

# SAFETY TIPS

## FOR PARENTS

### FROM TODDLERS TO TEENS

**OVERALL, THE PICTURE OF CHILD SAFETY TODAY IS MUCH BRIGHTER THAN IT WAS DECADES AGO.**

Not only are rates of child mortality significantly lower, but today about 45% of US children ages 10 to 12 have their own smartphone with a service plan, according to a Nielsen report.



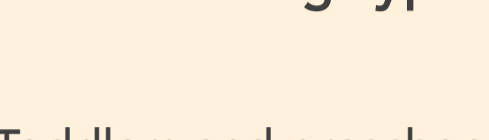
Though smartphones have made it easier for parents to keep tabs on their kids, other safety concerns deserve attention.

### INFANTS & TODDLERS

Parents of infants and toddlers must be aware of the risks of car accidents and Sudden Infant Death Syndrome (SIDS) and take the steps necessary to protect their child.



Each year, over **1,600** children under 15 years of age die in a car accident



The majority of those children are not wearing seatbelts – **43%** nationwide

To prevent death in case of a car accident, infants and toddlers until about the age of 2 should be in one of the following types of car seats:

**REAR-FACING-ONLY**  
Usually for infants up to **35 POUNDS**  
May have a base that doesn't have to be removed every time

**REAR-FACING-CONVERTIBLE**  
Usually for children up to **50 POUNDS**  
Typically have a 5-point harness  
Not very suitable for sleeping or feeding Designed to stay in the car

Toddlers and preschoolers can sit in a convertible car seat or in a forward-facing car seat that has a harness.

Usually for children up to 90 pounds if the car seat has a harness, or up to 120 pounds for car seats without a harness



Only suitable for children over the age of two

Children under the age of 13 should not ride in the front passenger seat.

A certified child passenger safety technician (CPST) can offer car seat installation assistance.

#### SIGNS A CHILD HAS OUTGROWN THEIR FORWARD-FACING SEAT:

The child's ears reach the top of the seat

The child's shoulders are above the top harness slots

The child's height or weight has exceeded the limit of the seat's harness

For more information, parents can visit [healthychildren.org](http://healthychildren.org)

### SIDS

In 2013, **SIDS** was the leading cause of death in children between 1 month and 1 year of age

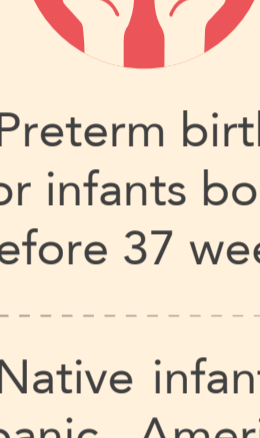
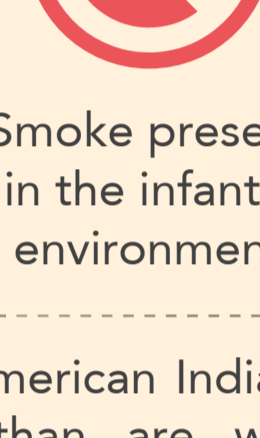
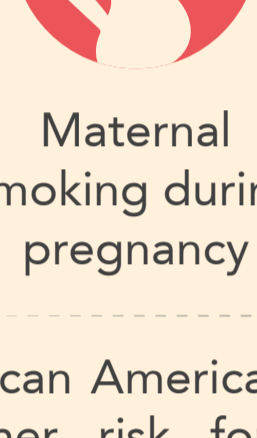
In 2014, 1,545 infants died from **SIDS**

90% of **SIDS** deaths occur in children younger than 6 months

Though there is no way to prevent **SIDS**, according to the National Institutes of Health (NIH), parents can take measures to reduce the risk by placing the baby to sleep on his or her back during all sleep times.

Placing an infant to sleep on their stomach increases risk of **SIDS** between **1.7** and **12.9** times the risk of back sleeping

**ACCORDING TO NIH, OTHER RISK FACTORS FOR SIDS INCLUDE:**



African American and American Indian/Alaska Native infants are at higher risk for SIDS than are white, Hispanic American, or Asian/Pacific Islander American infants.

### CHILDREN

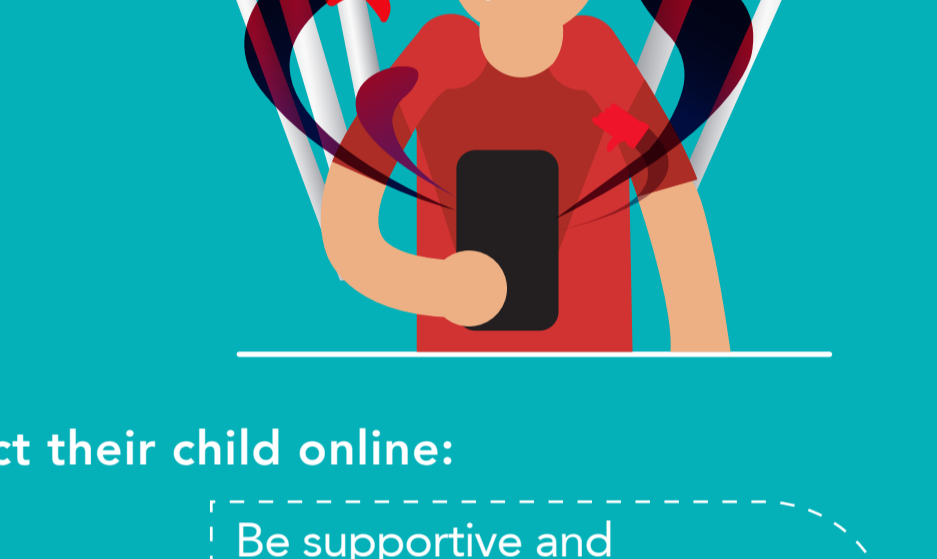
As children grow older, they eventually gain access to digital devices and start participating in sports activities, becoming exposed to various types of injuries.

### CYBERBULLYING

According to a survey conducted in 2016:

An estimated **33.8%** of students have been cyberbullied at some point in their lives

An estimated **11.5%** of students surveyed admitted to cyberbullying others



Cyberbullying is related to anger, frustration, low self-esteem, suicidal ideation, and other psychological and emotional issues

#### How parents can protect their child online:

Keep computers in the home's common area and monitor online usage.

Be supportive and understanding if the child is being bullied and assure them you will work on a solution.

Learn how to use popular social media platforms.

Don't threaten to take away device privileges if the child shares a problem.

Encourage children to talk about online issues and create a safe environment for them to communicate.

Meet with the child's school counselor and ask them to report any signs of bullying during the day.

Instruct children not to respond to cyberbullying.

Report threats of physical violence to law enforcement.

### PHYSICAL INJURIES

According to Stanford Children's Health:

Each year, more than 3.5 million children and teens ages 14 and younger experience injuries caused by organized sports.

Sprains and strains are the most common injuries.

21% of all traumatic brain injuries among children in the U.S. is attributed to sports and recreational activities

Almost half of head injuries happen during skateboarding, bicycling, or skating incidents

Football had the highest number of injuries in 2009, at 215,000 among children ages 5 to 14



### COMMON SPORTS INJURIES INCLUDE



Parents can help their children avoid injury by:

- Obtain a preseason physical
- Emphasize the importance of warming up and stretching
- Encourage rest
- Provide them with healthy meals and adequate water
- Keep an eye out for injury and obtain treatment early on

Encouraging the child to share any feelings of pain and not ignore potential serious conditions

### TEENAGERS

The turmoil of teenage years may be marked by exposure to alcohol, smoking, and illicit drugs, giving parents additional dangers to look out for.

### DRINKING, SMOKING, AND DRUG ABUSE

According to a survey of middle and high school students conducted in 2017,



**17%** said they smoked cigarettes at least once

**26%** said they had been drunk

**74.9%** of high school seniors believe smoking a pack of cigarettes a day is dangerous and

**58%** compared to in the 1990s

**46%** compared to in the 1990s

**86.6%** disapprove of smoking daily

Smoking of marijuana at least once in the past year	Use of crack in the previous 12 months	Use of cocaine in the previous 12 months	Use of LSD in the previous 12 months
<b>58%</b> of high school seniors	<b>1%</b> Seniors	<b>2.7%</b> Seniors	<b>3.3%</b> Seniors
<b>25.5%</b> of high school sophomores	<b>0.6%</b> Sophomores	<b>1.4%</b> Sophomores	<b>2.1%</b> Sophomores
<b>10.1%</b> of 8 <sup>th</sup> graders	<b>0.5%</b> 8 <sup>th</sup> graders	<b>0.8%</b> 8 <sup>th</sup> graders	<b>0.9%</b> 8 <sup>th</sup> graders

Parents can help protect their teen from drinking habits, or drug abuse by:

- Modeling healthy behavior
- Discussing, rather than lecturing, about addiction with their teen
- Helping their teen practice saying "no"

### DRIVING

**6** teens ages **16-19** are killed in motor vehicles crashes every day – that is about 2,190 per year

Every year, **235,845** teens ages **16-19** are treated in emergency departments for injuries sustained in driving accidents

Parents can promote their teen's safety while driving by:

- Being a good role model
- Drafting a formal agreement defining zero-tolerance rules
- Checking state laws for hours of driving experience
- Limiting the number of passengers allowed in your teen's car

Digesting gruesome statistics surrounding child and teen safety can be very disheartening for parents. Accidents, addictions and cyberbullying are very real issues faced by younger generations still learning about the world around them. Parents should have access to resources and a network of individuals to come to for advice and insight into their child's physical and mental health. Qualified and educated nurses and other health care professionals will continue to play an integral role in supporting parents, families, and communities.