



Helping Hands for Families

3 out of 4 Child Safety Seats are Installed or Used Improperly



Road injuries are the leading cause of preventable deaths and injuries to children in the United States. Using child safety seats correctly can greatly reduce the risk of serious injury & death.

Car Seat Safety

#1. CHECK THE LABEL

Look at the label on your car seat to make sure it is appropriate for your child's age, weight and height.

Your car seat also has an expiration date. Find and double check the label to make sure it is still safe.

#2. CHOOSE THE RIGHT DIRECTION: REAR-FACING OR FORWARD-FACING

- For the best protection, keep your baby in a rear-facing car seat for as long as possible, usually until about 2 years old.
 - Find the exact height and weight limit on the side or back of your car seat.
 - Kids who ride in rear-facing seats have the maximum protection for the head, neck and spine.
 - When your child outgrows a rear-facing seat, change to a forward-facing car seat. Keep the forward-facing seat in the back. Be sure to attach the top tether after you tighten and lock the seat belt or lower attachment anchors.
 - Kids can remain in some forward-facing car seats until they are 65 pounds depending on the car seat limits. ALWAYS check the seat label/manual and your vehicle's manual to find exact weight/height limits and restrictions.
- #3. KNOW YOUR CAR SEAT'S HISTORY**
- Borrow a car seat ONLY if you know its full crash history. This means you must get it from someone you know, not from a thrift store or over the (continued on other side).

FREE! CAR SEAT CHECKS & TRAINING

Marquette County Health Department now has a certified technician that can help make sure your car seat is installed properly. Call the Health Department at 608-297-3135 to schedule an appointment.



Marquette County Family Connections Coalition (MCFCC)

Volume 10—Issue 1
Winter 2014-15

Marquette County Health Department
608-297-3135

Marquette Early Learning Center & Head Start
608-296-2141 x 2114

Marquette County UW-Extension
608-297-3141

Family Health WIC
1-800-942-5330

Marquette County Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County Economic Support
608-297-3124

WorkSmart Employment & Training Services
608-355-4806

Westfield School District
Family/School Liaison & Guidance Program
608-296-2141

Montello School District
608-297-7617

Mission
The Marquette County Family Connections Coalition (FCC) mission is to link families with community agencies through communication and collaboration.

Car Seat Safety, continued

Internet. Once a car seat is too old, is missing parts, has been in a crash or is recalled, it needs to be replaced

#4. BE SURE CAR SEAT IS INSTALLED CORRECTLY

- INCH TEST: Once your car seat is installed, give it a good tug at the base where the seat belt goes through it. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.
- PINCH TEST: Make sure the harness is tightly buckled and coming from the correct slots (check your car seat manual). With the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you are good to go.
- Use either the car's seat belt OR the lower attachments, don't use both. They are equally safe, so pick the one that gives you the best fit.

#5. BE WARY OF TOYS

- Toys can injure your child in a crash, so be extra careful to choose ones that are soft and will not hurt your child. Secure loose objects and toys to protect everyone in the car.

#6. BUCKLE UP

- We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride. Be sure everyone in the vehicle buckles up too.

For more information visit [safekids.org](http://www.safekids.org)

Winter can be tough, with feelings of being stuck indoors, sniffles and flu, and it being just plain cold! Sometimes you have to make an effort to plan activities and be active. Otherwise, it is very easy to get settled by a heater or under a blanket. Remember that moving and playing actually warms you up!

On the days when it is just too cold to be outdoors, you could:

- Make soup or bake cookies together with your child.
- Organize a small group to sing at a local nursing home.
- Build a wreath; find things around the house to decorate it.
- Plan a game time. Switch out board games for active games, like Twister, Charades, Simon Says, or Follow-the-leader.

On days when it is safe to be outside, you could:

- Blow bubbles and watch them freeze on the wand.
- Take a walk in the woods. Find things to glue onto paper when you get home.
- Make bird feeders and hang them outside near a window. You can make birdfeeders out of just pine cones, peanut butter, and birdseed! When you are in the house, watch them eat ☺
- Shovel snow for a neighbor.

Remember to wear proper clothing and accessories outdoors! A hat for warmth, boots to keep your feet warm and dry, a warm jacket, and hand protection.

Orange Fluff Salad

A one-dish wonder! 8 servings



Ingredients

- 1 container (12 ounces) lowfat cottage cheese
- 1 package (3 ounces) orange gelatin
- 1 can (8 ounces) crushed pineapple with juice
- 1 can (11 ounces) mandarin oranges, drained
- 1 cup whipped topping

Directions

1. Combine cottage cheese and gelatin powder in mixing bowl.
2. Fold in pineapple, drained oranges and whipped topping.
3. Chill until serving time.

Source: <http://www.kidsacookin.ksu.edu/>

Winter Fun Ideas

Moving and playing warms
you up and feels....
oh so GOOD!



What winter fun ideas can
you create?