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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 today!!

Safe Kids Provides Halloween Safety Tips

Pedestrian safety rules essential on most dangerous night of the year

Safe Kids reminds parents this Halloween that October 31 is the most dangerous day of the year for child pedestrians. In fact, children are four times more likely to be killed while walking on Halloween than any other night of the year. It is essential for parents to prepare their children properly to stay safe while having fun.

“Parents need to remind kids about safety while walking before they go out trick-or-treating,” says Esther Schuman, coordinator of Safe Kids. “Children should also bring flashlights or glow sticks with them, carry reflective bags or have reflective tape on their costumes and not wear masks which may inhibit their ability to see hazards. Ensuring kids are seen this Halloween is essential to keep this holiday fun for everyone.”

Safe Kids recommends that children under age 12 do not trick-or-treat without adult supervision.

- *Cross streets safely.* Cross at a corner, using traffic signals and crosswalks. Try to make eye contact with drivers before crossing in front of them. Don’t assume that because you can see the driver, the driver can see you. Look left, right and left again when crossing, and keep looking as you cross. Walk, don’t run, across the street.

- *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.
- *Be a safe pedestrian around cars.* Watch for cars that are turning or backing up. Never dart out into the street or cross between parked cars.

Although pedestrian safety is a main concern on Halloween, parents also need to keep in mind that there are other hazards for their children on this holiday. Parents must check treats for signs of tampering before children are allowed to eat them. The liquid in glow sticks is also hazardous, so parents should remind children not to chew on or break them. Finally, Safe Kids suggests that parents look for nontoxic designations when choosing Halloween makeup.

Child Safety Seat Inspections

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

Wednesdays 12-3 PM / 10-1 PM *Mohegan Tribe
Eagle View Garage, Sandy Desert Road * Uncasville

1st and 3rd 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





October is SIDS Awareness Month

Safe Kids offers sleep safety tips

October is SIDS Awareness Month, and Safe Kids urges parents and caregivers to remember the phrase “back to sleep”: babies need to sleep on their backs, face up, to minimize the risk of Sudden Infant Death Syndrome. SIDS is still not fully understood, but it is estimated that 900 cases each year involve soft bedding and suffocation in a crib or other sleeping environment. Soft bedding and mattresses have also been linked to more than 100 cases of fatal suffocation in playpens since 1988.

“Babies need to sleep face up, on their backs, until they’re old enough to turn themselves over,” says Assistant Coordinator Kelly Murphy. “The phrase ‘back to sleep’ has saved hundreds of lives. Within 10 years after public health professionals started teaching new parents to lay a baby on his or her back to sleep, the death rate from SIDS was cut in half.”

Most infant suffocation — 60 percent — happens in a crib or bed. Babies can suffocate when their faces become wedged against or buried in a mattress, pillow, infant cushion or other soft bedding or when someone in the same bed rolls over onto them.

“It’s tempting to hold your baby in bed with you, but think very carefully about the latest sleeping guidelines from the American Academy of Pediatrics,” says Kelly Murphy. “It’s risky to share a bed or sofa with a baby, especially if you’re tired, you’ve been drinking alcohol or you’re taking medication.”

The AAP announced findings in 2005 concluding that the safest place for a baby to sleep is in the same room as a parent, but in a separate crib near the parent’s bed. Sleeping with a baby on a sofa or chair is especially discouraged.

The AAP also found a higher risk of SIDS in babies with a high body temperature and recommends that the air temperature in the nursery should be “comfortable for a lightly clothed adult” and the baby should not be bundled in too much clothing. Also, there is some evidence of a higher risk of SIDS in babies who are exposed to secondhand smoke.

Based on the AAP’s report, Safe Kids also recommends these precautions for babies who cannot yet turn themselves over (generally, babies less than six months old):

The sleeping surface should be a firm crib mattress and should not have pillows, quilts or stuffed animals on it. For warmth, use infant sleepwear or crib-sized blankets tucked under the mattress so they do not reach above the baby’s chest; do not use adult-sized blankets.

Offer a clean pacifier to the baby at bedtime, but do not put it back in if it falls out of the baby’s mouth. There is evidence that pacifiers help protect sleeping babies from SIDS, though pediatricians don’t know why.

Crib bumpers are not necessary, but if used, they should be firm, thin and securely tied to the crib.

Do not rely on any consumer products or medical devices to prevent SIDS. No such product has been shown to be effective, and some have not been shown to be safe.

To prevent the baby’s head from developing a flat spot in back, allow plenty of “tummy time” for the baby while awake and constantly supervised. Don’t leave a baby in a carrier or bouncer all day.

Recalls

To find out about the latest recalls

go to:

www.recalls.gov

Help keep your family safe by checking product recalls and safety news from CPSC.

Report an incident with a product that caused an injury.

Medical Professionals and Fire/Police Investigators: file MECAP, incident reports.

Parents often talk about the younger generation as if they didn't have anything to do with it.”

~ **Dr. Haim Ginott**