



Safe Kids NH



September 2017

Mark your calendar for these events:

- September 16- Derry Fest
- September 23- Seat Check Saturday at NE Dragway
- Oct. 22- CHaD Half
- Oct. 24- NH Healthy Homes Conference
- Nov. 3- NH State Trauma Conference
- Nov. 8- Carbon Monoxide Alliance Summit
- Nov. 17- Suicide Prevention Conference
- Dec. 12- Safe Kids NH Meeting

Inside this issue:

- Pedestrian Safety 2
- Abusive Head Trauma 2
- Ford Driving Skills Program 3
- Nascar and Teen Drivers 3
- Baby Boxes 3
- Walk to School 4

Child Passenger Safety Update

The Safe Kids NH Child Passenger Safety Program recently partnered with the Manchester Police Department's traffic division to form a community outreach partnership. This partnership allowed us the opportunity to apply for a GRACO grant though Safe Kids Worldwide. We were approved for the GRACO grant which will allow us to serve a minimum of 100 families in the Southern NH region. GRACO has agreed to fund a minimum of 100 car seats over the next year.

As you can imagine this partnership has the potential to help many people within our communities. Our official kick off to this event is on National Seat Check Saturday which is 9/23/2017. There will be a car seat extravaganza at the New England Drag way in Epping NH from 10a-2p all are welcome to attend.

The Child Passenger Safety program would also like to make you aware of a new education platform surrounding proper use of booster seats.

Children should remain in a booster seat until they reach 4ft 9 inches tall or can pass a 5 step test. We will be giving out several booster seats at upcoming events and have purchased new educational materials to respond to the need for correct information within our communities.

If you would like to view the 5 step booster test please visit www.safekidsnh.org or contact Julie.A.Dietrich@Hitchcock.Org for more information regarding proper use for all car seats.

Are you a technician? Stay tuned in to the monthly blitz for a list of upcoming events!

On a final note we wanted to share this picture of a car seat from the 50's. It is amazing how far the field of child passenger safety has come!



A vintage car seat.

Partner Highlight-Department of Safety- Roberta Witham

This month we highlight, Roberta Witham, the state police business systems analyst for the Department of Safety who tracks, analyzes and reports non-fatal crash data.

Historically, Roberta has provided crash data to our highway safety staff to assist them in

setting program priorities. Recently, she provided the NH Youth Operator Specialist, with in-depth training on how to analyze and present data so it would have value to our teen drivers.

Roberta's energetic personality and intelligence has allowed her

to be a huge asset to many programs in New Hampshire. We thank her for her continued support.



Pedestrian Safety

Whether your kids are walking to school, the park or a friend's house, here are a few simple tips to make sure they get there safely.

The Hard Facts

Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Teenagers are now at greatest risk. Teens have a death rate twice that of younger children and account for half of all child pedestrian deaths.

Top Tips

Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.

Teach kids to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.

It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing

traffic as far to the left as possible.

Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.

Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars.



Teach kids to make eye contact with drivers before crossing the street.

New E-Learning Module on Abusive Head Trauma

Safe Kids NH has recently launched a new eLearning module. This module was designed to provide free, web-based injury prevention training for those who interact with infants in the home and child care centers. This module will help you learn about and recognize:

- ◆ when an infant may be at risk for serious physical abuse
- ◆ what Abusive Head Trauma is
- ◆ explains the concept of sentinel injuries
- ◆ the Period of PURPLE Crying and understanding the relationship between infant crying and abusive head trauma.
- ◆ who is required to report suspected child abuse or neglect in New Hampshire

- ◆ how to make report

This module takes approximately forty five minutes to complete. After successful completion of the module knowledge check, you will receive a certificate of completion.

This module was created as part of a national learning collaborative to prevent child abuse. Partners involved a team including members from Department of Health and Human Services/Maternal Child Health, Child Care Licensing, Child Care Aware, NH Children's Trust and the Injury Prevention Center (IPC) at CHaD.

To access the module go to safekidsnh.org and scroll down to begin the module. For more information you can contact the IPC at 603-308-2253.

Abusive Head Trauma in New Hampshire:
Recognition, Prevention and Reporting

CHaD Children's Hospital at Dartmouth-Hitchcock

Ford Driving Skills for Life at New Hampshire Motor Speedway

On July 22 and July 23, the New Hampshire Motor Speedway was the host for Ford Motor's Driving Skills for Life program. This award-winning program helps new drivers stay safe behind the wheel by providing teens and parents with advance hands-on driving training by professional driving instructors.

This weekend event was part of the Ford's New England tour. Similar events were held in Vermont, Maine and Massachusetts. New Hampshire's event provided training for 216 teens and their parents. Attendance at New Hampshire's event was at maximum capacity.

The true value of this training

is found in the fact that motor vehicle crashes continue to be the leading cause of death for teens. About 3,000 teens lose their lives in preventable crashes every year. Even more teens are injured. Many of the injuries are life changing.

The training focused on the issues and obstacles drivers face that cause crashes, including vehicle handling, hazard recognition, speed and space management, and distracted and impaired driving. A key emphasis was on helping teens to understand the importance of making good choices whether they are a driver or a passenger.

The Governor's Highway Safety Association supports this pro-

gram and played a key role in bringing it to New Hampshire. The Ford Motor Company also funds annual grants designed to promote highway safety for teens. As meaningful and exciting as the driving skills for life event was, we are pleased that New Hampshire was one of five states to receive grant funding for the coming school year.

Our Youth Operator Program and Highway Safety Specialists are in the process of planning a multi school event designed to provide our teen drivers with a better understanding of the true risks and responsibilities that is theirs as licensed drivers. For more information on this upcoming program contact Howard Hedegard at Howard.C.Hedegard@hitchcock.org.



Chelsie Hubicsak-Muldowney, Youth Operator Program Specialist and Howard Hedegard, Highway Safety Specialist with Ford Driving Skills for Life Instructors

New Hampshire NASCAR Race Includes the Teen Driver Program

New Hampshire is proud to host one NASCAR race at the motor speedway. This July the Teen Driver Program was invited to attend and spent the day talking with anyone and everyone willing to listen about the programs initiatives.

Chelsie Hubicsak-Muldowney, who runs the teen driver program, works closely with a Whelen Modified Series NASCAR driver Melissa Fifield. The teen driver program recently added her into their

list of speakers because her message promotes positive advice to teens. Her focus on following her own dreams teaches the teens throughout New Hampshire to make good choices which can lead to following their own dreams.

The race was a new experience for the Teen Driver Program and it provided an insight to what really goes on in the minds of drivers on the track. Melissa said, "I feel safer on the track, even though all the drivers are traveling at speeds over 100mph because every move

that they or I make is strategic". She continued by discussing the fact that she grew up in a home where her father was a police officer and safety was always a priority.

The New Hampshire Teen Driver Program was excited to be a part of the NASCAR race and is excited to officially have the program advertised on the racetrack with a logo that was applied to the back of Melissa Fifield's #01 racecar.



The back of Melissa Fifield's 01 Racecar

Safe Sleep and Baby Boxes

As October is safe sleep awareness month we wanted to note interest in "baby boxes".

In the past year, there have been several new products available that are marketed as "baby boxes." These baby boxes are modeled after a longstanding program in Finland in which new parents receive a box containing baby products at the time of the baby's birth. The box is designed for the baby to use for sleep in the first several months of life.

The baby boxes have yet to be fully researched for safety and concerns do exist. The baby boxes can cost \$70.00 - \$100.00, a price which is comparable to the purchase of a new play yard.

At this time we would like to encourage other strategies to assist parents of infants, such as creating a safe sleep environment by using a safety approved crib or play yard that meet Con-

sumer Product Safety Commission <http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>.

(This article is adapted for use from the Vermont Department of Health, Division of MCH statement for Baby Boxes May, 2016. This information was presented at a regional child fatality review meeting in New Hampshire.)

Please also review: <http://www.charlieskids.org/statement-on-baby-boxes>.



Example of a "baby box"

Safe Kids NH

Injury Prevention Center
Dartmouth Hitchcock Medical
Center
One Medical Center Drive
Lebanon, NH 03756
Phone: 603-308-2253
Fax: 603-308-2255
E-mail: ipc@hitchcock.org

The Injury Prevention Center at
Dartmouth is dedicated to reducing
injury and death of NH youth.

Safe Kids New Hampshire (SKNH) is a nonprofit organization made up of individuals and organizations from around the state. SKNH serves as a hub for communication and collaboration for people and organizations in New Hampshire who are interested in preventing childhood injury. Our goal is to help all New Hampshire children grow up safe and injury free.

SKNH is a member of Safe Kids Worldwide, a global network of similar organizations with a common mission. Safe Kids NH was founded in the 1990's with the Children's Hospital at Dartmouth (CHaD) as the lead organization. Please join us in keeping New Hampshire kids safe.



Could Your School Host a Walk to School Day Event?

Safe Kids Worldwide and partner FedEx Express have been promoting pedestrian safety skills since 2001 and every year, on the first Wednesday in October, they have promoted their showcase event, International Walk to School Day (IWTSD).

Many communities around New Hampshire have participated in this and we are looking to find this year's school(s).

Do you know of a school that would be interested in hosting at least one (1) high-visibility IWTSD event on October 4, 2017, focused on pedestrian safety?

The event typically takes place in the morning before school and consists of children, par-

ents and volunteers meeting in different locations and walking to school.

Safe Kids NH will provide:

- ◆ Banners and signs that can be displayed and carried by walkers.
- ◆ 230 Adventures in Road Safety activity books.
- ◆ International Walk to School Day event checklist.
- ◆ Social media guide.
- ◆ Media templates.
- ◆ Tip sheets PDF (English & Spanish).
- ◆ ½ page tip sheet PDF (English & Spanish).
- ◆ "Flat" infographic PDF
- ◆ Available in six languages
- ◆ Lesson plan(s)
- ◆ Letter templates (school, VIPS, FedEx)
- ◆ 100 "Clifford Takes a Walk" books.

Anyone interested in participating should contact Jim Esdon at 308-2254 or James.E.Esdon@hitchcock.org.

