



# Easter Seals

## B3 News You Can Use

MAY 2014

### IN THIS ISSUE:

- **Safe Sleep for your Child.**
- **Car Seat Safety**

### NEED A CRIB?

- Contact City of Milwaukee Health Department's *Cribs for Kids* program to see if you're eligible, 414-286-8620.
- Single mothers can apply for a low-cost crib through Hope Network 262-251-7333.
- If you are a new mother, or about to be a new mother, ask your hospital about resources they may have for a safe bed for your baby.
- Ask your Birth to Three service coordinator for other suggestions.

**Easter Seals  
Southeast Wisconsin**  
2222 S. 114th Street  
West Allis, WI 53227  
414-449-4444

## Safe Sleep for your Child

Providing a safe sleep environment for your baby is the most important way to reduce your baby's risk of Sudden Infant Death Syndrome (SIDS), suffocation, or accidental injury or harm. Take time to learn about what is best for your child.

### Did you know?

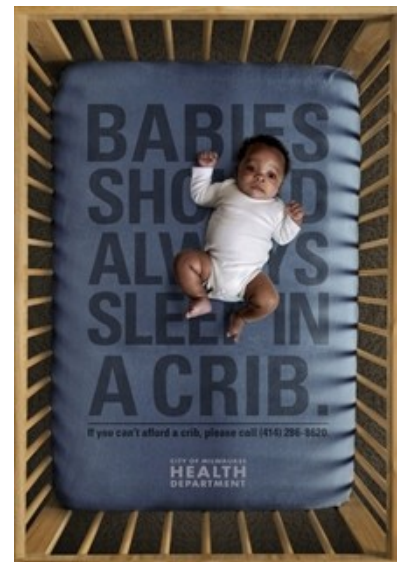
- Most infant deaths in Milwaukee are due to **unsafe sleep environments.**

### Follow these tips for Safe Sleep:

- Always **position your baby on his or her back** to sleep.
- Provide a separate but **close sleeping environment. Babies and parents should share a room, not a bed.**
- The safest place for a baby to sleep is in a **crib, bassinet, or pack n' play; with no other items in it, such as toys, pillows, and blankets.**
- Dress the baby in a **one-piece sleeper to keep warm in winter.**

- **Never lay a baby on a soft surface, such as a couch, adult mattress, waterbed, or pillow; as these could cause suffocation.**
- **Keep strangulation hazards** like window blinds, cords, and a monitor, **out of the baby's reach.**

*Ask your pediatrician for more safe sleep tips!*



## Car Seat Safety

When driving your child from here to there, it's important to make sure you'll arrive safely. Follow these important tips to keep your loved ones safe!



### Before you buy:

- Purchase a car seat that fits your child, according to weight and age.
- Make sure the car seat fits in your vehicle. Not all seats work in all models.
- Buy a car seat that can be installed and used correctly every time!

# CAR SEATS (CONTINUED FROM PAGE 1)

Get your car seat checked by a certified car seat technician to make sure it is installed properly. Find one near you at:

<http://safekidswi.org/docs/PFS122613.pdf>

Or ask your local Police and Fire Departments.

## Safe Travel Tips:

- **Never use a car seat that has been in an accident.** Check for expiration dates and recalls.
- **Don't let children eat or drink while riding.** A sudden stop could cause choking.
- **Never leave a child alone in a car.**
- **In cold weather, avoid heavy coats or snowsuits** (in an accident, a child could easily slip out, even when strapped in). Instead, remove it before putting your child in the restraint, or use a thinner jacket or fleece, then a blanket after securing all straps snugly.
- **Installed correctly, your car seat should move less than 1 inch** when pushed at the belt line.

## Did you know?

- Vehicle crashes are a **leading cause of death for children** ages 1 to 13 years-old.
- 3 out of every 4 car seats are **not used correctly**. Familiarize yourself with guidelines on proper use.
- Car seats **saved the lives of an estimated 9,600 children** age 4 and younger between 1975 and 2010.
- In Wisconsin, you could be **fined more than \$250** for not having your child **restrained** appropriately.


Infographic source: [www.wcpsa.com](http://www.wcpsa.com)

### Wisconsin Child Passenger Safety Law

	Under 1 yr	1-3 yrs	4-7 yrs	8-18 yrs
Less than 20 lbs	Rear-facing car seat			
21-40 lbs	Rear-facing car seat	Rear or Front-facing car seat		
41-80 lbs Under 4'9"		Front-facing car seat	Front-facing car seat or Booster seat + lap and shoulder belt	Booster seat + lap and shoulder belt or seat belt
80+ lbs		Booster seat + lap and shoulder belt or seat belt		

For info: 866-511-9467 or [www.wcpsa.com](http://www.wcpsa.com)


### Safest Practice



**Birth - 12 months**


Always ride in a rear-facing car seat, in the back seat.

\*American Academy of Pediatrics (AAP) recommends a rear-facing car seat until 2 years of age or until they reach the highest height or weight allowed by the car seat manufacturer.




**\*Age 1 - 3 years**

Rear-facing in back seat, as long as possible, within the height or weight limit allowed by car seat manufacturer. Then front-facing car seat in back seat.



**Age 4 - 7 years**

Front-facing car seat used within the height or weight limit allowed by the car seat manufacturer. Then a booster seat using lap and shoulder seat belt in the back seat.




**Age 8 - 12 years**


Booster seat until seat belt fits properly with lap belt snug across the upper thighs, not the stomach and shoulder belt snug across the chest, not across the neck/face. Keep children in the back seat until age 13.

Originally developed by GA Dept. of Public Health


Funded by NHTSA HS-830




### Description of Restraint Types




**A REAR-FACING CAR SEAT** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.



**A FRONT-FACING CAR SEAT** has a harness and tether that limits your child's forward movement during a crash.



**A BOOSTER SEAT** positions the seat belts so they fit properly over the stronger parts of your child's body.



**A SEAT BELT** should lie across the upper thighs and be snug across the shoulder and chest to restrain your child safely in a crash. It should not rest on the stomach area or across the neck.

### Car Seat Recommendations

Every transition decreases protection. Delay transition to the next step as long as possible.

- Choose a car seat based on your child's size (height and weight)
- Read your car seat Instructions for use and Installation Information
- Read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system
- Keep your child in a harness as long as your child fits within the height and weight limits
- Keep your child in the back seat until age 13 for best protection
- Check the expiration date and know history of your car seat

For more information on these and other topics, please visit the following sources:

- [safekidswi.org](http://safekidswi.org)
- [www.wcpsa.com](http://www.wcpsa.com)
- [www.safercar.gov](http://www.safercar.gov)

- [www.cpsc.gov](http://www.cpsc.gov)
- [www.jpma.org](http://www.jpma.org)
- [www.keepingbabiesafe.org](http://www.keepingbabiesafe.org)