

Attention: Special September Safety News Bulletin

Be Safe and Healthy: Plan for Emergencies

As a parent and caregiver, one of the jobs you do best is keeping your family healthy and safe. If you are like many people, some issues can feel overwhelming, like thinking about emergencies or disasters.

Head Start staff are here to help you plan, prepare, and recover if there is an emergency. This is why we share with you our plans for what we would do and how we would communicate with you if an emergency happens.

Please make sure we have your current emergency contact information. This is key for helping communicate with you in case of an emergency. It helps us share important information that will help keep your child safe.

If any of your contact information has changed (Did you get a new job? Change your phone number? Move to a new location?), let us know, and we will update our records.

HS/EHS classrooms practice monthly emergency evacuation drills including but not limited to fire, tornado, flood, etc.

Each child in a center based site has an evacuation kit of their own, to ensure the children get the necessities they need in an emergency.

We are also here to suggest materials you may need for your own emergency plans and supply kits. <https://www.ready.gov/kids/make-a-plan>

<https://www.ready.gov/make-a-plan>

If you want to know more about how to provide support to your family or receive help in planning or coping with emergencies, let us know. We are here to help keep your family safe and healthy.

Car Seat Safety

Did you know?

- Motor vehicle crashes are the #1 cause of death among children ages 1 to 9.
- Children ages 2-5 who use safety belts prematurely are 4 times more likely to suffer a serious head injury in a crash.
- Of those children ages 12 and under who died in vehicle crashes, 33 percent were unrestrained.

... but parents and caregivers can make a difference.

Whenever you are on the road, ensure your children passengers are buckled in age and size appropriate car seats, booster seats, or seat belts.

Rear-Facing Car Seat- infants and children should be buckled in a rear facing car seat, in the back seat, until the age of 2 or when your child reaches height and weight limit for the car seat. The owner's manual and /or labels on the seat have this information.

Forward-Facing Car Seat- children ages 2 to age 5 should be buckled in a forward facing car seat, in the back seat, until child reaches height and weight limit of the car seat.

Booster Seat- children who have outgrown their forward facing car seat are to be placed in a booster seat with a seat belt. The lap belt

must fit across the child's lap (upper thighs) not their stomach and the shoulder belt must lay across the child's chest (not the neck).

Seat Belt- when a child exceeds the height and weight limits for the booster, the child can utilize a regular seat belt. Always place children age 12 and under in the middle of the back seat, where it is the safest place to ride. The recommended height for proper seat belt fit is 57 inches or taller.

** Remember as adults, to always wear your seat belt to model what is expected for children and it also can save your life.

** Never place a child in the front seat under the age of 12 where a passenger airbag is installed.

September 17th – 23rd, 2017 is Child Passenger Safety Week. To celebrate this week, look for community agencies that can help provide safety checks on your existing car seats or if you are need of one there are other agencies you can contact. For checks go to local fire departments, police departments, or your car insurance agency. Check local food banks or consignment shops as an option for free or inexpensive seats. If you are in need of assistance finding agencies in your community, please contact your Family Resource Coordinator or Family Educator. For more information on car seat and passenger safety visit www.safekids.org