Preventing Childhood Injuries

to Keep Your Child Safe
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Becoming a parent is one of the greatest joys in life. Raising a happy, healthy child is full of challenges. Parents naturally want to keep their children safe and prevent injuries but you may not be aware of some of the most common causes of childhood injuries.

The Clark County Child Death Review Team (CDR) gathers data on child deaths. This data can provide information on the most common forms of childhood injuries and prevention methods. In 2009, 57 children in Clark County died as a result of unintentional injuries or accidents.

The purpose of this book is to provide age-specific tips to prevent fatal injuries to your child. Knowing what safety hazards your children face will give you strategies for keeping them safe from harm.
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Future Parents
DEVELOPMENTAL MILESTONES

During this time your baby is growing rapidly. Your baby is receiving nourishment from their mother and it is important for the mother to be aware of their health and diet to ensure your child has the best possible start in life.

First Trimester
- Your baby's heartbeat will be visible on ultrasound by the time you are about six weeks pregnant.
- You may be able to determine your baby's gender during your mid-pregnancy ultrasound (usually done between 16 and 20 weeks).
- All of your baby's internal organs are formed by the end of the first trimester.
- Your baby begins to move at around eight weeks, but you may not feel a gentle fluttering until about 18 to 22 weeks.

Second Trimester
- At 15 weeks, your baby can make facial expressions and may even suck his/her thumb.
- By 17 weeks, an ultrasound should be able to show you the sex of your baby.
- By 19 weeks, your baby will be able to hear your voice if you read her a story or sing a song.
- Your baby will measure a little over a foot in length and will weigh more than one pound by end of the second trimester.

Third Trimester
- During the first six weeks of the third trimester, your baby will more than double in size, growing from approximately 1.5 to 3.5 pounds.
- Your baby's sense of hearing is improving and he/she can hear your voice and your partner's as you converse.
- At 37 weeks, your baby is considered to be full term, even though you may not deliver for a few more weeks.

For more information, visit http://www.justthefactsbaby.com.
Preventing Birth Defects and Premature Birth

According to the Centers for Disease Control and Prevention (CDC), nearly 4 million women in America give birth every year, and nearly one-third will experience a pregnancy-related problem. In Clark County in 2009, nearly 27% of natural child deaths were related to birth defects. While these types of deaths cannot always be prevented, there are several things you can do to decrease your chances of having a baby born with birth defects.

**IMPORTANT TIPS**

- Get prenatal care and follow the prenatal care schedule.
- Avoid harmful chemicals, toxins and substances.
- Don’t drink alcohol or smoke.
- Eat healthy.

**Prenatal Care**

The Clark County Child Death Review Team’s data found that in 2009, approximately 41% of all natural child deaths in Clark County were caused by complications of premature birth. In only 35% of these cases, the mother had received prenatal care. Prenatal care is very important for both mothers and babies to stay healthy. According to the U.S. Department of Health and Human Services, babies born to mothers who received no prenatal care are three times more likely to be born at a low birth weight, and five times more likely to die, than those whose mothers did receive prenatal care.
The prenatal schedule below tells you the number of prenatal visits you should receive while pregnant.

**Prenatal Care Schedule**
- Weeks 4-28: 1 visit per month
- Weeks 28-36: 2 visits per month
- Weeks 34-birth: 1 visit per week

If you are uninsured or underinsured, several affordable options exist for accessing prenatal care.

Contact the Baby Your Baby Hotline at (702) 731-8703 for more information.

**Safe Pregnancy Tips**
- Avoid harmful chemicals and substances.
- Don’t drink or smoke – tobacco and alcohol use increases the risk of preterm birth and birth defects.
- Be aware of drugs and herbal supplements – certain medications and herbal supplements may be harmful to your baby. Always check with your doctor and verify that the medication you are taking is safe.
- Avoid contact with harmful toxic substances or materials that may lead to infection including mercury, insecticides, solvents and paint-thinners.
- Eat healthy – make sure to eat a balanced diet.
- Treat existing medical conditions such as diabetes, high blood pressure, sexually transmitted diseases (STDs), obesity, and asthma.

For more information, visit www.marchofdimes.com.
INFANTS (LESS THAN 1 YEAR)
DEVELOPMENTAL MILESTONES

Your infant’s mind and body are developing rapidly. They are endlessly curious and want to explore everything around them. Here is what infants of different ages can do:

1-4 Months
- Learning to hold up head and lift up onto arms.
- Explores objects with his/her mouth.
- Is fascinated by moving objects.
- Starts to roll from side to back.
- Reach for and grab objects.
- Communicate primarily through crying.

5-8 Months
- Grows his/her first baby teeth.
- Rolls over, sits up, and may begin to crawl.
- Has begun eating cereal, soft vegetables, and fruits.
- Experiments with simple physical relationships, like gravity and one object hitting another.
- Calms him/herself when upset (by sucking fingers, etc.).

9-12 Months
- Can eat meat, eggs and cheese.
- Stands alone.
- May be able to walk.
- Can remove lids from containers.
- Drinks from cup.
- Curious about small openings, objects that turn, switches, etc.
- Has an increasingly long memory.
- May begin saying first words and experimenting with word sounds.

For more information, visit http://ohioline.osu.edu/asc-fact/.
Keeping your infant safe is important. In 2009 Clark County, 21% of accidental deaths involved infants under 1 year old.

Suffocation was the most common type of accidental death for this age group.

**IMPORTANT TIPS**

- Follow the safe sleeping tips to prevent infant suffocation.
- Actively supervise your infant at all times.
- All infants must ride in a car seat at all times. Make sure that it is installed properly.
- Place your baby to sleep in his/her own sleep space free of any pillows, stuffed toys, blankets, etc.
- Never shake your baby!

**Sleep-Related Suffocation Deaths**

In Clark County in 2009, 100% of suffocation deaths for infants under the age of 1 occurred in sleep-related environments. In Clark County, 10 infants died as a result of suffocation in 2009. Of these deaths, six were caused by the child sleeping on a couch, adult mattress, swing or even on the floor. Here are some helpful tips to keep your baby safe while sleeping.

**Safe Sleep Tips**

- Make sure your infant is in his/her own sleep space – parents, siblings or animals that sleep with infants can accidently roll over on top of them and smother them.
- Don’t allow babies to sleep on couches, chairs, regular beds or other soft surfaces.
- Make sure your infant is placed in a crib or bassinet.
- Make sure your infant’s crib or bassinet is not cluttered with pillows, comforters, or stuffed toys.
- Make sure your infant is positioned on his/her back when you place them to sleep.
Choking, Suffocation and Strangulation Prevention

Babies are curious and will often put things in their mouths. The majority of childhood choking, suffocation and strangulation incidents occur in the home.

Minimize the risk for choking, strangulation and suffocation by removing hazards from play, eating and sleeping areas.

**Choking**
- Supervise your infant when he or she is eating and playing.
- Avoid giving your infant small, hard or round foods such as grapes, hotdogs and hard candy.
- Use a small parts tester, which can be purchased from a toy or baby specialty store, to ensure toys are not so small they pose a choking hazard. You can also use a toilet paper roll as a guide—if they fit through the roll they are too small.
- Learn CPR for infants.
- Do not let babies play with small, rounded and oval objects (like balls and marbles), which can easily fit into a child’s mouth and throat.

**Suffocation**
- Actively supervise infants at all times.
- Don’t allow babies to play with plastic bags or in and around poorly ventilated spaces.
- Keep un-inflated balloons and broken balloon pieces away from children.

**Strangulation**
- Keep cords and strings out of your child’s reach.
- Remove hood and neck drawstrings from your infant’s clothing.
- Don’t allow babies to wear hanging jewelry, purses, scarves or loose clothing.
- On older or used cribs, make sure all crib-railing slats are secure and no more than 3 ½ inches apart (the size of a soda can).
- Remove crib toys with strings, cords and ribbons, which can present a strangulation hazard.
**Car Seat Safety**

According to National Highway Traffic Safety Administration (2006), car safety seats are 71% effective in reducing deaths for infants.

The American Academy of Pediatrics recommends that all infants remain in a rear-facing car seat until the age of 1 and weigh at least 20 pounds.

**Installation** – Make sure to read your car and child safety seat manuals carefully. Install car seats using a locked vehicle safety belt or LATCH system. To make sure it was installed properly, you can have a car seat safety technician inspect the installation. Clark County Safe Kids Coalition at Sunrise Hospital will inspect your car seat for free. For times and locations, call (702) 731-8666.

**Positioning** – Rear facing car seats should be placed in the middle back seat of the vehicle when possible.

**Buckle up** – Make sure that your baby’s car seat is buckled up tightly in the car and that your baby fits snugly in the seat.

**Use the seat** – Every time you and your baby are in the car together, make sure that your child is secured in the car seat.

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**Sudden Infant Death Syndrome (SIDS)**

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of an infant less than 1 year old. Since 2006, 18 infants in Clark County have died from SIDS. Although the cause of SIDS is not known, there are several ways you can reduce the risk to your baby.

4 Tips to Reduce Your Child’s Risk for SIDS

- Always place your infant to sleep on his/her back.
- Always place your infant to sleep on a firm sleep surface.
- Don’t smoke.
- Keep your infant in lighter clothing to prevent overheating.
Shaken Baby Syndrome (Abusive Head Trauma)
Abusive Head Trauma (AHT) or Shaken Baby Syndrome (SBS) occurs when a child is shaken or slammed. Shaken Baby Syndrome can lead to brain injuries, paralysis and even death.

To prevent AHT/SBS:
- Never shake your baby.
- Make sure that everyone that cares for your child knows not to shake him/her.
- Support your infant’s head/neck when holding him/her.
- Learn what to do when your baby is crying.

Tips for Calming a Crying Baby
- Breastfeed or bottle-feed your baby.
- Burp your baby.
- Change your baby’s diaper.
- Rock your baby.
- Check your baby’s temperature.
- Take your baby for a car ride.
- Take your baby for a walk outside.
- Make sure your baby is in a quiet room.

Taking Care of Yourself When Your Baby Won’t Stop Crying
- Take some deep breaths – sit down and take 5 or 10 deep breaths.
- Take a break – gently lay your baby down on his/her back and step away.
- Talk to someone – call a friend or family member.

NEVER SHAKE A BABY!
Your child is now mobile and able to discover the world around him/her independently. Their motor skills are developing rapidly and they will be able to open doors, cabinets, lids, bottles, etc. Many children love to climb and pull on cords and cables.

**1 Year Olds**
- Takes things apart.
- Begins to understand and follow directions.
- Plays with toys alone.
- Gets upset with parents leave.
- Starts to walk well.
- Eats with a spoon and drinks with a straw.
- Picks up toys without falling over.

**2 Year Olds**
- Has almost a full set of teeth.
- Likes to push, pull, fill and dump.
- Plays alongside others.
- Frustrates easily.
- Begins dressing self.

**3 Year Olds**
- Develops a full set of baby teeth.
- Uses the toilet with some help.
- Puts on shoes (but cannot tie laces).
- Enjoys playing alone, but near other children.
- Enjoys playing with other children briefly, but still does not cooperate or share well.

**4 Year Olds**
- Uses a spoon, fork and dinner knife skillfully.
- Dresses self without much help.
- Hops on one foot.
- Pedals and steers a tricycle skillfully.
- Understands and obeys simple rules (most of the time).
- Has difficulty separating make-believe from reality.

For more information, visit [http://ohioline.osu.edu/asc-fact/](http://ohioline.osu.edu/asc-fact/).
Safety Tips for TODDLERS (Ages 1-4)

Children under the age of 4 are the most likely to suffer from accidental injuries. In 2009 in Clark County, 26% of accidental deaths involved children between the ages of 1 and 4. Drowning, motor vehicle accidents, falls/crushes and suffocation have been the leading causes of accidental death among toddlers in Clark County for the past four years. There are several things that you can do to prevent accidental injuries.

**IMPORTANT TIPS**

- Supervise your toddler whenever they are near water.
- Secure your pool area with a four sided fence with a self latching gate to prevent your child from entering without supervision.
- All toddlers must ride in a car seat at all times.
- Follow the tips included to secure your home.
- Keep choking hazards away from your toddler.
- Be aware of how to prevent poisoning.
Drowning Prevention

In 2009, drowning was the most common cause of accidental death among toddlers. Eleven children died from drowning-related incidents. A large majority of these children (73%) were between the ages of 1-4 years.

Supervision!
- Make sure to supervise your children around any standing bodies of water. A child can drown in less than 3 minutes. So children must be supervised at ALL times when near water.
- Make sure that buckets of water are emptied and stored when not in use. A child can drown in less than 2 inches of water.
- Remember to learn CPR in case of an emergency. It could save your child’s life!
- Always keep your child within your reach when he/she is in the bathtub.
- NEVER leave your child alone or with another young child in the bathtub under any circumstances. If you have to leave, make sure there is another adult to supervise the child.

Pool Safety

Most drowning deaths in Clark County have occurred in pools. There are an estimated 102,000 pools in Clark County — the largest number per capita in the country. In 2009, 73% of child drowning incidents occurred in a pool or spa.

Tips to remember!
- Flotation devices – always put floaties or a life jacket on your child even if he/she has had swimming lessons.
- Gates/Fences - make sure you have a 4 sided self latching gate /fence around your pool that is secured at all times.
- Be aware of objects in the water – keep toys, balls, and other objects out of the water when not in use since children are attracted to these objects.
- Secure doggy doors - small children can crawl through doggy doors.
- Parties/Gatherings – identify and designate an adult supervisor that will watch children around the water at ALL times.
Car Seat Safety
According to National Highway Traffic Safety Administration, car safety seats are 54% effective in reducing deaths of toddlers from ages 1 to 4 years old. The American Academy of Pediatrics recommends that children over the age of 1 and between 20 and 40 pounds ride in front-facing car seats.

Outdoor and Pedestrian Safety
- Make sure your child is supervised when outdoors AT ALL TIMES!
- Teach your child to never play around or under motor vehicles.
- Always assume children could be present and carefully check the street and driveway for children prior to backing out.
- Look behind you and back out slowly with your windows rolled down.
- Avoid making your driveway a playground.
- Discourage play in the driveway.

Home Safety
- Check railings on the stairs or balconies, windows and screens to ensure that they are secure to prevent falls.
- Use safety gates in kitchen and bathroom entrances as well as any other areas that may be unsafe for children.
- Keep electrical cords out of reach of children.
- Make sure to keep storage bags, grocery bags, trash bags and dry cleaning bags out of reach. These items can easily suffocate a child.
- Keep sharp objects out of reach – make sure your children cannot reach knives, scissors, glass or other sharp objects.
- Secure larger objects including television sets and furniture which can fall on young children. Most retail stores such as Walmart, Target and Babies R Us sell specialized childproofing supplies to secure these types of objects.
- Never keep a loaded weapon within a child's reach. If you must have a gun, keep it locked up, unloaded, and with a trigger lock on it and store the bullets in a separate location.
Choking, Suffocation and Strangulation Prevention

Like babies, little kids are very curious about the things around them and will touch, taste and smell just about anything. Keep your child safe from things that could choke, suffocate and strangle him/her by making home and play areas safe and free of hazards.

**Choking:**
- Keep small objects such as buttons, beads, marbles, coins and tacks out of reach (and out of sight).
- Don’t let children under age 3 eat small, round or hard foods, including small pieces of hot dogs, hard candy, nuts, grapes and popcorn. These foods are too large for their small throats.
- Buy only age-appropriate toys for your toddler. Use a small parts tester, which can be purchased from a toy or baby specialty store, (or a toilet paper roll) to determine whether toys and objects in your home may present a choking hazard to young children. If the object fits inside the small parts tester or toilet paper roll, it is too small for toddlers.

**Suffocation:**
- Don’t allow toddlers to sleep on couches, chairs, regular beds or other soft surfaces. Young children should always be placed to sleep on firm, uncluttered spaces to avoid suffocation.
- Never allow young children to play in poorly ventilated spaces such as washing machines/dryers, car trunks and toy chests.

**Strangulation:**
- Tie up all window blind and drapery cords out of reach.
- Avoid dressing children in necklaces, purses, scarves, helmets or clothing with drawstrings.

For more information, visit http://www.safekids.org.
Medication & Poisoning Prevention

- Make sure any medication in your home is stored in a locked cabinet.
- Never leave out loose pills.
- Read labels to find out what can be potentially poisonous to your child.
- Buy child resistant packages to put medicine bottles in.
- Don’t refer to medication as “candy” or “vitamins.”
- Use child-resistant locks on cupboards or cabinets.
- Properly dispose of all expired, or unneeded medication.
- Place household cleaning supplies up high, in locked cabinets and out of children’s reach.
- Have the phone number to Poison Control near your phone
  \[(702) 732-4989\].
- Leave products in their original containers so that you can provide the ingredients to Poison Control in the event of exposure. Never put chemicals in bottles or packages that children may grab, such as soda or water bottles.
SCHOOL-AGED CHILDREN (Ages 5-9)
DEVELOPMENTAL MILESTONES

Your child is developing more independence and activities such as attending school bring your child into greater contact with other people and situations. Physical, social, and mental skills develop rapidly during this time.

5 Year Olds
- Learns to skip.
- Catches bounced balls.
- Uses a fork and knife well.
- Cuts on a line with scissors.
- Likes to try new things and take risks.
- Likes to make own decisions.

6 to 8 Year Olds
- More independence from parents and family.
- Growing to understand about one’s place in the world.
- Rapid development of mental skills.
- Less focus on one’s self and more concern for others.

9 Year Olds
- Become more independent from family.
- More self contained and independent.
- Experience more peer pressures.
- Become more aware of his/her body as puberty approaches. Body image and eating problems sometimes start at this age.
Safety Tips for SCHOOL-AGED CHILDREN
(Ages 5-9)

School–aged children are still at risk of injuries and fatalities. Drowning remains a leading cause of death for children in this age group. In addition, motor vehicle incidents, bicycles and playgrounds were leading causes of unintentional injuries.

**IMPORTANT TIPS**

- Always supervise your child when near water and follow precautions.
- Always buckle up while riding in a car.
- Supervise your child at the playground and follow safety tips.
- When riding a bicycle, make sure your child is wearing a helmet, the bike is in good working order and you are supervising.
- Keep your child safe from strangers by following the tips provided on page 21 of this booklet.

**Drowning prevention**

School-aged children are more likely to drown in places like lakes, rivers, and ponds than in pools or spas. In 2009, about 9% of drowning deaths in Clark County were school-aged children between the ages of 5-9.

**At the lake, river, or pond:**

- Life Jacket - make sure your child is wearing a life jacket. The life jacket should fit tightly on your child and all the straps should be firmly secured. (www.ndow.org/boat/safety)
- Never let your child swim in canals or fast moving water.
- Be aware of carbon monoxide hazards when near boats.
- Supervision – always have an adult supervising your children near the water.
Car Safety
There were 15 deaths as a result of motor vehicle accidents in Clark County in 2009. School age children (5-9) accounted for 6.7% of these motor vehicle deaths.

- Buckle up! – before you start the car, make sure children are buckled up.
- Use the lap belt AND shoulder belt – seat belts should fit securely on children's laps and both the lap belt and shoulder belt should be worn at all times.
- Children ages 4-8 weighing 40-80 pounds should ride in a booster seat that is restrained with a lap and shoulder belt.
- Back seat – children under 12 years should sit in the back seat.
- Never double buckle - always make sure children riding in your car have their own seat belts.
According to the U.S. Consumer Product Safety Commission, each year, more than 200,000 children are treated in U.S. hospital emergency rooms with injuries associated with playground equipment. Most of these injuries occur when children fall from equipment onto the ground. Whether your kids are playing at home or at a public playground, it is important that you make sure equipment is well maintained.

Safety Tips
- Supervision – always supervise your children when they are playing on a playground.
- Age appropriate equipment – make sure that your children are playing on equipment that is appropriate for their age and development.
- Fall surfaces – surfaces should be properly cushioned to prevent injury. Approximately 70 percent of playground injuries are related to falls on surfaces.
- Equipment safety – Check to make sure the equipment is anchored safely in the ground, all equipment pieces are in good working order, S-hooks are entirely closed, bolts are not protruding and there are no exposed footings.

Teaching Kids About Playground Safety
Kids should know how to be safe and act responsibly at the playground. Here are some general rules to teach your child:
- Never push or roughhouse on playground equipment.
- Use equipment properly — slide feet first, don’t climb outside guardrails, no standing on swings, etc.
- If you jump off equipment, make sure that you check to make sure that there are no other children in the way.
- Leave bikes, backpacks and bags away from the play area to avoid trips and falls.
- Don't wear clothes with drawstrings or other strings at the playground. Drawstrings, purses and necklaces could get caught on equipment and accidentally strangle a child.
- Wear sunscreen when playing outside even on cloudy days, so that you don’t get sunburned.

Remember: GOOD Supervision is the KEY!

Bicycle Safety
• Make sure your child wears a helmet – teach your child to wear his/her helmet correctly and double check that it is put on properly. The helmet should cover the upper part of the forehead. Refer to the instructions provided with your helmet for proper wear and care.
• Buy a bike that is the right size – your child should be able to sit on his/her bicycle seat with their knees straight and feet on the ground.
• Make sure the tires are inflated properly.
• Supervise your child – keep an eye on your child when she is riding his/her bike.

When riding on streets teach your children to:
• Look both ways when crossing the street.
• Stay on the sidewalk.
• Ride so drivers and cyclists can see them.
• Watch out for rocks, potholes and railroad tracks.
• Go with the flow of traffic.
• Watch for cars exiting from driveways.

Stranger Safety
In Nevada, there are approximately 8,000 children reported missing each year according to Nevada Child Seekers. To keep your child safe:
• ALWAYS keep an eye on your child.
• Role-play stranger scenarios with your child.
• Get to know your child’s friends and parents.
• Pick a safe house in the neighborhood a child can go to if he/she is being harassed or followed.
• Teach them that a stranger is anybody they do not know well.
**PRETEENS (Ages 10-14)**

DEVELOPMENTAL MILESTONES

These years can be difficult for both the parent and child. There are major physical, mental and social changes occurring.

**Physical**
- Growth spurts.
- Bone growth faster than muscle development.
- Sexual characteristics developing.

**Mental/Cognitive**
- Intensely curious and growing in mental ability.
- Thinking still limited to concrete, tangible objects and familiar events.
- May be argumentative as they develop critical skills and gain operational thinking.

**Emotional/Social**
- Have developed better impulse control and delayed gratification.
- Emotions may be erratic.
- Greater anxiety and self conscious about physical and sexual changes.
- Sensitive to criticism and correction.
- Easily upset by things not fair or right.
As preteens gain more independence they are faced with many of the same hazards adults face. A large number of motor vehicle and pedestrian accidents affect children between the ages of 10 and 14. In addition, exposure to the Internet as well as alcohol and drugs put preteens at risk for injuries.

**IMPORTANT TIPS**

- Always wear seatbelts.
- Teach your preteen pedestrian safety.
- Keep your child safe online by monitoring and blocking unsafe content and talking to them about Internet safety.
- Keep your preteen drug and alcohol free by following the tips provided below.

**Motor Vehicle Safety**

In Clark County during 2009, 7% of children killed in motor vehicle accidents were between the ages of 10 and 14 years. It is important to remind your children to ALWAYS wear seat belts as passengers in a motor vehicle. For more information on child safety, refer to the previous section on school-aged children and motor vehicle safety.

**Pedestrian Safety**

In 2007, there were 306 pedestrian fatalities in the United States involving children 14 years old and younger. Almost one-fifth (18%) of all traffic fatalities in the 14 and younger age group in 2007 were pedestrians. Most of these incidents (80%) occurred in a non-intersection location.

To keep your preteen safe, teach him/her to:
ALWAYS use crosswalks when crossing the street.
Walk on the sidewalk, if one is available.
Stop at the curb and look both ways for traffic before crossing the street or at the edge of parked cars.
Go against the direction of traffic when walking.
Wear white clothing or reflectors when walking at night.
Cross at least 10 feet in front of a school bus.
Turn off their headphones and cell phones while crossing streets so they can hear approaching vehicles.
NEVER dart out from between cars or run across dark streets.

For more information, visit http://www.nhtsa.dot.gov.

**Internet Safety**
Many parents believe that their children are safe and protected when using the Internet at home. According to the National Center for Missing and Exploited Children, 1 in 17 youth using the Internet have been harassed or threatened.

**Keep your child safe online**
- Keep your computer in a public area.
- Monitor your child’s activities online.
- Block unsafe content.
- Set online rules and make sure your child follows them.
- Learn the language – chat acronyms are common among pre-teens and teens.
- If things get out of hand – contact your local police department.

**Remind your pre-teen to:**
- Never give out his/her name or other personal information to anyone online.
Never meet up or get together with someone that he/she met online.
Never send any messages you would not want to say face-to-face.
Talk to a parent or trusted adult if he/she feels scared or threatened in any way.

**Keep your preteen drug and alcohol free**

**STEP 1: Monitoring**
- Know where your child or teen is at all times.
- Get to know all of your teen’s friends personally.
- Find out how your teen plans to spend his/her day.
- Limit the time your child spends without adult supervision.

**STEP 2: Setting limits**
- Don’t OVERREACT.
- Discuss penalties first - never issue empty threats.
- Provide adequate adult supervision.

**STEP 3: Helping your child make good choices**
- Make it very clear that you do not want him/her to use alcohol, tobacco, marijuana or other drugs.
- Get to know her friends — encourage open dialogue with your child.
- Hold a weekly family meeting to check in with each other and address problems or concerns.
- Make it easy for your child to leave a situation where alcohol, tobacco or other drugs are being used.
- Call kids' parents if their home is to be used for a party.
- Set curfews and enforce them.
- Encourage open dialogue with your children about their experiences.
Your teenager is now in the developmental phase between childhood and adulthood. They are going through rapid changes in physical, psychosocial, moral and cognitive growth. At this stage, it is important to be supportive of your teenager. Show patience and set healthy boundaries and rules.

**Physical**
- Most girls will be physically mature by now and most will have completed puberty.
- Boys might still be maturing physically.
- Eating disorders can be common, especially among females.

**Mental/Cognitive**
- More defined work habits.
- More concern about future educational and vocational plans.
- Greater ability to sense right and wrong.
- Sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, thoughts of suicide and other problems. (Note: Problems at school, alcohol and drug use, and other disorders can also lead to feelings of sadness or hopelessness.)

**Emotional/Social**
- Increased interest in the opposite sex.
- Decreased conflict with parents.
- Increased independence from parents.
- Deeper capacity for caring and sharing and the development of more intimate relationships.
- Decreased time spent with parents and more time spent with peers.
Safety Tips for TEENAGERS (Ages 15-17)

As teenagers are able to obtain their drivers license and drive without supervision, they face one of the leading causes of accidental death — motor vehicle accidents. Parents of teenagers also need to be aware of the prevalence of teenage suicide. It is the third leading cause of death among youth.

IMPORTANT TIPS

- Make sure your teenager understands how to drive safely and there are clear restrictions and punishments for infractions.
- Be aware of signs that your teenager might be thinking of committing suicide.
- Call the National Suicide Hotline at 1-800-273-TALK (8255) if you or your teenager need someone to talk to about suicide.
- Talk to your teenager about drugs and alcohol.
- Never drink and drive!
- Avoid distractions by not texting or talking on the phone while driving.

Motor Vehicle Safety

Motor vehicle accidents are the leading cause of accidental death for teenagers in Clark County.

- 67% of all Clark County children killed in motor vehicle accidents were teens.
- 60% of children killed in fatal car accidents were male.
- Recklessness, running a stop sign/light and driver distraction are the three leading primary causes of motor vehicle accidents involving children and teens in Clark County.
- At the time of the accidents, 13.3% of drivers were alcohol or drug impaired.

TIPS for Parents:
• Set clear restrictions and punishments for infractions.
• Control access to the vehicle and items that may distract the driver such as radios and cell phones.
• Assure that the vehicle is safe. Make sure the vehicle your teen is driving gets routine maintenance and service so that it is safe to drive.
• Be a role model for your teen driver. Drive safely.
• Write a contract with your teen. For sample contracts, see: http://www.underyourinfluence.org.
• Devote some of your time to teaching your teen how to drive.

Suicide Prevention
According to the National Center for Child Death Review, suicide is the third leading cause of death among young people ages 15 to 24 years old. In Clark County, an average of 7 teens die from suicide every year. These teens are usually between the ages of 14 and 17 years old, but has been as young as 11 years old.

What should you look for?
• Has his/her personality changed dramatically?
• Is he/she having trouble with a girlfriend/boyfriend?
• Is he/she having trouble getting along with other friends or with parents?
• Has he/she withdrawn from people he used to feel close to?
• Is the quality of his/her schoolwork going down?
• Does he/she always seem bored?
• Is he/she acting like a rebel in an unexplained and severe way?
• Has he/she run away from home?
• Is your teenager abusing drugs and/or alcohol?
• Is he/she complaining of headaches, stomachaches, etc.?
• Has his/her eating or sleeping habits changed?
• Has his/her appearance changed for the worse?
• Is he/she giving away some of his/her most prized possessions?
• Is he/she writing notes or poems about death?
• Has he/she had prior suicide attempts?
For more information, visit http://www.aap.org/advocacy/
childhealthmonth/prevteensuicide.htm.

If you think your teen is thinking about suicide:
- **TAKE ACTION!**
- Talk to your teen about it – express to your teen that you love him/her and that you just want to help.
- Be direct with your teen – ask your teen if he/she is thinking about suicide. It may save his/her life.
- Speak with a professional – your family doctor can supply you and your teen with referrals to counseling services and other valuable resources.
- Remove potential weapons from your home – make sure your house is free of guns, pills and ropes. Lock up knives and razorblades.

The National Suicide Prevention Lifeline is **1-800-273-TALK (8255)**. They are a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

**Preventing Substance Abuse: Drugs and Alcohol**
In 2009, drug overdose was one of the leading causes of accidental death in Clark County. Drug overdose deaths accounted for 23% of accidental deaths. Half of these deaths resulted from overdose of opiate prescription painkillers. The majority (69%) of these deaths were children ages 15 to 17 years old.

Here are some tips to talk to your children about drug use:
- Build an ongoing dialogue with them.
- Be absolutely CLEAR that you don't want them using drugs.
- Be a better listener.
- Give honest answers to your children's questions.
- Use TV reports, anti-drug commercials, or school discussions about drugs to help you introduce the subject in a natural, unforced way.
- Don't react in a way that will cut off further discussion—talk calmly and openly with your teen.
- Role-play with your teen and practice ways to refuse drugs in different situations.

For more information, visit http://www.theantidrug.com/.

**Prescription drugs**
Emergency Contact List

Fill in the blanks and make several copies. Keep extras handy for friends, family, nanny, and other babysitters to take along on outings with your child.

**Emergency Phone Numbers**

Main emergency number: 911 or ______________ (local emergency number)

Poison Control: 1 (800) 222-1222

Doctor: Name _______________ Phone # _______________

Hospital: Name _______________ Phone # _______________

Dentist: Name _______________ Phone # _______________

Local Police _______________

**Information about child**

First name: _______________ Last name: _______________

Date of birth: _______________

Weight: _______________ as of (date) _______________

Medical conditions: _______________

Allergies: _______________

Health insurance: ________ Policy/group #: _______________

**Family/Friends Contact Information**

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CLARK COUNTY
EMERGENCY CONTACT NUMBERS

Police Emergency: 911
Fire Emergency: 911
Police Non-Emergency: 311
Clark County Child Abuse Hotline: 702-399-0081
Clark County Child Death Review:
http://www.southernnevadahealthdistrict.org/cdrt
Information and Referral: 211
Las Vegas METRO Domestic Violence: 702-229-2690
Nevada Check-Up (in-state): 1-877-543-7669
Nevada Check-Up (out of state): 1-800-360-6044
Poison Control: 702-732-4989
Safe Kids Coalition: 702-731-8666
Suicide Hotline-Clark County: 702-731-2990
Suicide Hotline-National: 1-800-273-TALK (8255)
Swimming Lessons
Clark County Aquatic Office: 702-455-8508

For more information about NICRP or
additional information about this booklet, visit:
http://nic.unlv.edu/
(702) 895-1040