



SUMMER SAFETY

A Miami Children's Hospital Summer Safety Series, June 2007



WHEELS OF FORTUNE: DON'T GAMBLE WITH CHILD SAFETY

What's your child's favorite set of wheels? Bicycle...skateboard...rollerblade...all terrain vehicle (ATV)? Riding any wheeled craft puts children at risk, and injuries associated with riding surge during the summer and other vacation months. Here's what parents should know:

ATVs: The Trauma Services Team at Miami Children's Hospital asks parents to "just say no" to ATVs. Trauma injuries have grown along with the popularity of ATVs, with 32 related traumas treated at the hospital in the past two and a half years.

"We strongly discourage families from acquiring ATVs, go-carts or mopeds for children under 18," said Dr. Malvin Weinberger, Medical Director of Trauma Services at Miami Children's. "Children don't have the judgment and coordination to navigate these vehicles at any speed or on any surface."

Bicycles: The ever-popular bicycle is associated with more childhood injuries than any other consumer product (except automobiles), according to Safe Kids Worldwide. And childhood deaths associated with bike riding increase 45 percent during the summer months. South Florida's congested driving conditions put children on bikes at risk.

Parents are Key to Safety

Parental supervision is critical to ensure the safety of children on wheels. Parents should ride along to reinforce safety rules for children. Whenever possible, biking, skateboarding and in-line skating or using the popular new shoes with wheels (Heelys) should be confined to biking trails, sidewalks, parks and other areas where riders will not mix with motorists. When riding on streets, parents should be present to coach children through intersections and other hazards.



"A helmet is the single most effective safety device for reducing the severity of head injuries and the likelihood of death following an accident."

—Dr. Deise Granado-Villar,
Chief of Pediatrics and Safe Kids liaison
for Miami-Dade County



Parents should also ensure that children follow Florida law and wear helmets while riding. "A helmet is the single most effective safety device for reducing the severity of head injuries and the likelihood of death following an accident," said Dr. Deise Granado-Villar, Chief of Pediatrics and Safe Kids liaison for Miami-Dade County.

"Helmets have been shown to decrease the risk of head injury by 85 percent and the risk of brain injury by 88 percent," said Dr. Granado.

Here are some guidelines from Safe Kids:

- Make sure your child wears a helmet and other protective gear every time he or she bikes, skates, or rides a scooter or other wheeled craft.
- Make sure the helmet is fitted properly and worn snugly.
- Don't place your child on a bike he or she will "grow into." Your child's feet should touch the ground when sitting on the seat.
- Teach your child the rules of the road, including obeying all traffic laws.
- Encourage all caregivers to be role models by wearing helmets.

COMMUNITY CALENDAR

CPR Class

Thursday, July 19 (Spanish) • Thursday, July 26 (English)
6 pm to 8 pm

This course in pediatric CPR teaches parents, grandparents and caregivers how to administer CPR to infants and children. Please call 305-662-8282 for further information.

Safe Sitter

Friday, July 20 - Saturday, July 21 • 9 am to 4 pm

This class teaches 11- to 15-year-olds how to baby sit safely. The class provides developmentally appropriate activities, feeding and bedtime routines to help teens and preteens care for babies and young children. Please call 305-662-8282 for further information.

New Sibling Class

Saturday, July 21 • 2 pm to 4 pm

This program, offered and developed by the Child Life Department, prepares children ages 3 and older for a new brother or sister. Positive sibling skills will be presented in a fun, interactive way that teaches children the important contributions they can make as big brothers or sisters. Please call 305-662-8282 for further information.

Sibshops

These monthly fun-filled sessions for siblings of children with special needs provide opportunities for children to share personal feelings, experiences and concerns, while taking part in interesting activities. Please call 305-669-7142 for further information.

Child Passenger Safety

Child safety is our priority. Child passenger safety technicians will check your child's seat for defects, recalls, installation and proper fit. Please call the Division of Preventive Medicine at 305-663-6800 for more information.

Social Skills Group for Children with Autism

Tuesdays • 4 pm to 5 pm

Music therapy is used to enhance social skills in children with autism. Please call 305-666-6511, ext. 2434 for further information.

SUMMER = TRAUMA SEASON

Ah, those carefree days of summer... But parents, beware! Summer is the season when children ages 1 to 14 are most likely to experience traumatic injury. Unintentional injuries among children soar along with the temperatures during the sizzling summer months. And South Florida with its many water hazards and traffic congestion has more than its share of perils.

During the next several weeks, Miami Children's Hospital and Safe Kids Worldwide will sponsor information on how to keep your children safe this summer.



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NO ONE KNOWS CHILDREN LIKE MIAMI CHILDREN'S.

There's no greater love than a parent's love for a child. It's a love that we at Miami Children's Hospital share. It's why we've been caring for children for over 55 years, longer than any other children's hospital in South Florida. And it's why we've been ranked by *Child Magazine* among the best children's hospitals in the nation. MCH is renowned throughout the world. Nowhere will you find physicians more experienced, facilities as advanced, or a staff more devoted to children. We're South Florida's only licensed specialty hospital *exclusively* for children. And that means we have an understanding of children's physical and emotional needs that no other hospital can offer.

If you would like to learn more about us, visit mch.com. You'll see that no one knows children like Miami Children's.



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