



A Newsletter for Parents of Young Children

SUMMER 2018

The Parent Line

Baby fell asleep in a car seat! Now what?

Your precious little one has fallen asleep in the infant car seat as you were driving home. What happens next can mean life or death for



Your baby may be in danger of suffocation or strangulation if left unattended in the infant car seat!

When an infant car seat is removed from the car, it usually changes position from a *safe angle* to *unsafe angle*. This shift in position can restrict the *baby's airway*. Sadly, in some cases, this has caused suffocation.

YOUR BABY MAY BE IN DANGER OF A SERIOUS FALL OR STRANGULATION WHEN THE SAFETY HARNESS IS UNCLIPPED!

Once an infant car seat and baby are taken out of the car, some people loosen, or even unclip, the harness. This has caused life threatening situations, such as falls and strangulation.

REMEMBER When carrying baby in an infant car seat to a new location:

1. **SET** the car seat on a safe, stable surface.
2. **TAKE** baby out of the infant car seat.
3. **PLACE** baby in a safe sleep environment.



Quick Tips:

- NEVER leave baby unattended in an infant car seat.
- ONLY use a car seat according to the instructions.
- ANYTIME baby is in the car seat, harness them snugly with the chest clip at *armpit* level to help prevent suffocation, strangulation, or falls.
- USE **Safe Sleep** practices when baby is not in the infant car seat: Place baby on their back, on a firm surface, free of blankets, pillows, and stuffed animals

Go to www.safesleephawaii.org for more information on Safe Sleep
Go get your car seat checked by a certified car seat technician
IT'S Free! Go to www.kipchawaii.org for locations and times

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THE PARENT LINE IS HAWAII'S PREMIER RESOURCE ON CHILD BEHAVIOR, CHILD DEVELOPMENT AND PARENTING SUPPORT. WWW.THEPARENTLINE.ORG

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BUILDING SKILLS

Banana Bonkers

INGREDIENTS:

- 3 bananas
- 3 cups fresh grapefruit juice
- 2 cups lemon sherbet
- 1 cup crushed ice

DIRECTIONS:

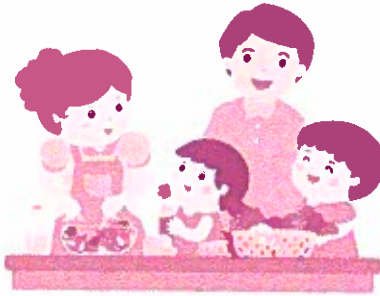
When collecting all of the ingredients for the recipe it is a good time to talk about the different foods and also assisting your child with measuring.

Work together with your child to put the bananas in the blender or food processor. Let your child push the buttons for the blender or food processor. In a gallon pitcher work with your child to pour the combined pureed bananas, grapefruit juice, lemon sherbet, and crushed ice.

While combining the ingredients you can talk about the different textures that are mixed in, especially the pureed bananas. Stir the drink together and serve.

By talking with your children this increases their knowledge in nutrition, fine motor skills and their language development.

Source: www.food.com



A Parent Asks

Q: I have one child who complains that she does not have any friends. Another child keeps choosing friends I do not like. How do I help my children make friends with children I approve of?

A: Help your child to have contact with others their age by arranging play dates or signing them up for after school activities. If your child chooses a friend you do not like, invite that person into your home often and hope that the love and values you practice will be beneficial to him or her.



SPOTLIGHT ON SAFETY

11-18 years

ROAD SAFETY- Teen must learn laws and rules of the road. Set firm rules:

- Teen must always wear a seat belt as a driver or passenger.
- Obey speed limits.
- Minimize distractions (for example, no cell phone use, no combing hair, etc.)

Require helmet use on bikes, skateboards, mopeds and motorcycles. Do not let youths ride in back of pick-up trucks.

ALCOHOL & DRUG USE- Make sure teen receives education on dangers of drugs and alcohol. Know where your child is as much as possible. Know their friends and where they hang out.

SUICIDE PREVENTION- Know the warning signs – if they talk about committing suicide, depression, aggressive or disruptive behavior, change in behavior or grades in school, giving away favorite objects. If you are concerned, take action.

WATER SAFETY- Make sure teen knows basic rules of water safety: Do not swim alone. Check surf conditions with lifeguards. Let people know where you are going to swim.

SPORT SAFETY- Use protective equipment recommended for each sport. Drink water before, during and after activity. Do not continue to play with injuries.

For more information on safety for 11-18 years visit kipchawaii.org



SPECIAL DAYS TO REMEMBER

- June 10 – Children's Day
- June 11 – King Kamehameha Day
- June 17 – Father's Day
- July 4 – Independence Day
- July 22 – Parent's Day
- August 5 – Friendship Day
- August 17 – Statehood Day
- August 21 – Senior Citizens Day



Suggested Readings

Books available at the State Libraries

Dozy bear and the secret of sleep.
By Katie Blackburn

I am not sleepy and I will not go to bed.
By Laura Child

It's not time for sleep: (a bedtime story)
By Lisa Graff

Good night, tucked in tight! (All about sleep/Happy healthy monsters)
By Naomi Kleinberg



For more books on routines visit www.librarieshawaii.org

Source: <http://kipchawaii.org/keiki-safety-tips/11-18-years>