLLC  
2600 Demers Avenue., Grand Forks, ND 58201 701-739-KIDS  
819 Hill Avenue, Grafton, ND 58237 701-740-KIDS  
[quotablekidsspeech.com](http://quotablekidsspeech.com)





# Sports Safety Checklist for Parents



## Physicals and Preparedness

- I take my child to the doctor for an annual pre-participation physical evaluation (PPE) before the sports season begins.
- My child's coaches have our emergency contact information (phone numbers, doctor information and allergy information).
- I meet with my child's coach before the first practice to share any history of asthma or other medical conditions that may require special attention.



## Warm-Up

- I encourage my child to warm up and stretch before practices and games.



## Hydration

- I send my kids to practices and games with a water bottle. I encourage my athletes to stay well hydrated by drinking plenty of water before, during and after play.
- My child's coach has regular water breaks in place so that the kids are drinking plenty of fluids during practices and games.
- I know and look for the signs and symptoms of dehydration, and make sure that my athlete and the coach knows them as well.



## Appropriate Gear

- My child has the right equipment and is wearing it for both practices and games. The right equipment may include helmets, shin guards, mouth guards, ankle braces, shoes with rubber cleats and sunscreen.



## Concussion Awareness

- I know and look for the signs and symptoms of a concussion, and make sure that my athlete and the coach know them as well.
- If my child is suspected of having a concussion, I make sure he or she is removed from play right away and stays out of the game or practice until evaluated and released by a medical professional.





### Rest and Recovery

- To help avoid overuse injury, I make sure my child and the coach understand the value of rest and recovery during games and practices.
- I encourage my child to communicate any pain or injury they may have during or after any practices or games. I make sure they know it's smart to tell me, their coach or another adult if they're hurt or not feeling well.
- I encourage my child to get one to two days off from any particular sport each week.
- My athlete understands the importance of an off-season and takes at least 10 consecutive weeks of rest from any one sport every year.



### Sports Clinics

- I'll attend a free sports safety clinic in my area. These clinics, such as ones held by Safe Kids across the United States, provide coaches and parents with ways to keep young athletes healthy and injury free throughout their sporting careers.



For more resources on how to keep your athletes healthy and injury free, go to [www.safekids.org/sports](http://www.safekids.org/sports).

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# Baseline ImPACT Testing



Altru Physical Medicine and Therapy Services department offers Baseline Impact Testing for concussion management through Altru's Medical Fitness Center.

ImPACT (Immediate Post-Concussion Assessment and Cognitive Training) is a computer based screening to help healthcare professionals evaluate the recovery of a patient following a concussion. The individualized baseline test is used to measure recovery against testing done post injury.

Many area schools offer ImPACT testing for their student athletes and now this service is available to teens and adults that participate in high risk activities outside of middle or high school sponsored sports.

It is important to get tested to keep our athletes safe and in the game. The baseline test is available for individuals for a \$40 fee. Baseline testing is also available for groups and organizations by calling 701.780.2516.



Safe Kids Grand Forks highly recommends this testing for athletes of all skills as an aid in post-concussion management. Parents and caregivers: You pay for their jerseys, lessons and safety gear. Please consider this one essential to put on your list to obtain as part of sports participation.

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## Strategies For Smart Play:

(Noted in red)

\* **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.

## Exploring the Culture of Youth Sports



1.24 million kids were seen in emergency rooms for sports injuries in 2013.



That's 3,397 every day



141 every hour



1 every 25 seconds.

Among children ages 19 and under, **13 to 15-year-olds** accounted for the largest number of injuries.



**90% of athletes** said they have been injured while playing a sport.



Sometimes seriously:  
 Concussions/head injuries 12%  
 Dehydration 24%  
 Broken/fractured bones 13%  
 Sprains/strains 37%

\* **Teach athletes ways to prevent injuries.** Proper technique, strength training, warm-up exercises and stretching can go a long way to prevent injuries.

Many respondents said they **don't do anything** to prevent injuries.



54% of athletes said they have **played injured**.



### WE ASKED WHY

"I was needed and couldn't let the team down."  
 "I didn't want to be benched."  
 "It was an important game."

Fewer than half of coaches say they have received **certification** on how to prevent and recognize sport injuries.

80% of parents said they would want their child's coach to be certified in injury prevention.



\* **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.

42% of athletes said they have hidden or **downplayed an injury** during a game so they could keep playing.



62% know someone else who has.



Only 27% of coaches report a player having hidden or downplayed an injury.

More than half of coaches (53%) say they have felt pressure from a parent or player to put an athlete back into a game if a child has been injured.



\* **Put an end to dirty play and rule breaking.** Call fouls/penalties that could cause injuries.

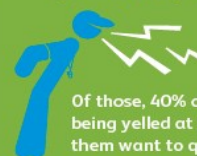
\* **Get certified.** Learn first aid, CPR, AED use and injury prevention skills.

33% of athletes have been injured as the result of **dirty play** from an opponent.



28% of athletes agree that it is normal to commit hard fouls and play rough to 'send a message' during a game.

73% of athletes say they have been **yelled at** by a coach.



Of those, 40% of kids said that being yelled at by a coach made them want to quit playing a sport.



# BACK-TO-SCHOOL SAFETY



It's that time of year again where children head off to school. Whether your kids are just starting school or are seasoned veterans, there are lots of tips for keeping them safe on their way to school and on their way home.

**Pedestrian Safety:** Walking is a healthy, fun way to get places and lots of elementary schools have incentive programs for walking.

- Provide children under age 10 supervision while walking and crossing streets. Young children do not possess the cognitive skills or depth perception to safely judge the distance and speed of oncoming vehicles.
- Cross only at corners and crosswalks.
- Look left, right, left before crossing and make eye contact with the driver. Many drivers are distracted and you want to be sure they see you and have come to a stop.
- Make sure to keep looking as you cross.
- Don't be a distracted pedestrian. Remind tweens and teens to remove ear buds and not use their cell phone when crossing the street.
- Be a role model and show kids safe pedestrian behaviors all the time as you are out on the streets.



**Bicycle Safety:** Riding a bike can also be safe and fun way to get to and from school.

- **WEAR A HELMET.** It is the most effective way to prevent a head injury in the event of a crash when participating in any wheeled sport.
- Walk your bike on school property and when using crosswalks.
- A bicycle should not carry more people than it was designed for, such as on the handlebars or pegs. One seat, one rider.
- When riding a bicycle, don't carry anything in your hands. Make sure backpack straps do not hang down into the wheels or pedals.





**School Bus Safety:** More children are injured each year around school buses or at bus stops than while riding.

- Get to the bus stop early so you don't have to rush. Stand at least 3 giant steps away from the curb.
- Wait until the bus stops, the door opens and the driver says it is okay to get on the bus.
- 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.
- Stay seated at all times when the bus is moving.

**Motor vehicle safety:** Many children ride to school in a family vehicle and/or in a carpool.

- Children 12 and under should not ride in the front seat due to the presence of air bags. When deployed, an air bag can seriously injure or kill a child.
- Never have children double buckle. Every passenger needs a seatbelt, regardless of the proximity to the school.
- Most elementary age children should ride in a booster seat for the safest ride.

**Driver responsibilities:** When driving in neighborhoods and school zones, it's important that ALL drivers keep an eye out for children going to and from school.

- When backing out of a driveway or leaving a garage, watch out for children walking or biking to school.
- Slow down. Follow posted school speed limit signs and be aware of arrival/dismissal times at your neighborhood school. Take an alternative route if possible to avoid lots of traffic near a school.
- Watch for children playing and congregating near bus stops.
- BE ALERT. Children are impulsive and they depend on us to drive safely.

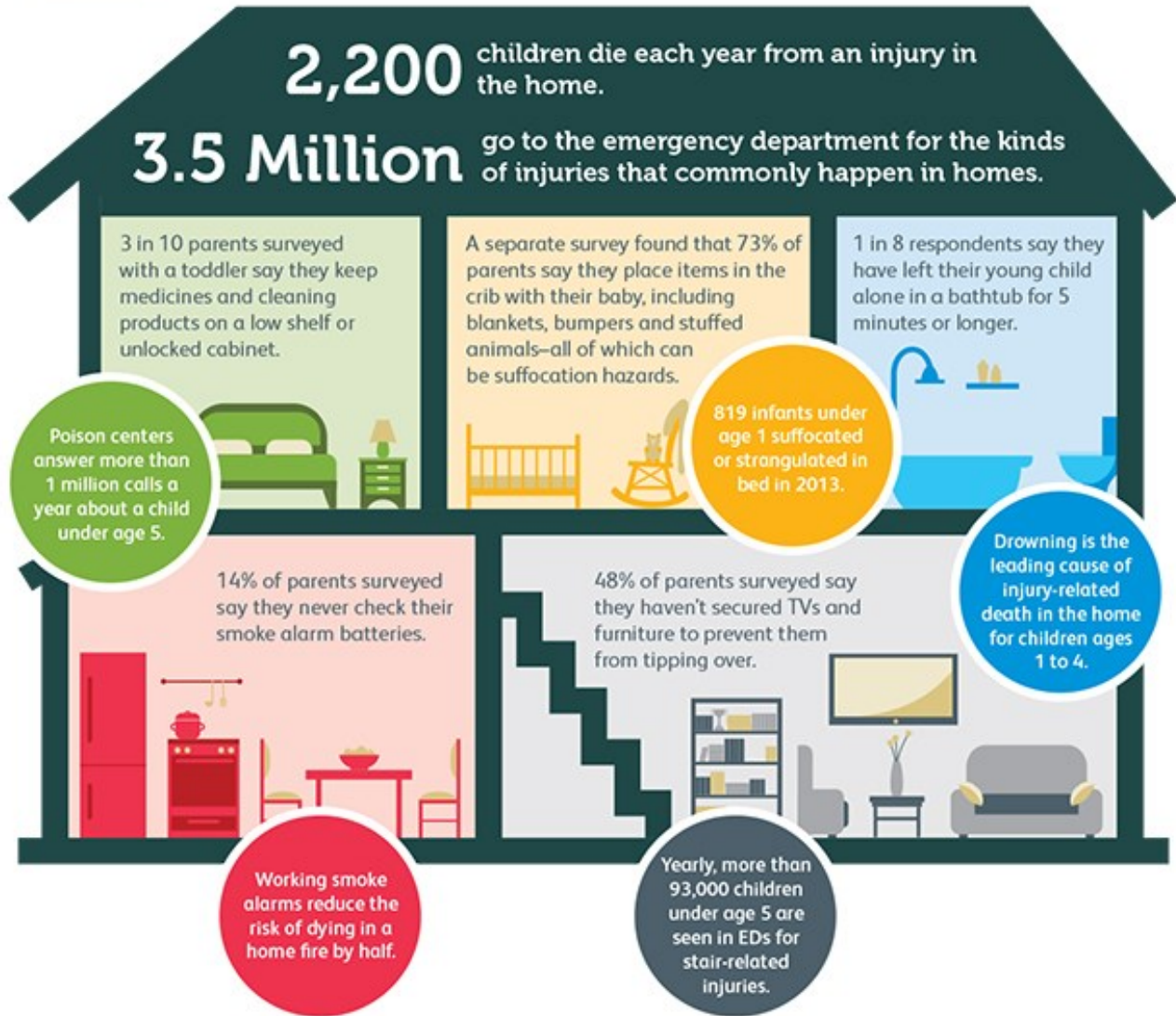
**The start of the school year is a time of new beginnings. Let's all work together to keep our students safe. For more information on back-to-school safety or other childhood injury risk areas, contact Safe Kids Grand Forks at 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org).**

Photos on pages 22-23 compliments of Farrah Spivey Photography.





## Protecting Children in Your Home: The Facts



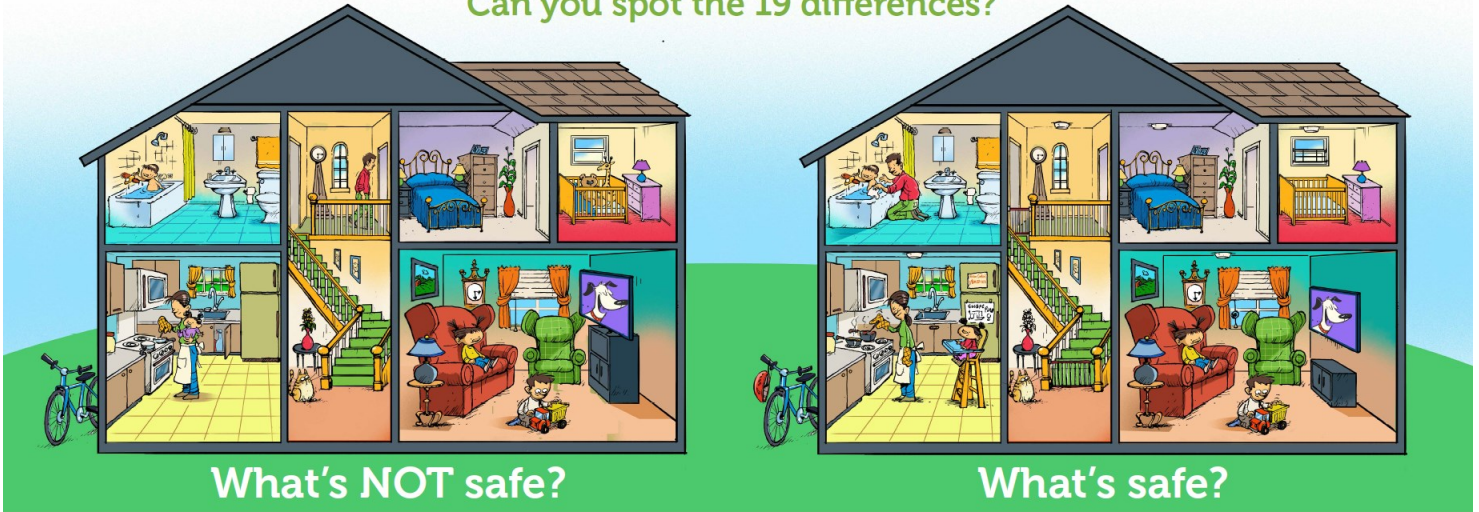
### Top Tips for a Safe Home

- Give young children your full and undivided attention when they are in the bathtub or around water.
- Check smoke alarm batteries every six months to make sure they are working.
- Keep cribs clear of objects, and make sure babies sleep alone, on their backs, and in a crib every time they sleep.
- Install safety gates to keep children from falling down staircases and window guards or stops to prevent falls from windows.
- Keep all medicine up and away, even medicine you take every day. Be alert to medicine stored in other locations, like pills in purses, vitamins on counters, and medicine on nightstands.



# Home Safety Challenge

Can you spot the 19 differences?



**What's NOT safe?**

**What's safe?**

Safe Kids Worldwide's home safety program is generously supported by Nationwide.



## Can you Think of a Better Lesson?

The AAA School Safety Patrol™ program has helped improve safe travel to and from school for more than 85 years. Statistics show a 93-percent reduction in pedestrian fatalities thanks to educational efforts and safety improvements near schools. Since 1949, AAA has awarded lifesaving medals to 373 patrollers who have saved the life of another person while on duty.

Instill the lifelong learning benefits brought about by the AAA School Safety Patrol™, and help your school become a safer place. Your young patrollers will benefit, too as they learn:

- Leadership and organizational expertise
- Safe mobility skills and proper traffic interaction
- Responsibility and commitment
- Volunteerism and duty
- The important role of being a dependable citizen

To join more than 500,000 AAA School Safety Patrollers in 50,000 schools nationwide in helping make schools a safer place, contact AAA or Safe Kids Grand Forks.



Car seats can be confusing! Don't wait until your baby is ready to arrive to learn how to install the car seat. Safe Kids offers Bringing Home Baby, an hour long hand-on class that will teach you everything you need to know to bring your baby home safely. We will even assist you with installing the car seat after class! Please call 701-780-1660 to schedule as class sizes are limited.

## Bringing Home Baby

FOR NEW OR EXPECTANT PARENTS

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.

Safe Kids Grand Forks, Altru Health System and Rydell Auto Center 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 have already 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 your vehicle.

### Cost:

This class is free, but you must register in advance by calling 701.780.1660.

### Locations:

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

**Noon or 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)



### 2015 Class Dates

July 9 .....	6-7:30 p.m.
July 14* .....	12 -1 p.m.
July 22* .....	4-5 p.m.
July 28 .....	5-6:30 p.m.
August 4* .....	12-1 p.m.
August 13 .....	6-7:30 p.m.
August 25 .....	5-6:30 p.m.
September 1* .....	12-1 p.m.
September 10 .....	6-7:30 p.m.
September 16* .....	4-5 p.m.
September 22 .....	5-6:30 p.m.
September 29* .....	12-1 p.m.
October 8 .....	6-7:30 p.m.
October 13* .....	12-1 p.m.
October 21* .....	4-5 p.m.
October 27 .....	5-6:30 p.m.
November 3* .....	12-1 p.m.
November 12 .....	6-7:30 p.m.
November 18* .....	4-5 p.m.
November 24 .....	5-6:30 p.m.
December 1* .....	12-1 p.m.
December 10 .....	6-7:30 p.m.
December 16* .....	4-5 p.m.
December 22 .....	5-6:30 p.m.
December 29* .....	12-1 p.m.

\*Weather permitting, car seat installation assistance available after class. Plan for an additional 15-30 minutes.



This photo is courtesy of Reeves Photography. We thank Allie Penny for sharing her photography talents with us and Simran and Aman Arora for serving as our "parent models". This image will be used in promoting this class on-line and in the clinic settings. We are grateful to all of them for being so willing to help in our efforts to promote this class to expectant parents.



**SAFE KIDS**  **SUMMER**  
**2015 CAR SEAT CHECKS**

- July 1 Grafton WIC, 10 a.m. - 4 p.m.
- July 9 Rydell Auto Center, 4 - 7 p.m.
- July 14 Great Expectations in East Grand Forks, 4 - 6 p.m.
- July 16 East Grand Forks Head Start, 3 - 6 p.m.
- July 21 Grand Forks Early Head Start, 3 - 5:30 p.m.
- July 23 Brost Chevrolet in Crookston, 4:30 - 6 p.m.
- August 5 Altru Family YMCA, 4 - 6 p.m.
- August 6 Hanson's Auto & Implement in Grafton, 4 - 6 p.m.
- August 11 Nelson County Courthouse Parking Lot in Lakota, 1 - 4 p.m.
- August 13 Rydell Auto Center, 4 - 7 p.m.
- August 20 Dahlstrom Motors in Oslo, 5 - 6:30 p.m.
- August 25 Neche Public School, 4:30 - 7 p.m.
- August 27 Wonder Years, 4:30 - 6 p.m.
- August 31 Hillsboro Head Start, 3:30 - 6 p.m.
- September 3 Mayville Head Start, 3:30 - 6 p.m.
- September 10 Rydell Auto Center, 4 - 7 p.m.
- September 17 Grafton Head Start, 11:15 a.m. - 12:30 p.m. & 3:15 - 4:30 p.m.
- September 22 East Grand Forks Head Start, 11:30 a.m. - 1 p.m. & 3:30 - 5:30 p.m.
- September 23 Crookston Head Start, 3 - 5 p.m.
- September 29 Grand Forks Head Start, 11 a.m. - 1 p.m. & 3 - 4:30 p.m.
- October 1 Altru Clinic in Drayton, 3:30 - 5:30 p.m.

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

