



Heading into Summer Trauma Season, Safe Kids Northern New Jersey Celebrates Safe Kids Month May 2024

Safety Advocates Unite to Remind Busy Parents to Take Time to Focus on Simple Steps to Keep Kids Safe at Home, at School, at Play, and on the Way

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At a time of year when unintentional injuries are on the rise, Safe Kids Northern New Jersey is providing activities, tips, and resources to educate parents and caregivers about simple ways to keep their kids safe from a range of preventable injuries, at home, on the road and at play. This includes child passenger safety, pedestrian and bike safety, water safety and home safety.

Summer is an exciting time of year for families, often bringing vacations, barbecues, picnics, and time away from work and school. Yet summer is also known as “trauma season” among health professionals. This is the time when unintentional injuries and deaths increase dramatically among children. In fact, 42 percent of all deaths from unintentional injuries occur during the months of May through August.

Safe Kids Month is a national celebration dedicated to raising awareness about child injury prevention and inspiring parents to “spring into summer safety” by focusing on proven and practical tips to keep their kids safe. Safe Kids Northern New Jersey joins safety experts from almost 400 Safe Kids coalitions and partners across the country.

In New Jersey we have seen a rise in Pedestrian and Bicycle injuries over the last few years. Preventable injuries are the number one cause of death of children in the United States, and millions more are injured in ways that can affect them for a lifetime.


“Safe Kids Week is a wonderful opportunity for Northern New Jersey to celebrate kids, learn about how to keep them safe and, ultimately, save








lives,” says KJ Feury RN, APNc Injury Prevention Coordinator for the Trauma Service of Morristown Medical Center. “This is a moment where we can all


take just a little bit of time out of our busy schedules to focus on a few simple steps that can make a big difference in the safety of our children.”

We encourage parents and caregivers to follow us on social media for tips and reminders to keep your families safe. Parents and caregivers can also review the My High Five Child Safety Checklist included below. This list includes safety tips for bike safety, child passenger safety, home safety, water safety, and sleep safety.




My High 5 Child Safety Checklist

<div style="margin-bottom: 10px;">  <p>1 Choose the right car seat for your child’s weight, height and age.</p> <ul style="list-style-type: none"> 2 Keep children in rear-facing seats as long as possible until the child has outgrown the seat by height or weight. 3 Teach your kids from a young age to buckle up every ride, every car, every time. 4 Use and install your car seat according to the directions. 5 A properly installed car seat should not move more than 1 inch when the base is tugged. </div> <div style="margin-bottom: 10px;">  <p>1 Watch kids around water. Keep young children within arm’s reach of an adult.</p> <ul style="list-style-type: none"> 2 Enroll children in survival swim lessons and learn CPR. 3 Install 4-sided fences around home pools. 4 Teach children that swimming in open water is different from swimming in a pool. 5 Teach children to wear life jackets. </div> <div>  <p>1 Install smoke alarms on every level of your home, inside bedrooms and near sleeping areas.</p> <ul style="list-style-type: none"> 2 Test alarms every month. Create a home fire escape plan with two ways out of every room. 3 Install carbon monoxide (CO) alarms and test alarms every month. In a CO emergency, leave your home immediately. 4 Watch children around balconies and windows. Install window guards and safety gates on stairs to prevent falls. 5 Anchor unstable furniture to the wall. Use anti-tip brackets or wall straps to secure topeavy furniture to the wall. </div>	<div style="margin-bottom: 10px;">  <p>Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.</p> <ul style="list-style-type: none"> 2 Choose a firm mattress and fitted sheet for baby’s crib. 3 Remove toys, blankets, pillows, bumper pads and other accessories. 4 Dress baby in a wearable blanket or onesie. A loose blanket could cover baby’s airway or make their body temperature too high while they sleep. 5 Share your room, not your bed. Place baby’s crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you. </div> <div>  <p>Remind your child to wear a properly-fitted helmet when biking, skateboarding, riding a scooter or inline/roller skating.</p> <ul style="list-style-type: none"> 2 Check equipment. Make sure your child’s bike is the appropriate size and works properly. 3 Teach your kids the rules of the road. Make sure they know proper hand signals, understand traffic signs and signals. 4 Be sure your kids are seen while riding. Wearing bright colors, using lights, and wearing reflectors will help them be seen. 5 Teach kids to ride on the sidewalk when they can. If not, ride in the same direction as traffic as far on the right-hand side as possible. </div>
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What’s high on your list?



SAFE KIDS WEEK



SAFE
KIDS
WORLDWIDE

KEEP THESE **UP AND AWAY**

CLEANING PRODUCTS



PERSONAL CARE PRODUCTS



MEDICINE & VITAMINS



SMALL OBJECTS



SMALL TOYS & GAME PIECES



WINDOW BLIND CORDS



WHERE YOUR CHILD
CAN'T REACH.

Follow Us on Social Media!

Northern New Jersey Safe Kids is on Facebook and Instagram with new posts, information that may keep you and your family safe.

Take the time to like our page, share it with a friend or your local community groups.

Help us get information out on Injury Prevention. It can make a difference.



The Helmet Fit Test:

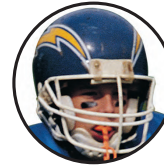
He can see the helmet when he looks up.

The straps make a "V" under his ears.

The chin strap feels snug when he opens his mouth wide.

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Match the correct helmet to each sport!



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Prevention Works is the official biannual 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

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