

FALL 2011

KIDS



SAFETY

Child Safety Seat
Collaboration,
Hunter Safety,
Drug and Alcohol
Prevention Guide,
and more!



Greater Omaha Chapter

a not for profit 501(c)(3) organization

On a personal note...

Choices and Success

I saw a sign recently that said, "Success tomorrow depends on choices made today." At first glance it seemed like just another snippet of wisdom dropped onto an already overloaded, over-advised, somewhat indifferent society. But, when thinking of "choices" in terms of what that meant about my parenting and "success" in terms of what that meant to my children's future, the sign made me stop and think.

Think of all the advice you get, all the choices you have to make when you have a baby. "You can't spoil an infant." "Let the baby cry himself to sleep." "Pick your battles." "Don't forget to make time for yourself." You must choose what works best for you; what works for some parents doesn't work for others. But the choices you make when it comes to your baby's safety are important for everyone! Babyproof your home, put baby to sleep on his/her back and make sure your baby is always riding safely in the car.

As your children get older you have more choices; public or private school, how many and which extracurricular activities, when are they old enough to stay home by themselves? At this age there are also choices every parent should make: require your child to wear a helmet when biking or skateboarding, keep kids in booster seats until they are four feet - nine inches tall and teach children not to play with matches or fire.

Then they reach the teen years. As our children make more and more choices for themselves, we hope the choices we made for them and the example we set help them achieve success. Even though they are growing up, don't stop reminding them to make good choices; avoid drugs and alcohol, wear

your safety belt and never drive distracted, and be careful of online interactions.

But maybe choices aren't as complicated as they seem. It turns out that the decisions on safety are universal; they do work for

everyone and they should be easy choices to make. These choices are based on years of research and data compiled by organizations such as the National Safety Council, the American Academy of Pediatrics, National Highway Traffic Safety Administration and the Consumer Products Safety Administration.

As I watch my boys grow, I realize successful parenting is about holding on and letting go, being trustworthy and trusting, setting a good example and having positive expectations. Have I ever made bad choices? Certainly, and I probably will again.

Another bit of advice to new parents; "Enjoy every minute; it goes too fast." Walking with my nine-year old, holding his hand, this has never been truer. His once chubby

little hand, that used to be swallowed up by mine, has grown to be nearly the same size as mine. At least he still lets me hold his hand once in a while and that is priceless. My mom has a little wooden sign that says, "Yesterday is history, tomorrow is a mystery, today is a gift, that's why it's called the present." We've talked about the choices we make today, but what of the success we want to achieve? I leave you with one more snippet of wisdom for your already full plate. "Success: To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition, to know even one life has breathed easier because you have lived. This is to have succeeded!"

-Ralph Waldo Emerson

Melanie Mitera
Editor



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Greater Omaha Chapter**

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Hunting: Aim for Safety

Mark Seip

Hunting season is just around the corner. What a great opportunity to spend some quality time and mentor a youth, whether that is a son, daughter, niece, nephew or neighbor. With all the excitement of a new season ahead, it's easy to overlook the most important factor in hunting - safety.

The public and hunters demand that everyone who hunts does so in a safe, respectful and responsible manner. Following the safety rules can prevent hunting accidents. The best place for a youth and adults to learn these safety rules is by attending a hunter education course offered by your local game and parks department.

In Nebraska, hunters ages 12 through 29, must have on their person proof of successful completion of firearm hunter education while hunting with a firearm or crossbow. Hunters ages 12 through 29 must have on their person proof of successful completion of bow hunter education while hunting deer, antelope, elk, or mountain (bighorn) sheep with bow and arrow. Hunters ages 12 through 29 who have not completed firearm and/or bow hunter education may obtain an Apprentice Hunter Education Exemption Certificate. Firearm hunters ages 11 or younger must be accom-

panied by a licensed person age 19 or older. The hunter education class information can be found at outdoornebraska.ne.gov or for Iowa iowadnr.gov.

Some hunter safety rules to live by are:

- Assume every gun to be loaded.
- Consider any firearm you have not just unloaded to be loaded and treat it accordingly.
- Control the muzzle-point guns in a safe direction.
- You must decide the safest available muzzle direction and keep your firearm pointed in that direction. Never point a firearm at yourself or others.
- Keep your finger off the trigger until ready to fire.
- The natural instinct when picking up a firearm is to put your finger in the trigger guard. DON'T! This could cause an accidental discharge if the gun is loaded.
- Be sure of your target and beyond.
- Never point your firearm at something you do not intend to shoot. Make sure you positively identify your target and know what lies in front of and beyond it. Do not use telescopic sights as a substitute for binoculars when identifying persons,

animals or objects.

- Store firearms and ammunition separately and under lock and key.
- Make sure firearms are stored unloaded. PROVE them safe.
- Have family members attend a hunter education class to learn firearm safety, even if they don't hunt.
- Consider using trigger locks and other similar devices to make firearms safer during storage. In some jurisdictions they are required by law.
- Know and follow the firearm storage laws for your state. Firearm owners are legally responsible for the proper and safe storage of their firearms 24 hours per day.

According to the National Safety Council, hunting is a safe activity. In fact, hunting results in fewer injuries per 100,000 participants than do many other sports, including cycling, bowling, golf and tennis. However, as with any activity, you must always use good judgment and take responsibility for your actions.

If you are an experienced hunter, I hope that you'll take the opportunity to introduce a young person to the tradition that has been so important in my life. Happy hunting and be safe.

Training Dates for Babysitting Course

Prepare your Teen/Pre-Teen to care for Infants and Children!

Babysitting Training teaches students:

- How to best handle an illness or injury
- How to evaluate an emergency
- How to call 911 and give vital and necessary information
- Diaper changing, feeding, burping, bathing safety and more (cost includes lunch)

Time	Cost
8:00-4:00	\$58

Earn Certificate of Completion (good for two years)

Saturdays:

2011 Dates: Oct. 22, Nov. 12, Dec. 10

2012 Dates: January 14, February 11, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8

Register Online: www.SafeNebraska.org
or call 402-898-7369

Training Dates for Pediatric FA/CPR/AED

Saturday Daytime Classes	Time	Cost
First Aid Training:	8:00 - 11:00	\$45
CPR Training	11:30 - 2:30	\$50
First Aid and CPR Training	8:00 - 2:30	\$59
Evening Classes	Time	Cost
First Aid Training (Mondays)	6:00 - 9:00	\$45
CPR Training (Wednesdays)	6:00 - 9:00	\$50
First Aid and CPR Training (Mon. & Wed.)	6:00 - 9:00	\$59

Saturdays: Oct. 15, 29, Nov. 5, 19, Dec. 3, 17
2012 Saturday Class Dates Jan 7, 28; Feb 4, 25;
March 3, 24, 31; April 7, 28; May 5, 19; June 2, 16, 30;
July 7, 21, 28; Aug 4, 25; Sept 15, 22, 29; Oct 13, 27;
Nov 3, 17; Dec 1, 15, 22

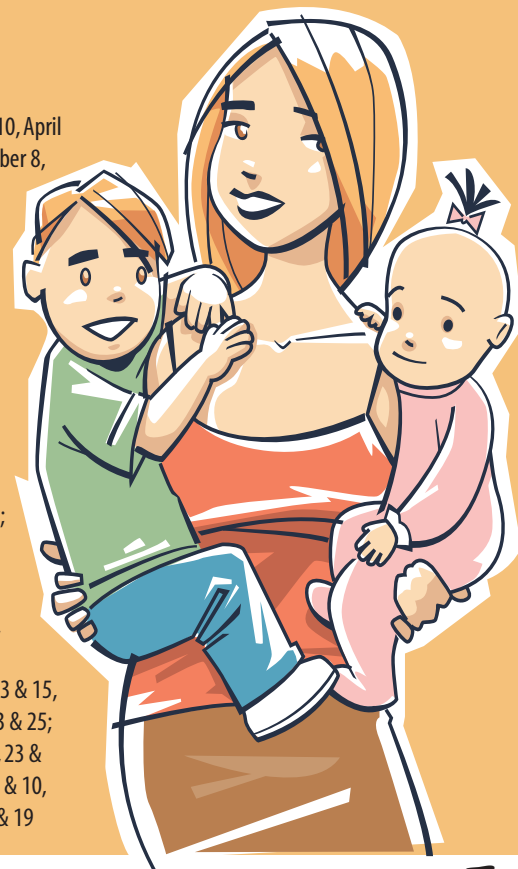
Evenings: Oct. 10 & 12, 24 & 26, Nov. 7 & 9, 21 & 23,
Dec. 12 & 14, 26 & 28

2012 Evening Class Dates Jan 9 & 11, 23 & 25; Feb 13 & 15,
27 & 29; March 5 & 7, 19 & 21; April 2 & 4, 9 & 11, 23 & 25;
May 7 & 9, 21 & 23; June 4 & 6, 18 & 20; July 9 & 11, 23 &
25; Aug 6 & 8, 20 & 22; Sept 10 & 12, 24 & 26; Oct 8 & 10,
22 & 24; Nov 5 & 7, 19 & 21, 26 & 28; Dec 3 & 5, 17 & 19

Call 402-896-0454 to register - you could save a life!

CPR - 3 year certificate, FA - 2 year certificate

Exclusive for you - our site or yours (with minimum 10 people).



Child Passenger Safety Offers Strength

By Ann Freestone

If nine out of 10 car seats in Nebraska are not installed correctly, how confident are you that yours is right? The Council, Alegent Health and Children's Hospital and Medical Center are on a mission to educate caregivers on how to use a child car seat properly because car accidents are the leading cause of death of children ages one to 14. The three organizations formed the Child Passenger Safety Coordinators partnership.

According to Tim Tichy, community safety manager at the Council, the organizations have worked together since 2005 and more formally as a partnership since 2008. Today the three organizations install more than 1,500 seats each year. To teach parents how to install car seats and how to properly secure the baby or toddler in the seat, the group hosts 10 car seat checkup events in the Omaha metro area.

Before the partnership began, each organization would hold their own events and sometimes the events would overlap, so they would not have enough certified child passenger safety technicians to install the car seats. They ended up having to turn people away.

According to Tichy, the "army of volunteers" was starting to dwindle, because technicians were getting burned out due to being called on for multiple events. But now that the three organizations work together to hold monthly events, they have enough technicians to serve all the caregivers who attend. With this new approach, the partnership has been able to better retain technicians, which means they are becoming more experienced.

Twice a year, the partnership provides three and a half days of training to certify new child passenger safety technicians. Amy Borg, child passenger safety coordinator at Alegent, says they are reaching out to organizations, such as the police and fire departments, to encourage their employees to become certified technicians. "People will show up because they think the police and firefighters know how to install them," she

says. "We had our first two Omaha police officers come through training, which was a huge step."

To get up-to-date information out about proper child safety seat use and to promote the car seat check up events, Tichy says the group conducts lots of community outreach by doing presentations. They offer classes to various groups, such as parents of multiples, daycares and schools that use vans to transport children, church groups and businesses. "They realize they don't have the seats in correctly, so then they go to a monthly event where they will get one-on-one service," says Tichy.

If an event time does not work, the Council and Children's offer car seat checkups by appointment at their inspection stations. The Bellevue Police, Nebraska State Patrol and Sarpy/Cass Safe Kids also provide inspection stations.

Pooling Resources

Working together, the partnership shares its knowledge and resources, such as the most up-to-date car seat manuals, and spreads out the work load, whether it's putting on the events or training sessions for technicians. Together the three can do more than one agency could do on its own. They also provide a consistent source for information with their events flyers appearing on their web sites and at agencies that work with children.

Whether the host is the Council, Alegent or Children's, they market the event with the same flyer every time. And when people call any of the organizations for the date of an event, they can easily direct them because the three work on all the events. "We're all singing off the same page," says Tichy.

"Simply put, there is strength in numbers," adds Tracy Rouse, injury prevention program coordinator. "We are able to do abundantly more as a unified entity than

each of us could possibly do on our own. The result of this partnership is that together we are able to offer greater access for the community to child passenger safety services which in the end means there are more children traveling safely on the road."

Common Mistakes

Rouse explains that car seats are often installed incorrectly because vehicles are designed for the safety and comfort of adults, not children. "Unfortunately, due to the varying combination of vehicles, child restraints and children, the chances of using and installing a restraint correctly is reduced," she says. But if child safety seats are used correctly, it reduces fatal injuries by 71% for infants and 54% for toddlers.



Child Passenger Safety Partnership in Numbers

According to Borg, the most common mistakes are loose harnesses and not having the car seat installed tightly in the vehicle. "In winter, you can add having a child in a winter coat or a snow suit which causes the harnesses to be too loose," she says.

When a caregiver attends a child passenger safety event, two people ensure the installation is correct—a child passenger safety technician and a senior checker or instructor. After all, there's a lot at stake.

Borg said shortly after she installed a car seat for a family, a drunk driver hit them.

The vehicle hit the side door where the

child was sitting. Both parents sustained minor injuries, lacerations, bruises, etc. "The child came out of the crash untouched—no scratches or bruises and the vehicle had hit his door, right where he was sitting," she says.

Thankfully, these parents learned how to use their son's car seat correctly. "We do provide a great service, but it depends on the parents to take the extra time when putting the child in the seat and ensure the harness is correct," says Tichy. "We are there to teach. Our ultimate goal at an event or inspection station is to teach them how to do it, so they don't have to depend on us to get it correct. We are always trying to make sure they get hands-on experience and learn it themselves."

Stepping Up to the Next Seat Too Soon is a Step Down in Safety

Parents are often anxious to graduate a child from a rear-facing seat to a forward-facing one, a forward-facing seat to a booster, and a booster to a seat belt. Moving a child too quickly from one to the other sacrifices safety.

To know when to move from one to another is important. "It's critical to know about best practices," says Tichy, and the partnership keeps updated on the topic and helps educate caregivers through its events.

For example, the American Academy of Pediatricians now recommends parents keep their child rear-facing as long as the seat allows, which is often well into the second year of life, rather than going with the minimum requirement of one year and 20 pounds. Parents think children are not comfortable or will break a leg in the rear-facing seats. "The reality is there is no case of broken feet and legs," says Rouse, "but uncountable cases of injury for head, neck and spine for forward-facing seats."

The reason for the unmatched safety, according to Rouse, is the head, neck and

spine stay correctly aligned and the child is allowed to ride down the crash while the back of the child restraint absorbs the brunt of the crash force.

Another major misstep parents make, according to Tichy, is moving a child into a seatbelt when a booster seat would be much safer. Kids who do not use a booster seat - and should - can suffer a common type of injury called "seatbelt syndrome," according to Rouse, where a lap belt can sever internal organs and even fracture the spine.

Although the law in Nebraska says a child should be in a car seat until age six, the best practice is to have a child ride in a booster seat until he is 4' 9" and pass a five-step test:

1. Does the child sit all the way back against the auto seat with no space at the lower back?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Will the child stay seated like this for the whole trip?

Answering "no" to any of these questions means your child needs a booster seat to make both the shoulder belt and lap belt fit right for the best crash protection.

Keeping Kids Safe

"Caregivers want to keep their children safe and the partnership of Alegent Health, Children's Hospital and Medical Center, NSC-GOC, and the many great volunteers that come to join us want to help them do just that!" says Borg. "We enjoy working with the children, parents, grandparents, and other caregivers. They are the reason we do what we do."

If you would like to find out about upcoming child passenger safety events, visit SafeNebraska.org, ChildrensOmaha.org, and Alegent.com for more child passenger safety information.



Prevention Begins at Home

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Prevention really does begin at home! Parents are the single greatest influence on their children and play a major role in determining whether or not their kids will use alcohol, tobacco, or other drugs. The first step in helping young people is learning what to do. To assist parents, we have created this prevention guide. Please save this resource and post it where you can refer to it often. It really works!

Start Talking To Children Early

Attitudes about alcohol, tobacco, and other drugs are formed early in life, so start talking with your children as soon as possible. Look for “teachable moments” when an alcohol, tobacco, or a drug-related event has caught your child’s attention. Use the opportunity to share your views and provide accurate information.

- If your child is watching a show that portrays alcohol, tobacco, or other drug use as funny or grown-up, you might say something like, “This program doesn’t show the other side of drugs. Some of the bad things that could happen are...”
- When an alcohol commercial catches your child’s interest you might ask, “Why do you suppose beer ads use football players? Do you think drinking helps in sports?” Start your child thinking about what the ads are implying.

Remember, most children have their first alcohol, tobacco, or other drug experience between the ages of 11 and 14. The earlier you begin talking openly about alcohol, tobacco, and other drugs to your children, the more likely they are to accept your views and information rather than relying on peers or the media.

Set Rules and Consequences

Children are less likely to use alcohol, tobacco, or other drugs if their parents disapprove and have told them so clearly and firmly. Tell your children what you expect of them and impose consequences if they do not honor those expectations. Here is a simple four-step process.

1. Know exactly what you expect. Reach a consensus with your child’s other parent. For health and legal reasons, we recommend no use of illegal drugs ever and no

use of alcohol or tobacco until legal age.

2. Sit down with your children and tell them exactly what you expect and why. Make certain they fully understand. Let them know you are serious.
3. Tell them what will happen if they do not honor your expectations. Choose consequences that are immediate and important to your child.
4. Be prepared to follow through. Be realistic about consequences. If you make them too severe, you may be reluctant to impose them. Certainty and consistency is more important than severity.

Help Children Learn How To Say “No”

- Help your children practice ahead of time so they will know what to say when someone puts pressure on them to use alcohol, tobacco, or other drugs. Tell them that saying “no” is hard for everybody, including adults. Let them know this is not a trust issue, but rather a matter of being prepared.
- Ask your child questions like, “What would you do if some older children came up to you and offered some marijuana? What would you say to them?”
- “What could you say if you finished babysitting and Mr. Jones wants to drive you home, but he is drunk?”
- “What would you say if your best friends offered you some beer? What would you say if they called you a chicken?”

Help them come up with responses to use, such as “No thanks, not tonight,” or “My dad would kill me,” or just plain “NO.” When children practice saying the words ahead of time, it is more likely they will actually say them when the situation arises. This is true for both children and adults.

Know What Your Children Are Doing

- Be selective about television shows, movies, and concerts that present the illegal use of alcohol, tobacco, or other drugs as normal and fun.
- Check ahead to see if parties will be supervised and to make certain alcohol or other drugs will not be available. If you have any doubts, do not hesitate to say “no” to your children.
- Get to know your children’s friends and

their parents. Know where your children are, who they are with, what they are doing, and when they are to return home.

- Set reasonable curfews for your children. Be clear about places and people that are off limits.
- Call other parents to let them know how you feel. They probably feel the same way you do and will be glad you called.
- Setting limits for children is a way of showing you care. They may not like it now, but they will thank you later.

Set a Good Example

Children often do what parents do. By setting a good example, we increase the chances that our children will not use alcohol, tobacco, and other drugs. Children need to see that people can have a good time without alcohol or other drugs.

- If you drink, let your children see you limit the alcohol you consume, abstain at times, and allow them to hear you say “No thanks, I’m driving.”
- If you don’t drink, explain to your children why you have made this choice. Highlight examples of low-risk adult drinking to them so they will have guidelines to follow should they choose to drink as adults.
- Show your children you are a responsible host by having non-alcoholic drinks available for guests. Never “push” drinks and always serve food with drinks.
- Demonstrate positive ways to handle stress. Practice relaxing, exercising, or working at a hobby instead of having a drink.
- Use prescription drugs and over-the-counter medications only when necessary and always as directed. Never use illegal drugs.

Make a Difference

Help create an environment which supports safe, healthy, drug-free children. Challenge anyone who promotes drug use to young people. Join drug prevention organizations.

Remember

Children don’t stay away from alcohol and other drugs by chance. It takes thoughtful planning and effort.

Make Handwashing a Habit

Most kids are freely renting their hands out for germs to live on. Hand washing will evict those germs, shutting down the micro motels, and help keep children healthy. As we head into the influenza season, it's more important than ever to get into the hand-washing habit, which is the number one defense against germs.

"We know that the best defense against transmitting disease from person to person is good hand washing," says Rachel McCann, M.D., a pediatrician with Children's Physicians. Studies conducted in hospitals on how to cut down the spread of disease, such as wearing a gown and mask to isolating the patient, show hand washing is the best and easiest way to keep diseases from spreading, according to Dr. McCann.

Hand washing not only knocks out germs that give us the common cold, but heavy hitters such as those that cause strep throat, some types of meningitis, influenza and gastrointestinal tract diseases that bring on vomiting and diarrhea. A newer staph bacteria-MRSA (methicillin resistant staphylococcus aureus)-which is resistant to some antibiotics and can cause skin infections, such as boils, can be stopped in its tracks as well with good, old-fashioned hand washing,

says Dr. McCann.

So how do germs spread? A lot of respiratory infections, such as the flu and

a really thorough job of washing," says Dr. McCann. "Wash hands for 20 seconds vigorously. Lather up, get in between fingers and in the nails, and up the wrist to do a good thorough measure." Top off the 20 seconds of lathering and scrubbing by rinsing your hands in warm water and drying them with a clean towel.

Another option is a hand sanitizer. "If your hands are visibly soiled, then wash. If they're not visibly dirty and you want to disinfect," says McCann, "they are a very effective alternative." She says hand-sanitizer dispensers are located throughout the hospital, but she advises to make sure to use the alcohol-based ones.

Beyond washing in a vigorous manner or using hand sanitizer, it's good to know when to wash. Here are good times: before eating and cooking as well as after doing the following—using the bathroom, cleaning, touching animals, being around anyone who is sick, blowing your nose, sneezing or coughing, and playing outdoors.

Even though we know kids should wash their hands often to cut down on the spread of disease, it can be a struggle to get them into the hand-washing habit. Dr. McCann recommends getting fun soaps that are different colors or scents. You can also make it a game and set the timer to see if they can wash until the timer goes off.



the common cold, live on surfaces like counters and drinking glasses for several hours. If someone sneezes, then your child touches that counter and rubs their nose, eyes, mouth or ears, the germs have been successfully passed from person to person.

That's why hand washing can make a world of difference. Although you can use antibacterial soap, it's not necessary. What's key is actually scrubbing the germs away and the amount of time you wash your hands. "The most important thing is doing

Distracted Driving Simulator

The Council recently acquired a new and very exciting tool for use in defensive driving safety. What is this tool? It's our brand new Distracted Driving Simulator, purchased through a generous grant from the State Farm Insurance Company and it's unlike anything you've ever seen before.

This simulator allows you to "drive" a real car, in real time, and see the effects of using a cell phone, texting, eating, playing with the radio, alcohol consumption ... whatever the task or challenge ... on your driving ability. Through the use of some really cool high-tech gadgets, we can, virtu-

ally, place you, at 60mph, on the road while also on your phone, all while you actually remain stationary in a parking lot.

We can use any vehicle and connect the inputs from the vehicle – gas, brake and steering, to a computer that generates a simulation based on programming and the driver's inputs. The driver wears a pair of heads up goggles that allows them to "see" out the windows of the vehicle. The uniqueness of the goggles is that as the driver turns their head – to look left or right, to check mirrors, the drivers view changes with them – exactly as in real life.

The other uniqueness of this simulator is that the driver's view of the road ahead still allows them to use their cell phone, text, groom, change the radio, etc. It's at this point that we can really begin to see the difference in a driver's ability to control the vehicle with the distraction versus without the distraction.

We'll be bringing the simulator to many functions in the near future. If you have a group who might be interested in the simulator, think both teen drivers and adults, please visit the Council's website for details on setting up an appointment.

FUN + GAMES

We're going to need a bigger rake!
Did you know?

One species of palm tree has leaves that can be 80 feet long! That's as long as two school busses! Fortunately, this tree doesn't shed its leaves in the fall.



FALL WORD FIND

Find words of the season and from articles in this issue—hidden horizontal, vertical and diagonal.

R	L	V	T	P	A	S	B	O	C	V
O	E	M	C	H	O	I	C	E	S	N
M	U	S	G	X	G	A	J	D	F	E
G	A	N	P	U	M	P	K	I	N	L
P	N	O	H	O	K	O	U	K	D	Q
D	M	I	V	D	N	G	K	T	M	B
N	U	T	H	I	P	S	I	R	C	L
L	T	N	Q	S	M	C	I	X	H	E
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O	A	V	F	R	T	W	O	P	L	V
H	M	E	P	A	M	S	D	J	R	E
C	S	R	C	C	J	D	E	N	X	S
S	B	P	E	T	N	F	E	K	A	O
Q	O	D	L	E	H	C	R	B	M	H
L	A	P	V	D	S	E	A	S	O	N

1. AUTUMN
2. PUMPKIN
3. SCHOOL
4. CRISP
5. DEER
6. RESPONSIBLE
7. PREVENTION
8. HANDWASHING
9. DISTRACTED
10. CHOICES
11. LEAVES
12. SEASON

Word Find Answer

R	L	V	T	P	A	S	B	O	C	V
O	E	M	C	H	O	I	C	E	S	N
M	U	S	G	X	G	A	J	D	F	E
G	A	N	P	U	M	P	K	I	N	L
P	N	O	H	O	K	O	U	K	D	Q
D	M	I	V	D	N	G	K	T	M	B
N	U	T	H	I	P	S	I	R	C	L
L	T	N	Q	S	M	C	I	X	H	E
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H	M	E	P	A	M	S	D	J	R	E
C	S	R	C	C	J	D	E	N	X	S
S	B	P	E	T	N	F	E	K	A	O
Q	O	D	L	E	H	C	R	B	M	H
L	A	P	V	D	S	E	A	S	O	N

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Prevention Guide, Handwashing
and more!