



# for Parents

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A PROGRAM OF CONNECTICUT CHILDREN'S MEDICAL CENTER

From 1997 to 1999, 16,868 children ages 14 and under visited the Emergency Department at Connecticut Children's Medical Center for unintentional injury. Nearly 42% of these visits occurred between May and August. This is a 24% increase above the average for the rest of the year. Children ages 5 to 9 were found to be at highest risk.



**Make it a SAFE KIDS summer!**  
Don't take a vacation from safety.

### Hey Parents:

Did you know that summer is the most dangerous time of the year for kids? Children will be rushed to emergency rooms nearly 3 million times this summer during "trauma season," May - August. Don't let your child be one of them! Follow these tips with your family to protect your children from the top five summertime risks. Pledge to make this a SAFE KIDS Summer!



### Ride Safe!

- I make sure all my kids have their own child safety seat or safety belt that's appropriate for their age and size, and that they sit in a back seat.  YES  NO
- I study both my vehicle owner and car seat manuals carefully.  YES  NO



### Swim Safe!

- I always supervise young children near water, including pools, spas, toilets, bathtubs and buckets.  YES  NO
- We wear personal flotation devices when out on boats, near open bodies of water or participating in water sports.  YES  NO



### Wheel Safe!

- My kids wear properly fitting helmets and other protective gear every time they ride their bikes, scooters, in-line skates or skateboards.  YES  NO
- My children know the rules of the road and obey all traffic laws.  YES  NO



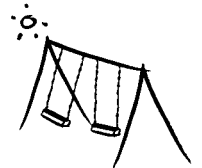
### Walk Safe!

- I never let children under age 10 cross the street alone.  YES  NO
- My kids wear retroreflective materials and carry a flashlight when it's dark, at dawn and at dusk.  YES  NO



### Play Safe!

- I supervise my children at playgrounds and make sure there is a safe surface such as mulch, gravel, rubber or fine sand.  YES  NO
- My kids always wear the right, properly fitted protective gear when they practice and play team sports.  YES  NO



This list is not comprehensive. It is meant to assist families in taking steps to prevent childhood injuries. For more detailed information, please visit [www.safekids.org](http://www.safekids.org).

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# Take me out to the ballgame... SAFELY!

More than 30 million kids participate in organized sports in the U.S. Participating in sports is good for children in many ways. It can improve physical fitness, coordination, self-discipline and teamwork, as well as promote a sense of personal satisfaction and accomplishment.



Baseball has the highest fatality rate among all sports for children ages 5 to 14. Serious and potentially catastrophic baseball injuries can be minimized by the proper use of available safety equipment. Safety equipment should include:

APPROVED BATTING HELMETS

EYE PROTECTORS ON BATTING HELMETS

RUBBER SPIKED CLEATS FOR ALL PLAYERS

HELMETS, MASKS AND CHEST PROTECTORS FOR CATCHERS

Also be aware that:

- Protective equipment should always be properly fitted and well maintained.
- Low-impact baseballs and softballs should be considered for children 5 to 14 years of age, especially for those kids under 10.
- There should be protective fencing around dugouts and benches, as well as use of break-away bases.
- Modifications to rules, such as the discouraging head-first sliding, should be made for children younger than 10 years of age.

## REMEMBER:

Take these preventive measures during both practice and games.

# Preventing animal bites

Almost half of all children will suffer an animal bite at sometime during childhood. Dog bites account for nine out of 10 bite-related injuries in children.

Teach your child the following ways to avoid an animal bite:

- ✚ Do not impinge on an animal's "territory"
- ✚ Do not tease, hurt or play roughly with an animal
- ✚ Do not try to take an object away from a dog, including a toy
- ✚ Never play with an animal unless supervised
- ✚ Do not look a dog directly in the eye
- ✚ Do not attempt to kiss a dog or hold your face close to any animal
- ✚ Never turn your back on a dog
- ✚ Do not run, ride a bike or skate in front of a dog
- ✚ Never try to break-up an animal fight

## Wear It Right

A properly fitted bike helmet can reduce the risk of serious head and brain injury by 85%. Make sure the helmet sits evenly and rests two fingers below the eyebrows. Tighten the straps as snugly as possible.



NO



NO



YES

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