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# Safe kids

Safe Kids monthly E-Newsletter contains information on new recalls, safety announcements, and events to help ensure your little ones safety all year long! Please call or email with your comments, or suggestions. Go to [www.nlcsafekids.org](http://www.nlcsafekids.org) today!!

## Safe Kids New London County offers camping safety tips

Campfires, camping gear and hiking trails present special safety considerations for families with children. While the preparations for a family camping trip should include a review of safety guidelines for outdoor recreation, water and falls, parents should also pay attention to potential hazards specific to camping and hiking.

“Camping is the only situation where a family is purposely starting a fire outdoors a long way from a pressurized water supply or the nearest fire engine,” says Esther Pendola, Safe Kids coordinator. “A campfire is a serious responsibility.”

### In addition, Safe Kids recommends these precautions around campfires and portable heating devices:

Always actively supervise children near a campfire or portable stove.

Never use matches, lighters, candles or any device powered by kerosene, propane or other heating fuel inside a tent or camper.

Keep a bucket of water and a shovel near the fire at all times and extinguish the fire completely before going to sleep or leaving the site.

Keep matches and lighters out of children’s reach.

### Also keep these precautions in mind around the campsite and on the trail:

Keep first aid supplies and emergency phone numbers handy, and know where the nearest phone is located. Cell phones might not work in remote areas. Dress children in layers of clothing to help prevent heat-related illness and hypothermia..

Don’t push kids to go on a longer or more strenuous hike than they can handle. Exhausted children are more likely to fall, wander off or otherwise get injured. Bring plenty of drinking water or sports drinks and high-energy snacks.

Kids should wear hiking boots and clothing that offers protection from scrapes, bites and poisonous plants. Following the manufacturer’s instructions, apply insect repellent to a child’s clothing and exposed skin.

Apply sunscreen rated SPF 15 or higher to your child’s exposed skin 15 to 30 minutes before going out, and reapply frequently.

## Child Safety Seat Inspections

Tuesdays & Thursdays – 4-7 PM, Lawrence & Memorial Hospital  
1<sup>st</sup> level of the Parking Garage

Wednesdays 10-1 PM \*Mohegan Tribe  
Eagle View Garage, Sandy Desert Road \* Uncasville

1<sup>st</sup> and 3<sup>rd</sup> Friday of the Month  
Norwich Fire Department \* 10 North Thames Street

*Please note:  
All Car Seat Checks are by  
Appointment ONLY!!!!*

*Please bring your car seat,  
directions to the car seat,  
and the owner’s manual for  
your vehicle.*

***Call: (860) 442-0733***





# Water Safety

While water recreation provides children and their loved ones with hours of fun and exercise, water and kids can be a dangerous mix.

Drowning is the second leading cause of accidental death among children ages 1 to 14 and 51 percent of drownings involving older children (ages 5 to 14) occur in open bodies of water. From 1999 to 2003, it is estimated that 85 percent of boating-related drownings could have been prevented if the victim had been wearing a life jacket. Yet, in 2004, 55 percent of children ages 14 and under who drowned in reported boating accidents were not wearing life jackets.

“Life jackets are as important when in open water as car seats and seatbelts are on the open road” says Kelly Murphy, Assistant Coordinator of Safe Kids. “Most parents would not allow their children to be in a car without being properly restrained, and they should not let them be in the water without the proper safety gear. We want to help protect children so that they can enjoy the water with much less risk.”

Although life jackets are one of the most important ways to keep a child safe around water, it is not the only precaution parents and caregivers must take when boating. Boaters should also get a vessel safety check every year from the U.S. Coast Guard Auxiliary or U.S. Power Squadrons. This is a free service that can help everyone stay safe in the water. In addition, motorboat owners should install a carbon monoxide detector. CO can accumulate anywhere in or around boats and can remain at dangerous levels even if the engine is turned off.

## *Eliminate potential hazards:*

*Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of children's reach.*

*Keep toilet lids shut and use toilet locks.*

*Pay attention to open water. Be aware of undercurrents and changing waves and undertows when at the ocean or lake.*

*Do not let children dive into water unless the child has learned proper diving techniques, an adult is present and the depth of the water is greater than 9 feet.*

*Children with marginal mobility should not be left unattended in a tub or other body of water regardless of age or presumed ability.*

Children seldom misquote.  
In fact, they usually repeat  
word for word what you  
shouldn't have said.  
~Author Unknown

## Fitting your Child's Bike Helmet



Correct fit is essential. Do the "Eyes, Ears and Mouth" check:

**EYES check:** Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).

**EARS check:** Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.

**MOUTH check:** Now open your mouth as wide as you can! Do you feel the helmet hug your head? If not, tighten those straps!