With many events cancelled and the weather getting warmer, it can be a great time for children to ride bikes. We want to provide you with some tools to teach children about bike safety. In this issue there are activities for kids, an interactive quiz, a video, and information for parents. We hope this will be a fun way to learn about bike safety. Let us know if we can be a resource to you in anyway!
Tips about Bike Safety

Spring is a great time to get outside and get exercise as a family. Bike riding can be a fun family activity. Below are some tips to keep your family safe while enjoying bike riding together.

1. Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.

2. Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.

3. Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don’t swerve between cars.

4. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.

5. Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

Click for more information on Bike Safety
Fun ways for Children to Learn about Bike Safety

Click for a video about bike safety

Click for activities about bike safety

Click for interactive quiz about bike safety

Information from National Highway Traffic Safety Administration
How to make Bikes and Bugs out of Vegetables

Learn how to make bikes and fun insects out of vegetables. These super easy recipes will allow your family to have an opportunity to be creative while eating healthy!
Teen Corner: Essentials to have in your car

Parents as you prepare your new teen driver to embark on the road, I’m sure there are a ton of topics you are going to cover with them such as the rules of the road, family responsibilities, and more.

DID YOU KNOW?

An important topic that sometimes gets overlooked in the midst of daily and weekly driving practices is the items that should be kept in the car in case of an emergency. Parents it is important to know that every vehicle should have an emergency kit not just the vehicle of the new driver.

EMERGENCY CAR KIT ESSENTIALS

• Emergency kits should be routinely checked every six months. As you begin to use things in your emergency kit, always remember to replace any depleted items. The following items are a recommendation and can be adjusted based on your families’ needs:

  * A car charger for your cell phone
  * Jumper cables
  * A flashlight with extra fresh batteries
  * A blanket
  * Drinking water and nonperishable snacks like a granola bar
  * Raincoat/ poncho
  * First aid kit
  * A towel
  * A spare tire, including a wheel wrench, and a tire jack

• Keep in mind that, to a new driver that is eager to get on the road and explore their new independence, he or she might not see the value and importance of an emergency kit.

• It’s a good idea to express to your teenager the vital role that each item plays in their vehicle’s emergency kit.

Please download our Parent-Teen Driving Contract that can guide your conversation on what your family’s expectations are concerning the road.

The Parent Teen Driving contract can be found here.
Tips about Spring Cleaning and Car Seats

Spring is the time to enjoy warmer weather with your family. But winter illnesses may be lingering on. A proper cleaning routine is one way to reduce the spread of germs and keep your family healthier. A great place to start is your car, and specifically your child safety seat.

1. Before you remove anything from your car seat, refer to the owner's manual. The manual is your best resource to know what cleaning supplies you can use and to obtain directions for how to clean your car seat.

2. To ensure you can correctly reinstall the safety seat after you are finished cleaning, take pictures of the seat while it is installed. Note locations where straps and belts pass through the seat and where your LATCH connection points are found.

3. After you remove the safety seat, vacuum the area around the seat to clean up any food crumbs. As you clean the seat, be sure not to remove any labels or instructions, as these are necessary to ensure correct seat usage.

4. Allow time for the car seat to dry thoroughly before reinstalling it. Dry the seat cushions and padding separately in direct sunlight or your clothing dryer, if the manual states this is acceptable.

5. Double-check your manual to ensure you have reinstalled the seat correctly. Your freshly cleaned child safety seat will look better while keeping your child safer.

If you need more information about the proper use of your car seat, visit Safe Kids. For more tips on car seat installation, refer to the National Highway Traffic Safety Administration.
Meet the Injury Prevention Team

is the Pediatric Trauma Injury Prevention Program Manager for Monroe Carell Jr. Children’s Hospital at Vanderbilt. She has a Masters in Public Health and is a Certified Health Education specialist with over 20 years of experience in injury prevention. She is a wife and mother of two girls and her rescue puppy. She loves to cook, travel and watch murder mysteries.

is an Atlanta native who decided to take on Nashville as her newest adventure. She is also the Associate Program Manager for the Be in the Zone-Turn Off Your Phone Campaign which educates teens and parents on the dangers of distracted driving. She has a passion for healthcare and serving others. She feels privileged to be able to serve Monroe Carell Jr. Children's Hospital at Vanderbilt. In her free time, she enjoys exploring Nashville, dancing, running, and spending time with her husband and son.

is a Nashville native and received her Masters from Vanderbilt University. She is the Associate Program Manager for the Kohls Seat Smart Program, which focuses on educating caregivers, children, and community partners on the importance of car seat safety. She is so excited to join the team at Monroe Carell Jr. Children’s Hospital at Vanderbilt. In her free time, she enjoys volunteering with her local church’s special needs ministry, hanging out with family and friends, and doing yoga.

is from Atlanta and currently a junior at Vanderbilt University, double majoring in Human & Organizational Development; Medicine, Health, & Society. She is an intern focusing her research on Pediatric Drowning Prevention Best Practices and continuing work on current programs. In Savannah’s spare time, you can find her cooking, doing puzzles, playing Candy Crush, swimming, playing tennis, attending Vanderbilt sporting events, and watching football. Anchor Down & Titan Up!
Thank You to all of our Funders and Organizations

Click for more tips on social emotional care

Click for more tips on cleaning your car

Click for more tips on car seat fitting