

# Safety Source

Thank you for being a Safety Source family!



This too shall pass....

Thank you all for taking the time to read this newsletter. These are indeed stressful times. In this newsletter we have addressed Tornado safety as well as many upcoming summer safety topics. Even though COVID 19 is on top of our minds this is just some important information we can all benefit from. At the end of the newsletter we have included some games. Hopefully this can keep your kids busy for a while. Please reach out to us and let us know how we can help and what we can provide you that may keep your kids busy!



**Tornado Safety**



**Water Safety**



**Helmets, TBI**



**Hot Cars**

# Talking to your kids about COVID 19

As conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends. We can all play an important role in helping children make sense of what they hear.

## General principles for talking to children

**Remain calm and reassuring:** Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.



**Make yourself available to listen and to talk:** Make time to talk. Be sure children know they can come to you when they have questions.

**Avoid language that might blame others:** Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

**Pay attention to what children see or hear on television, radio, or online:** Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.



**Provide information that is honest and accurate:** Give children information that is truthful and appropriate for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.



## Teach children everyday actions to reduce the spread of germs.

- Remind children to stay away from people who are coughing or sneezing or sick.
- Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- Get children into a handwashing habit. Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not available, teach them to use hand sanitizer.

Information provided by the CDC

# Tornado Preparedness & Response

Tornadoes have been reported in every state and are more likely to occur during spring and summer. Severe weather can be scary for kids, but tornado warnings should be taken seriously. Keep your family safe by following these tips adapted from the [American Red Cross](#) and [FEMA](#).

What is the difference between a [TORNADO WATCH](#) and a [TORNADO WARNING](#)?

A **tornado watch** means tornadoes are possible in your area.

A **tornado warning** signals that a tornado has been reported in your area and you should seek shelter immediately.

## BEFORE

- Listen to your local weather reports for updates and emergency information issued in your area.
- Have a plan, and make sure every member of your family knows where to go in case of a tornado threat. Remember to secure your pets, too.
- Prepare a disaster supply kit for your home or car that includes a first aid kit, bottled water, flashlight, extra clothes, necessary prescriptions, and a list of emergency phone numbers.



## DURING

- A tornado warning means that a tornado has been seen in the area. People should take shelter immediately.
- Go to the lowest level of your home or building and shelter inside a basement, inner hallway, or inner room without windows.
- Listen to a NOAA Weather Radio, a portable battery-powered radio (or television), or a smart phone for updated emergency information.
- Get under a sturdy piece of furniture, such as a heavy table or desk, or shelter inside a bathtub and cover yourself with a mattress.
- **Wear a helmet for extra protection:** Keep a bike helmet or multisport helmet in your safe space. Wearing a helmet during the tornado will protect their head from flying debris and broken glass, and possibly even save their life. For toddlers and babies, strapping them into a car seat will protect and stabilize them during a tornado just like it would in a car accident.
- If you are in a mobile home or vehicle, get out immediately. Neither can provide adequate protection in a tornado. Seek cover in a shelter, ditch or low-lying area, or crouch next to a strong building.

## AFTER

- Continue listening to local radio or television stations or a NOAA Weather Radio for updated information and instructions.
- Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.
- Help neighbors who may require special assistance.
- Avoid loose or dangling power lines and report them to the power company, police or fire department.
- Stay out of damaged buildings.
- Use the telephone for emergency calls only.

Source: CDC, Red Cross,  
Healthy Children

# Staying Safe in the Water this Summer

Summer is a fun time for kids to enjoy the warm weather and play in pools. When it comes to children and pools, it is important to stay safe in order to prevent drownings from occurring.



## DID YOU KNOW?

For children aged 1 to 4 years old, drowning is the leading cause of preventable death. Most drownings occur in home swimming pools.

## WATER SAFETY TIPS

- Watch kids when they are in or near the water without distractions from phones, books, games, alcohol, or drugs. Continue to supervise and watch over your children as they get older, even if they know or just learned how to swim.
- Make sure young children are always within arm's reach of adults in the pool and older children swim with a partner.
- Enroll children in swim lessons. Before enrolling, consider your child's development, age, and comfort level to ensure you enroll them when they are ready.
- Ensure your children develop these water survival skills:
  - Step or jump into water over their heads and return to the surface,
  - Float or tread water for one minute,
  - Turn around in a full circle and find an exit,
  - Swim 25 yards to exit the water, and
- Exit the water with and without using a ladder.



Use life jackets as safety devices rather than foam or air-filled toys such as water wings, inner tubes, and noodles. Life jackets keep children's faces out of the water while ensuring their head is upright. **In order to ensure safety, only use U.S. Coast Guard approved life jackets or personal flotation devices.**

# Helmets & Traumatic Brain Injury

A traumatic brain injury (TBI) is an injury to the brain that disrupts normal brain function. A concussion, or a mild head injury is also considered a TBI. The leading causes for traumatic brain injuries in children are falls, motor vehicle related injuries, and playing sports. Symptoms of TBIs can fall into one of four categories: thinking/remembering, physical, emotional/mood, and sleep disturbance.

Thinking & Remembering	Physical	Emotional& Mood	Sleep Disturbance
<ul style="list-style-type: none"> <li>• Difficulty thinking clearly</li> <li>• Feeling slowed down</li> <li>• Difficulty concentrating</li> <li>• Difficulty remembering information</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Nausea, vomiting (early on)</li> <li>• Balance problems</li> <li>• Dizziness</li> <li>• Fuzzy or blurred vision</li> <li>• Feeling tired or having no energy</li> <li>• Sensitivity to light or noise</li> </ul>	<ul style="list-style-type: none"> <li>• Irritability</li> <li>• Sadness</li> <li>• More emotional</li> <li>• Nervous or anxious</li> </ul>	<ul style="list-style-type: none"> <li>• Sleeping more than usual</li> <li>• Sleeping less than usual</li> <li>• Trouble falling asleep</li> </ul>

Studies have shown that wearing a helmet can reduce your risk for a traumatic brain injury. Did you know there are different types of helmets for different activities? Each helmet protects your head from impact in a different way depending upon the activity. Parents should always model good behavior when it comes to safety practices

1. Encourage children to always wear a helmet for any wheeled sport activity no matter how short or close to home.
2. Make sure your child has the right size helmet and knows how to put it on correctly. Take the [Helmet Fit Test](#)
3. Bicycle helmets should be replaced after a major impact.
4. Attach reflective stickers to your child’s helmet so that they are visible to drivers.
5. Remind your child not to run in the house. Running in the house can lead to them tripping and hitting their head against an object.
6. Your child should not use a bicycle helmet when riding an ATV. An ATV helmet will have a label that states it is approved by the U.S. Department of Transportation or the Snell Memorial Foundation.



## Hot Cars



As the weather warms up, it is a great time to get together with family and friends. It is also important to remember car seat safety as the weather can become extremely hot. It is not uncommon to forget a child in the car especially if they are sleeping. **A hot car can become very dangerous quickly. It can heat up to 19 degrees in just 10 minutes**

According to Safe Kids, at least one child dies every 10 days from heatstroke in the vehicle. Heatstroke happens when a child's temperature becomes hot too quickly and is unable to cool itself. According to Healthy Children, children's vital organs began to function improperly when their body temperature reaches 104 degrees Fahrenheit (F). Also, **The lowest outside temperature at which heatstroke can occur is 57 degrees. Even cracking a window, does not work in preventing heatstroke.**

The most common reason for child heatstroke in a parked vehicle is a parent forgetting to remove a child from the car. While this is easily preventable, it can happen to any parent. Usually, parents will forget a child in the car when a daily routine is interrupted or changed. Whether or not you think something like this could happen to you, it is important to take precautionary measures. Below are a few tips to help you remember to always remove your child from the car:

### Helpful Tips



1. Set reminders/alarms on your phone to alert you to remove your child from the car
2. Always check the back seat before leaving the car
3. Avoid distracted driving such as cell phone usage
4. Lock your vehicle when you are not in the car to help prevent children from entering the car unattended
5. Place a stuffed animal or toy in the car seat when your child is not riding in the car. Move it to the front seat as when the child is riding in the car to remind you to remove the child from the vehicle.
6. Teach children cars are not safe places to play or hide in
7. If your child is missing, check vehicles and trunks first.
8. If you see a child in a hot car, immediately call 911 and emergency personnel will guide on what to do.

# Summer Activities



## Rainbow popsicle

Rainbow popsicle recipe using fresh fruit and water. Low fat and perfect for summertime



Print Pin

- Course** Dessert
- Cuisine** American
- Keyword** fruit, popsicles, rainbow
- Prep Time** 20 minutes
- Total Time** 20 minutes
- Servings** 8
- Calories** 26kcal
- Author** The Typical Mom

### Ingredients

- 1 c frozen raspberries
- 2 kiwis
- 1 c frozen blueberries
- 1 mango
- water

### Instructions

1. Add the raspberries and 2 tbsp. of water to a blender. Puree until smooth and pour 1/4 way into the popsicle molds (you can do this in any order you like), put popsicle sticks in each hole.
2. Freeze for at least 10-15 min. Rnse the blender and add the diced mango pieces with 1/4 c. water, puree until smooth.
3. Pour into molds, replace popsicle holder (each time or they won't go in at the end).
4. Rinse blender and repeat with each other fruit. Kiwis won't need added water and blueberries only need maybe 1 tbsp. water.
5. Use pineapple or papaya too if you like those instead of the fruits we used here. Freeze total filed popsicles 2-3 hours until solid.
6. If popsicles don't slide our run the mold under warm water and they should come out easily.



## SUMMER BUCKET LIST

For Kids

<p><b>Play Outside</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ride A Bike</li> <li><input type="checkbox"/> Skip Rope</li> <li><input type="checkbox"/> Play Hopscotch</li> <li><input type="checkbox"/> Sell Lemonade</li> <li><input type="checkbox"/> Draw Chalk Art</li> <li><input type="checkbox"/> Run Thru Sprinkler</li> <li><input type="checkbox"/> Fly A Kite</li> <li><input type="checkbox"/> Climb A Tree</li> </ul>	<p><b>Family Fun</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Play Mini Golf</li> <li><input type="checkbox"/> Have A Picnic</li> <li><input type="checkbox"/> Go Camping</li> <li><input type="checkbox"/> Go Bowling</li> <li><input type="checkbox"/> Go To The Beach</li> <li><input type="checkbox"/> Go To A Fair</li> <li><input type="checkbox"/> Go Swimming</li> <li><input type="checkbox"/> Watch Fireworks</li> </ul>	<p><b>Let's Learn</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn A Magic Trick</li> <li><input type="checkbox"/> Go To The Library</li> <li><input type="checkbox"/> Write A Letter</li> <li><input type="checkbox"/> Play Math Games</li> <li><input type="checkbox"/> Read Books</li> <li><input type="checkbox"/> Make Up A Story</li> <li><input type="checkbox"/> Put On A Play</li> <li><input type="checkbox"/> Learn Origami</li> </ul>
	<p><b>Be Helpful</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wash The Car</li> <li><input type="checkbox"/> Volunteer</li> <li><input type="checkbox"/> Garden</li> <li><input type="checkbox"/> Clean Your Room</li> <li><input type="checkbox"/> Vacuum</li> <li><input type="checkbox"/> Put Away Groceries</li> <li><input type="checkbox"/> Help A Neighbor</li> <li><input type="checkbox"/> Donate Toys</li> </ul>	<p><b>Play Inside</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make A Craft</li> <li><input type="checkbox"/> Paint A Picture</li> <li><input type="checkbox"/> Play A Board Game</li> <li><input type="checkbox"/> Bake Cookies</li> <li><input type="checkbox"/> Make A Fort</li> <li><input type="checkbox"/> Play Hide and Seek</li> <li><input type="checkbox"/> Make Popsicles</li> <li><input type="checkbox"/> Make Puppets</li> </ul>

## 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!