



Walk This Way 2004

The National SAFE KIDS Campaign and program sponsor FedEx Express developed SAFE KIDS Walk This Way in 2000 to bring national and local attention to pedestrian safety issues. Pedestrian injury is the second leading cause of injury-related death in the United States for children ages 5 to 14, claiming the lives of 669 children in 2001 alone. In 2002, nearly 43,300 children were treated in emergency rooms for pedestrian-related injuries.

This year SAFE KIDS Northern NJ brought Walk this Way To the Southern Boulevard School in Chatham Township and the Milton Ave. School in Chatham Borough.

Over 500 children were encouraged to walk to and from school on Wednesday October 8, 2004.

Coalition members from Northern NJ SAFE KIDS, the police departments of Chatham Borough & Township, the parent teacher organizations of the Southern Boulevard and Milton Street School along with the Fed Ex Express , highlighted pedestrian safety tips to the children and their parents.

Southern Boulevard School in Chatham Township, was busy on October 6, 2004 for the Walk This Way Pedestrian Safety Campaign.



SAFE KIDS
 Northern New Jersey

Tween — 8-12 years old
 No longer a small child but not an adult. Although independent in many ways, they still need rules, guidelines and guidance. Unintentional injury is an important risk that you and your tween can minimize together. In this issue of Prevention Works we have pulled a few articles from different SAFE KIDS periodicals to highlight to work with your tween and keep them safe.

Talking to Tweens About Safety

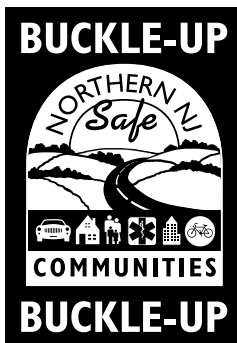
AS your child grows up, one of the most important ways you can help him stay safe and avoid injuries is by talking together. But tweens are not young children anymore, and not yet adults, either. Parents can't use the same words and strategies they used to use, and they can't talk to their kids like they would adult friends or co-workers. It's tough to figure out exactly what you should do.

SAFE KIDS asked both parents and tweens how to talk so you can better understand each other. Here are some things we learned that can help you communicate with your child.

"Talk to me like I'm an adult."

You may think of your little Emma as exactly that little. But she's now old enough to know that she has some responsibility for herself and others. As a parent, your focus shifts from what you can do to keep her safe to what she can do to and how important that is.

Safety is actually a great way to introduce the adult decision-making technique of weighing the pro's and cons of different actions. You'll still want to make rules and provide guidelines



Buckle Up Northern NJ

Northern NJ Has 24 New Child Passenger Safety Technicians



Northern NJ SAFE KIDS/Safe Communities sponsored the a 32 hour National Child Passenger Safety Curriculum September 27-



October 1, 2004. This class was hosted by State Farm Insurance of Parsippany NJ.

Twenty-Four injury prevention advocates completed the didactic classwork, skills stations and written exam. They then participated in a Car Seat Check held at State Farm on Friday October 1, 2004. These newly certified technicians completed and inspection and educational

session for 54 car seats and the parent or guardian that attended the event.

A special thanks goes out to Christy Chappell of State Farm. Christy's effort enabled the class to be held in a first rate facility and ensured an active car seat check for the technicians.

Jennifer Spiegel RN Clinical Coordinator Neonatal Intensive Care Unit Saint Barnabas Medical Center, practices her child passenger safety skills at State Farm Insurance in Parsippany on Oct 1, 2004. Jennifer was one of 24 participants in the 32-hour NHTSA Training sponsored by Northern NJ SAFE KIDS and Safe Communities.

Holiday Safety Tips

The holiday season can be filled with many pleasurable activities, though the hectic pace can sometimes be stressful. Holiday stress can result in drinking too much, overeating, not sleeping enough, and generally failing to take care of one's health. Here are some tips that can help you have a safe and healthy holiday season.

* Monitor your alcohol consumption by reducing the number, size and frequency of alcoholic beverages you drink and serve at holiday occasions.

* When attending events where alcohol is being served, always have a designated driver (someone who has agreed not to drink alcohol, and can provide transportation for people who have been drinking). Do not ride with anyone who has been drinking.

* Never get behind the wheel of a moving vehicle (including recreational vehicles such as snowmobiles) after having consumed any alcohol.

* Avoid mixing alcohol with other drugs, or traditional or over the counter medications. Do not skip any dose of your medication without first consulting your physician.

* Avoid traveling after midnight especially

on Fridays and Saturdays, since this is the time that most motor vehicle crashes occur. Drive defensively.

* Always wear your safety belt, and make sure that all adult and child passengers are properly restrained.

* Keep to your normal sleep schedule. Avoid driving when fatigued as your reactions are slowed, and judgment is impaired.

* Watch your nutrition, and try not to skip meals or replace them with excess snacking.

* Prevent holiday fires by using only nonflammable decorations; inspecting holiday lights; and using only those that are UL-approved. Keep holiday trees well-watered and away from heat sources so they do not become dried out.

* If you sometimes get the holiday or winter blues, outdoor exposure to sunlight (or indoor exposure to full spectrum artificial light) for at least one-half hour per day (without sunglasses) can lessen the symptoms of Seasonal Affective Disorder (SAD).

* If the holiday blues get to you, write about it, talk to your favorite good listener, or seek the professional help of a psychotherapist.

Safety Quiz: SPOT THE RISK

Can you find the biggest injury threats for tweens?

Among children ages 10 – 14, the leading cause of accidental death is:

- A. Poisoning
- B. Drowning
- C. Car and truck crashes
- D. Fire

More children ages 14 and under die from _____ than from any other cause:

- A. AIDS/HIV
- B. Unintentional Injury
- C. Cancer
- D. Violence

Of these causes, children who are hospitalized between ages 10 – 14 are most likely to have

- A. Unintentional injuries
- B. Injuries from violence
- C. Depression
- D. Tonsillitis

Children ages 14 and under are more likely to be fatally injured....

- A. At school
- B. On the playground
- C. While biking
- D. At home

Helmet used by children is lowest among children age

- A. 11- 14
- B. 3 to 5
- C. Under 3
- D. 6 – 10

Please see page 4 for answers

Tween Passenger Safety children 8 – 12 years old

Teaching kids safe habits in motor vehicles

When you look in the rearview mirror, you see a tween who has outgrown any booster seat on the market. Now he sits confidently and comfortably in the back seat, restrained with a lap and shoulder belt. You realize, with a little horror, that he's looking forward to driving the car!

While right now you may feel great about not having to wrestle him into a child restraint, remember that the battle of buckling up is not necessarily over. With luck, your child now considers buckling up old hat. But as he progresses through the new few years, the struggle between his independence and your rules may flare up over being buckled up.

Riding unrestrained is the biggest cause of death and injury among children riding in cars. Among children ages 14 and under killed as motor vehicle occupants in 2002, more than half were not restrained at the time of the crash. It's important that you motivate your child to ride buckled up every day, in every vehicle.

Perfect Fit

First, be sure that your child knows how to properly buckle up: The safety belt should be snug, flat and comfortable. The lap belt should be on your child's hips, not his stomach. The shoulder belt should be on your child's shoulder, never his neck, under his arm or behind him.

Something to Buckle Up For

You might have to promise your daughter that if her grades are good, she'll get the keys to the car on her 17th birthday. While academics are important, her safety is even more so. So why not make buckling up on every ride now mandatory too? It will serve as a car-related incentive and also help instill a healthy lifelong habit.

Buckle Up Patrol

Most tweens are ready to take on some responsibility for themselves and others. Get them involved by appointing them the "Buckle Up Patrol," in charge of making sure that everyone in the car is properly buckled up. It's a great way to show your tween that buckling up extends to everyone and every car.

May the Force Be with You

Teach your tween how the science of motion related to the forces in a car crash. Demonstrate inertia by spinning an egg on a plate (it keeps moving even after you try to stop it). Drop tow items of different weights from the same height into a sheet of clay or play dough (it shows how gravity pulls an heavier items with a stronger force). Real- life science lessons can teach kids why and how safety precautions save lives.

Source: Safe Kids Magazine Vol. 1 Issue 2, 2004

Skiers/Snowboarders Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

This is a partial list. Be safety conscious.

Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION.

Hidden Valley Resort in Vernon NJ, & SAFE KIDS Northern NJ
& The Trauma Team of Morristown Memorial Hospital present

2005 Ski & Snowboard Safety Awareness Poster Contest

ENTRANCE: All entries must be submitted to the by Monday, January 10, 2005

All posters should be mailed to:
SAFE KIDS Northern NJ
Morristown Memorial Hospital
1000 Morris Ave
Morristown, NJ 07960
No phone calls will
be taken. Entry information
at Morristown Memorial Hospital
07960-1407

Prizes will be given to:
1. The winner will be the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th.

Your Responsibility Code

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY
Remember...There is no substitute for responsible behavior on the slopes. Follow the "Your Responsibility Code," and consider wearing a helmet — it's a smart idea.

RULES FOR POSTER DESIGN:

Posters must be mailed to the contest by Monday, January 10, 2005.	Posters must be submitted by an individual child. Entries must be on 8 1/2" x 11" or 11" x 17" paper or poster board. Students should use pencil or black ink on their posters.	Complete name, address, and telephone number on the back of the poster.	Originals/Reprints: Winners will be selected in each age group. The contest will be closed on 1/10/05. Your name/identity, message and creative design. All entries submitted to the contest will be reviewed for quality. All winners will receive a certificate of honor from SAFE KIDS Northern NJ.
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Tweens Safety

Continued from Page 1

for staying safe. But show your child how to think through consequences of her actions.

"Make it a family Discussion."

Whether your family is big or small, it's always a good idea to talk together about family safety plans and rules. It's the most effective way to remind you children of what to do in case of an emergency and what your rules are. Knowing that every member of the family must follow the rules makes them harder to ignore.

"Be Serious."

When your children were little, you taught them to safety cross the street or to "Stop, drop and roll" through games, songs and coloring books. For you, sticking with the lightheart-

ed approach may feel comfortable and less scary. But older children want to know why safe behaviors are necessary. They also need to know what can happen if they ignore the rules, don't wear a bike helmet or don't buckle up.

"Practice what you preach."

Tweens still think of their parents as role models. Live up to their expectations by following safety rules at home and wherever you go. Wear your safety belt when driving, use crosswalks and wear a bike helmet. When they see that you follow the family rules, they'll be more likely to follow them, too.

Source: *Safe Kids Magazine Vol. 1, Issue 2 2004*

Answers from page 2

C. Among children ages 10 – 14, car and truck crashes are the leading cause of unintentional injury – related death, followed by pedestrian injury, drowning, fires and burns, and bicycle injury. All children should be properly restrained in the back seat on every ride.

B. More children ages 14 and under from what people call "accidents" (motor vehicles crashes, fires, drowning and other injuries) than from any other cause.

A. The only cause that sends more 10 – 14 year olds to the hospital than unintentional injury is asthma.

D. In 2002, approximately 45 %of child injury deaths occurred in and around the home. Unintentional home injury deaths to children are caused primarily by fire and burns, suffocation, drowning, firearms, falls, choking and poisoning.

A. Helmet use by children is lowest among children ages 11 – 14 (just 11% wear them). Children ages 10 – 14 are at greater risk for traumatic brain injury from a bicycle – related crash than younger children, most likely because helmet use declines as children age.

Project Coordinator/ Newsletter Coordinator

**Karen Jean Feury, RN, MS, CCRN
Injury Prevention Coordinator
Morristown Memorial Hospital**

Education/Public Relations

**Michele Mount
Public Relations Manager
AAA NJ Automobile Club**

Enforcement/Buckle Up Campaign

**Plt. Robert Curtis
Chatham Township Police Department**

Prevention Works

Northern NJ SAFE KIDS/Safe Communities
Morristown Memorial Hospital
Surgical Critical Care, Trauma & Injury Prevention
100 Madison Ave.
Morristown, NJ 07962

Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities .

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact
Karen Jean Feury, RN Phone: 973-971-4327 Fax: 973-290-7350 email: karenjean.feury@ahsys.org.