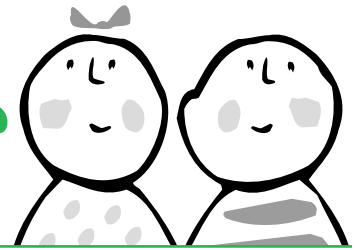




CONNECTICUT SAFE KIDS Newsletter



DEDICATED TO REDUCING PREVENTABLE INJURIES AND DEATHS IN CONNECTICUT CHILDREN

*Dedicated to
reducing
preventable
injuries and
deaths in
Connecticut
children*

SPRING 2004

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Honorary Chairman
Senator Christopher J. Dodd



Safety tips for children with limited physical mobility

Kids with special needs often have special safety needs too. This is especially true of children with limited physical mobility. Below are some tips for parents and caregivers for additional safety planning.



Car seats. A common question involves how to transport the children safely. Standard child restraint devices may be used for many of the children, and, whenever possible, a standard child restraint is the preferable choice. Car safety seats with five-point harnesses anchored at both shoulders, both hips, and between the legs, can be adjusted to provide good upper torso support for many children. Use of a "special" child restraint system often may be postponed until a child exceeds the physical limitations of a car safety seat. Any child with a medical problem should have a special care plan that includes what to do during transport if a medical emergency occurs.

Falls. Children with special needs who are minimally mobile but who are perceived as immobile by a caregiver might be at increased risk for falling from a bed or other elevated surface. The child might be left unattended and might roll or creep to the edge. Falls are the most commonly reported injury among wheelchair users. "Tips and falls" account for 42% of incidents, making falls the leading cause of rider injury.

Toys. Toys for children with special needs should be safe, durable, versatile, challenging, and engaging. Additionally, the toys should have a solid construction that supports the body; large buttons, levers, or handles that are easy; rubber, non-slide bottoms and other important safety features; and, easy operation and maneuverability. •

Information courtesy of the National SAFE KIDS Campaign

MESSAGE FROM THE DIRECTOR

Happy Spring everyone! Connecticut SAFE KIDS has had a busy winter and is looking forward to an even more hectic spring. There are two topics in particular that I hope everyone will be able to help us.



The first is the booster seat bill, **SB 410**. Once again, we are trying to get our car seat law changed so that it is a safe guideline for transporting children. **SB 410**, the booster seat bill, will help Connecticut join the other 22 states that already have the booster seat laws as well as the other states that are currently trying to improve their laws. Please contact your legislator and urge them to support and vote for this bill. A phone call is best, but a hand-written note will get their attention too! Please join with CT SAFE KIDS, its chapters and the other SAFE KIDS coalitions in helping to get this bill passed!

The other big event is the annual SAFE KIDS Day on the front lawn of CCMC. This year it will be on Thursday, May 6th. The theme for this year is Splash into Safety. All help is needed, so please let us know if you are free that day and can volunteer!

I hope everyone has a happy and safe spring!

Karen Brock

Booster Seat Bill



The booster seat bill, SB 410, is moving its way through the legislature. Below is the sticker that we booster seat advocates wore at the public hearing. If you would like one (or a bunch!) of these stickers, please contact Esther Schuman of New London County SAFE KIDS (860-442-0733) or contact CT SAFE KIDS. •

Bike Helmets Still a Bargain!

Coalition members can still get Bell bicycle helmets at a reduced price through CT SAFE KIDS. However, please note that the helmets have increased in price from \$6.99 to \$7.50. There is a minimum of 12 helmets per order. •



Splash into Safety!

SAFE KIDS Day will be held on Thursday, May 6th, on the front lawn of CCMC. The theme for this year is Splash into Safety! Volunteers (splashy and non-splashy) are needed! Please contact CT SAFE KIDS if you can spend some time with us that day. •



Booster Seats in the News!

Jody Rubino and 4-year-old Christopher demonstrate the importance of booster seats at the CPS Week press conference at CCMC. While Connecticut SAFE KIDS, Department of Transportation, and the State Police also spoke at the event, Christopher was clearly the star!

Fire Safety Information

On April 4th, we start Daylight Saving Time, and of course, change the time, change our batteries (in both the smoke and carbon monoxide detectors). But there are lots of other good fire safety behaviors to promote as well. The U.S. Fire Administration has a great website where you can order lots of fun fire safety publications for kids, including a colorful door knob hanger picturing a three-story home with home fire safety tips. To order such information, please go to www.usfa.fema.gov/public/index.shtm, then click on publications. (For the door knob hanger, continue clicking on "handout pamphlets" and then on "Is Your Home Fire Safe Door Knob Hanger"). •

Keep Kids Safe License Plate Grant Awards

Congratulations to the Keep Kids Safe License Plate Grantees! These programs were chosen to receive funding to keep kids safe from unintentional injuries.



Hartford Fire Department

Smoke and Carbon Monoxide Detectors Giveaway and Installation Program

New London County SAFE KIDS
Countywide Smoke Detector Education And Installation Program

Wheeler Clinic

Multi-City Home Child Proofing Safety Kits For At-Risk Parents •

Keep informed of Connecticut SAFE KIDS happenings!
Sign up for our listserve at groups.yahoo.com/group/ctsafekids



CHAPTERS AND COALITIONS UPDATE: Connecticut SAFE KIDS

Greater Waterbury Chapter of CT SAFE KIDS (GWSK)

GWSK has had an active winter. In December, they printed a holiday safety message on tags for Christmas trees and distributed these tags to area nurseries to be put on the trees after purchase. They also presented a Buckle Bear program at Naugatuck Valley Community College. In January, child restraint information was distributed to 22 area fitting stations. Also in January, GWSK distributed Child Passenger Safety Tip Sheet from NAWHSL (National Association of Women Highway Safety Leaders). In February, GWSK was very involved in all things CPS: Pat Zainc collaborated with the Dept. of Public Health to write an article on booster seats; GWSK presented a Buckle Bear program at the Cheshire YMCA; posters were donated by Toyota/Allstate to St. Mary's Hospital ED on booster seat awareness; and, coupons were distributed to WIC for savings for car seats. In March, GWSK hosted a car seat clinic at AMR. This spring will also be busy with more car seat clinic and educational events, as well as conducting the four-day NHTSA child passenger safety class in April in Waterbury. For more information call Sheila Staib, Greater Waterbury Chapter of CT SAFE KIDS at (203) 597-3655.

Windham County Chapter of CT SAFE KIDS (WCSK)

In February, WCSK partnered with the Putnam Police and Putnam Elks to put on a car seat clinic hosted at Putnam Ford Mercury. Also in February, the WCSK had its chapter meeting at Windham Hospital, where they are continuing their smoke detector and bike helmet programs. Finally, they are

busy planning their spring events which include several CPS community workshops, car seat clinics, and events for SAFE KIDS Week. For more information contact Karin Davis, Windham County Chapter of CT SAFE KIDS at (860) 423-4534.

Greater New Haven Chapter of CT SAFE KIDS (GNHSK)

The Greater New Haven Chapter is busy planning its spring events. Please contact Kathy Shea, Greater New Haven Chapter of CT SAFE KIDS, at 203-562-3320 or kshea@sponsorhospital.org for more information.

New London County SAFE KIDS (NLCSK)

NLCSK has been actively pursuing advancing their programming into more formal institutions, including the poison control information, the Poison Safety Buzz Box and the 911 Simulator being used in local school systems. Other areas of work included updating their web site (www.nlcsafekids.org), searching out new funding for programming, organizing SAFE KIDS Week and CPS week for New London County, enhancing their water safety and bicycle safety committees, and strengthening our child safety seat inspection stations located at Lawrence & Memorial Hospital and Mohegan Tribe. Booster Seat Legislation has also been one of their top priorities. New London County had a very successful legislative breakfast and is running a contest among its members to see who can get the most people to call or write their legislators to encourage them to support the bill. For more information call Esther Schuman, NLCSK at (860) 442-0733.

MARK YOUR CALENDAR!

For more information
www.ctsafekids.org

April 1, 2004*

Coalition Meeting
Noon – 2pm
CCMC, Level G, Rooms C & D

April 5 – 11, 2004

National Public Health Week

April 18 – 24, 2004

National Window Safety Week

April 26 – 30, 2004

National Playground Safety Week

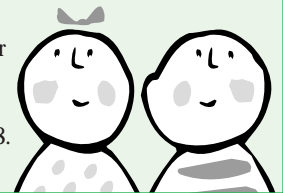
May 1 – 8, 2004

National SAFE KIDS Week

May 22 – 28, 2004

National Safe Boating Week

* To RSVP for this meeting, please call 860-545-9988.



Save the Date!

The CT SAFE KIDS 5th Annual Workshop will be September 16th at the Rocky Hill Marriott.

Valley-Amity SAFE KIDS (VASK)

The Valley-Amity SAFE KIDS Coalition is working hard with its sister coalitions in Connecticut to get the booster seat bill passed and signed into law. For more information, call Frank or June Marcucio, VASK, at (203) 888-8843.

Fairfield County SAFE KIDS (FCSK)

FCSK is also working hard with its sister coalitions in Connecticut to get the booster seat bill passed and signed into law. Additionally, they have redesigned their web site (www.fcsafekids.org). For information, call Bob Cordes or Charlie Conway, FCSK, at (203) 853-7115.



Sports Injury

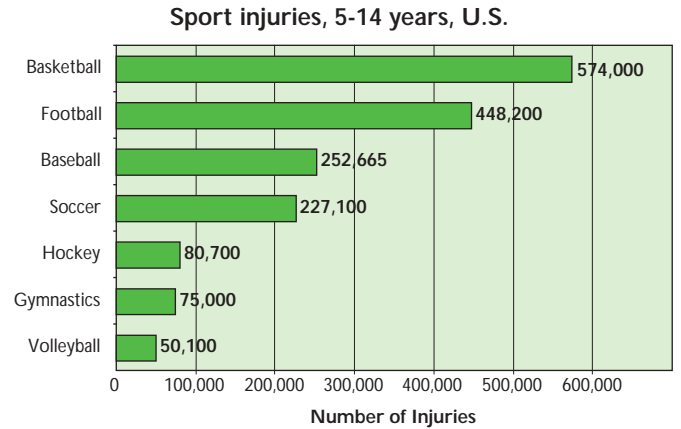
Garry Lapidus, PA-C, MPH, Director, Injury Prevention Center, Connecticut Children's Medical Center; Associate Professor of Pediatrics and Public Health, University of Connecticut School of Medicine

Each year, more than 3.5 million sports-related injuries in children under age 15 are treated in hospital emergency rooms in the United States. The bones, muscles, tendons, and ligaments of young athletes are still growing, which makes them more susceptible to injury. Growth plates — the areas of developing cartilage where bone growth occurs in youngsters — are weaker than the nearby ligaments and tendons. What is often a bruise or sprain in an adult can be a potentially serious growth plate injury in

a young athlete. Young athletes of the same age can differ greatly in size and physical maturity. Some youngsters may be physically less mature than their peers and try to perform at levels for which they are not ready.

Parents and coaches can reduce sport injuries by encouraging children to:

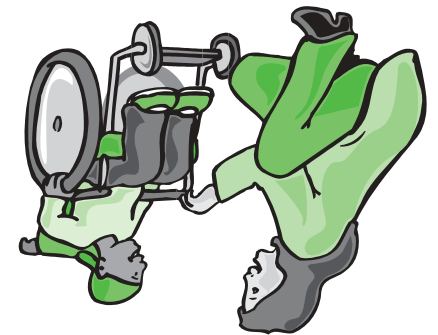
- Be in proper physical condition to play a sport.
- Know and abide by the rules of the sport.
- Wear appropriate protective gear (for example, shin guards for soccer, a



- Know how to use athletic equipment (for example, hard-shell helmet when facing a baseball pitcher, a helmet and body padding for ice hockey).

- correctly adjusting the bindings on snow skis).
- Always warm up before playing.
- Avoid playing when very tired or in pain. •

Safety for children with limited physical mobility



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