



for Parents

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A PROGRAM OF CONNECTICUT CHILDREN'S MEDICAL CENTER

Use your head! WEAR A HELMET!

Many bike crashes and other wheel-related incidents (skateboards, scooters, inline skates) result in relatively minor injuries such as broken bones, scrapes and bruises.

But thousands of kids are seriously injured or die as a result of preventable traumatic brain injury. To help kids stay safe on their bikes, skateboards, scooters and inline skates, Connecticut SAFE KIDS recommends that children be taught the following:

WHO ME?

You may think "It's not going to happen to me," but think again. Bike, skate, scooter and skateboard crashes happen ALL THE TIME to kids just like you.

REALLY BAD STUFF

Falls don't mean just cuts and broken bones – you could injure your brain and never recover. Brain injuries can last forever and limit your ability to walk, talk, think, see and play sports.

THE OTHER GUY

Crashes can be out of your control. Even if you are a skilled rider, a car or another rider can crash into you.

EVERY RIDE

The sidewalks and streets are not any safer near your home. Wear a helmet even if you're just riding around the block.



U.S. CONSUMER PRODUCT
SAFETY COMMISSION (CPSC)

Helmets should be level on the head, not tilted forwards or back. Once the chinstrap is fastened, the helmet should sit securely – unable to be moved back to front or side to side.

YOU TOO, PARENTS!

Don't forget to set an example for your kids: wear a helmet every time you ride!

Fly Safe and Sane

Proper use of an approved child restraint on airplanes not only results in a smoother flight for you, your child and other passengers, but also greatly enhances your child's safety in flight.

The Federal Aviation Administration (FAA) strongly recommends that all children who fly use the appropriate restraint based on their size and weight.

Children under 1 year, under 20 lbs.

Rear-facing child restraint

Children over 1 year, weighing 20-40 lbs.

Forward-facing child restraint

Children over 40 lbs.

Airplane seat belt*

*Although a child over 40 pounds is best protected by a booster seat, airplanes do not have shoulder belts. So children over 40 pounds must use the aircraft seat belt. ■

FLYING WITH CAR SEATS

SEAT SAFETY

Make sure your child's car seat has received FAA approval. Check for a label reading: "This restraint is certified for use in motor vehicles and aircraft."

SEAT SIZE

A car seat measuring less than 16" wide will fit in most airline seats.

SEAT LOCATION

Bear in mind that car seats can be placed only in window seats so as to not block an escape path in an emergency.

FARE SAVINGS

Ask the airline if they offer a discounted fare for a child traveling in a restraint.

SAFE ON LAND

- Traveling with your child restraint means you will have your car seat with you for safe travel at your destination.
- Although you cannot use a booster seat on an airplane, check it with your luggage so you'll have it for safe travel at your destination.

Scooter Safety

Always wear safety gear:

- helmet
- elbow pads
- knee pads

Don't wear wrist guards. They limit your control of the scooter.

Always ride your scooter during the daytime. Never at night.

Always ride your scooter on the sidewalk or on paved, off-road paths. Stay away from cars and other vehicles.

Stay away from sand, gravel, water and dirt. Keep your scooter on smooth surfaces.

If you're under 8-years-old, you should not ride without an adult watching close by.



U.S. CONSUMER PRODUCT SAFETY COMMISSION (CPSC)

Scooters may seem like child's play, but they can be very dangerous. Nearly 9400 emergency department visits nationwide result from scooter related injury every year. Because of this alarming statistic, the American Academy of Pediatrics makes the recommendations above.

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You're welcome to photocopy this newsletter and send its important message to others.