

## Winter Dressing and Frost Bite

It is important to keep students warm in the winter as they walk to and from school. Clothing should include multiple thin layers with a water resistant outer layer and winter coat. They should be covered from head to toe, so do not forget hats, gloves, and snow boots. To prevent frost bite, monitor the time they spend playing outside. Send them back inside after a reasonable amount of time for a hot drink and to warm up before going back out. Often times it is hard to get the middle and high school students to wear warm coats, but remind them that while they may be driving or riding in a car or bus, they need to be prepared for the cold weather in the event that they need to exit those vehicles for some unforeseen reason. Also, help students with being visible in low-light conditions by having reflective markings on their shoes, backpacks or jackets. For FREE reflective zipper pulls, contact our office and we will send some to you.



## Safety at Home Alone



- ⇒ Often in our busy lives, kids may need to spend some time at home on their own while parents finish their workday, run errands or generally run their households. There is no hard and fast rule for how old a child can be to stay home alone, but there are some guidelines and some ways to be sure your child can handle any situations they may encounter while on their own. These guidelines are provided, but consideration must be given to the student's maturity and parent reachability.
- ⇒ Do kids know how to get home safely? Do they know the route to walk home, and can they cross streets safely or ride bikes following the rules of the road?
- ⇒ Kids 8-10 years old shouldn't be left on their own for more than 1.5 hours, while an 11-12 year old may be able to stay on their own for up to 3 hours at a time (but not late at night).
- ⇒ It is important to talk about emergency situations and how to handle weather emergencies, medical needs or fire, smoke or carbon monoxide detectors alerting.
- ⇒ Make sure students are aware of how to contact a trusted adult for help if needed—do they have access to a phone or smart watch? Is there a neighbor nearby that might be able to help?
- ⇒ If students will be arriving to an empty house after school in the winter, do they know how to get inside? Do they have a key or is there a lock code? If they are locked out, what do they do?



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit [safekidsgf.com](http://safekidsgf.com), call us at 701.780.1489 or email [safekids@altru.org](mailto:safekids@altru.org).



**This information is brought to you by Safe Kids Grand Forks & our partners at ND Vision Zero.**