



THINK SAFETY!

2020

THE GREAT INDOORS

Tips on how to survive your family staycation, no matter how long it is.

Plus:

- Sugary drinks and your child's health
- Wildlife in New York City
- Screen time and your child
- Returning to school after a concussion



led by



Dear New York City Families,

Each year *Think Safety* delivers information from the educators, health care professionals and child advocates of the Safe Kids coalition of New York City straight to you. This year has been different than others. At the start of 2020, as wildfires raged in Australia, a new disease raced at an even greater pace across the globe and by spring the virus, now known as COVID-19, had found its way to every continent except Antarctica.

While COVID-19 has spread almost everywhere, it has not affected everyone the same way. For some it has meant losing their daily routine and incomes. Others have lost their friends and loved ones. This issue of *Think Safety* had to take a

different direction than previous issues. The fight against COVID-19 is different for everyone. Some, including many in **Safe Kids New York City**, fight on the front lines, saving lives in hospitals. Some of our heroes keep our grocery stores stocked. The best the rest of us can do is stay home. That is reflected in the content in *Think Safety*, from keeping a safe and healthy home, to having fun in your home, to how to safely leave your home in case of an emergency. No matter where you are, we want you to *Think Safety*, and we also want you to think hope.

Cheryl Johnson & Maria Cruz

Directors, Safe Kids New York City

Smart Screen Time, Better Family Time

By **Allisann Fain**, BS, CCLS, Child Life Specialist/Trauma Department, Richmond University Medical Center and **Daniel Genovese-Scullin**, RN, BA, MSN, Pediatric Trauma Program Manager/Richmond University Medical Center



In 2019, the average teenager spent over seven hours a day on screen media for entertainment purposes, according to research by Common Sense Media, a non-profit organization that helps families navigate media. Due to shelter-in-place protocols, we are likely to see an increase in screen time and device utilization in 2020. Excessive use in electronic devices can not only have negative developmental effects, but also increased safety risks for people of all ages.

According to the National Highway Traffic Safety Administration (NHTSA), 2,841 people were killed in motor vehicle crashes due to distracted drivers in 2018. Pedestrians are especially vulnerable as NHTSA also reported that 6,283 pedestrian deaths occurred on public roads in 2018. Distractions are a key factor in traffic-related incidents.

For children of all ages there are multiple developmental and health concerns related to an increase in electronic device utilization. However, as parents, there are many ways to help your children develop healthy habits and decrease screen time in and outside of the home. Setting healthy habits not only plays a part in their developmental health, it can also reduce the potential for distraction-related injuries and death.

Talk to your children about the importance of staying alert and staying off the phone when walking on streets or in parking lots. Make sure you are off your phone and fully present in your conversations throughout the day, therefore setting the example for healthy screen time practices. To continue these habits at home, set rules for your younger children, such as not allowing the TV to be on in the background at the dinner table or charging phones in their bedroom at night. This will help encourage better sleeping patterns and family interactions. Create a system that lets your child regulate how much time they spend on screens. Your child can turn in a ticket or put a sticker next to their name every time they watch a show, or for every 30 minutes they spend on their phone. Let your older children help you come up with their screen time rules. Have discussions and value their input while maintaining appropriate limits. Implementing these practices will help keep your child safe on and off the roads while teaching them healthy screen time habits at home.

To find more information about children and screen time, please visit commonsensemedia.org.



PLEASE JOIN US IN OUR EFFORTS TO KEEP NEW YORK CITY CHILDREN SAFER.

Current Safe Kids New York City members include:

AAA New York
 Bellevue Hospital Center
 Brookdale Hospital Medical Center
 Elmhurst Hospital Center
 Empire Blue Cross/Blue Shield/ Healthplus
 FedEx
 Jamaica Hospital Medical Center
 Kings County Hospital Center
 Maimonides Medical Center
 Millennium Development Corporation
 New York Public Library
 New York Presbyterian Hospital – Morgan Stanley Children's Hospital
 NYC Department of Parks & Recreation
 New York Presbyterian Hospital – Weill Cornell Medical Center
 NYC Administration for Children's Services
 NYC Department for the Aging
 NYC Department of Education
 NYC Department of Health & Mental Hygiene
 NYC Presbyterian Hospital Queens
 NYC Department of Transportation
 NYC Fire Department
 NYC Health and Hospitals Corporation
 NYC Poison Control Center
 NYC Police Department
 NYS Dept. of State Division of Consumer Protection
 NYS Safe Kids Coalition
 NYU Langone Medical Center Parent Education Program
 NYU Langone Medical Center Concussion Center
 NYU Lutheran Medical Center
 Northwell Health
 Northwell Health - Lenox Hill Hospital
 Northwell Health - Staten Island University Hospital
 Public Health Solutions/Sudden Infant and Child Death Resource Center
 Richmond University Medical Center

Our Activities

- Programs and fairs at schools, afterschool centers, community centers, camps, libraries and museums where children learn how to prevent injuries at home, at play and on the road
- Car safety seat inspection stations teach parents to correctly install car seats
- Workshops for pregnant and new parents help young families learn how to be safe from the start
- Professional training conferences for educators and others interested in learning more about injury prevention

Call 212-839-4750 for more information



CONCUSSION CAUTION



By **Julia D. Drattell**, MEd, ATC, CES, Program Coordinator-Athletic Trainer and **Mara Sproul**, RN, MPA, CRRN, RN-BC, Program Manager NYU Langone Concussion Center

Up to 1.9 million children suffer a sport-related concussion every year. A concussion is a mild form of a traumatic brain injury caused by a blow to the head or the body that shakes the brain inside the skull and disrupts its function. A concussion may result from events like a fall or a car accident, or during sports and physical activity, such as football, soccer, hockey, and even the playground.

Signs and symptoms of a concussion can vary greatly. Some common symptoms are:

- Headache
- Nausea
- Dizziness
- Blurred vision
- Difficulty concentrating or remembering
- Trouble sleeping
- Mood changes

The average recovery length for children is approximately one month, disrupting about 10% of the child's school year, or possibly more! Returning to school after a concussion

can be challenging for both the child and the caregivers, since each child will require individualized management plans during this time.

After seeing a physician, let the school nurse or principal know that your child has suffered a concussion and pass along any recommendations from the physician. An open line of communication about the student's plan and a "team" approach with regular communication is key to success. New York State laws recommend that public schools create a designated team for concussion management. If one is not in place, a simple and effective team can include the student, caregivers, school nurse, school administrators, and treating physician.

Current recommendations support returning to school within the first few days of injury. The physician and the school's concussion management team can help identify accommodations that will best allow the child to attend school while

avoiding symptom triggers. The team can also adjust and remove the accommodations as the child recovers.

Some examples of accommodations include:

- Reduced class time
- Later arrival or early dismissal
- Established breaks during the day
- Lunch in a quiet space, with a small group of friends
- Wearing a hat or ear plugs for light or noise sensitivity
- Written instructions
- Limited homework and tests
- Class notes or memory aids

Each concussion is unique and the specific needs of the child should guide the process for returning to school. Regular communication, patience, and positive reinforcement will help support the student's recovery process.

For more information please on returning to school after a concussion please visit The Brain Association of New York State's website at bianys.org.

Safe Kids - New York City

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STAY HEALTHY WHILE STAYING AT HOME

During COVID-19, New Yorkers are spending more time than ever in their homes and it is very important that your home should be safe, without lead, mold and pest hazards that can harm health, especially that of our littlest New Yorkers.

Check your home to make sure it's safe. Look around your home to see what you can improve. Do you have peeling, cracked or loose paint? Did you purchase foods, medicines, cosmetics, ceramics, toys and jewelry outside



By Nevila Bardhi, Community Coordinator for NYC Department of Health and Mental Hygiene

the country? Some consumer products purchased or sent from another country can contain lead, mercury and arsenic. For more information on these products visit: www.nyc.gov/hazardousproducts.com.

Do you see signs of mold? Mold usually grows in damp places and can be furry, slimy or powdery and come in different colors. Do you see signs of pests? Go around your home and look for roach or rodent

droppings, chew marks in woodwork, gaps, cracks and holes in walls, leaky faucets and areas with clutter. If you answered yes to any of these questions, take steps to protect yourself and your family:

Keep Your Home Lead Free. Tell your landlord to fix peeling, cracked or loose paint, and if they do not, call 311 to request a free inspection. Clean floors, windowsills and dusty places with wet mops or wet cloths at least weekly and remove your shoes before entering your home. Avoid using products bought in or sent from other countries that may contain lead, such as health remedies, spices and cosmetics and religious powders. Remind your doctor to test your children for lead at ages one and two.

Keep Your Home Safe From Mold and Pests. If you see water leaks, pests or large areas of mold, report the problem to your landlord. Call 311 if the problem is not fixed. If pests are invading your home, make it harder for them to move freely and find food, water and shelter by reducing clutter, vacuuming thoroughly, washing hard surfaces, sealing cracks and holes, keeping food in sealed containers and using garbage cans with tight-fitting lids. Never use illegal pesticides, foggers, bombs or loose rodent bait, as their use has been linked to accidental poisonings.

Visit <http://www.nyc.gov/health/healthyhomes> to learn more about how to keep your home safe and healthy!

ASK YOUR DOCTOR TO TEST YOUR CHILD FOR LEAD

Lead in peeling paint poisons children.

- Tell your landlord to fix peeling paint. It's the law.
- Wash floors, windowsills, hands, and toys often.



GET YOUR CHILD TESTED AT AGES 1 AND 2. CALL 311 TO LEARN MORE OR VISIT nyc.gov/leadfree.



BOOK CORNER

By Alexandria Abenshon
Manager, SchoolAge
Children's Programming,
New York Public Library



Roller Girl (2019)
By Victoria Jamieson

This graphic novel takes on a lost friendship, camp, and the impending doom of middle school.

2020 has seen many people around the globe spending a lot of time at home. It also marks a special milestone for women across the country: 100 years of women's suffrage. What a great opportunity to read about women and their contributions! Though not all women received the right to vote in 1920, it started the conversations we continue to have to this day. Here are some titles to celebrate women and being yourself!



Mary Wears What She Wants (2019)
By Keith Negley

Beautifully illustrated, Negley shares the story of Mary Edwards Walker, a doctor who was arrested time after time for wearing pants!



The Oldest Student: How Mary Walker Learned to Read (2020)
By Rita Lorraine Hubbard

Illustrated by Oge Mora

Mary Walker lived a long life but the one thing she never did was learn how to read - until she was 116, that is!



Charlotte the Scientist is Squished (2017)
By Camille Andros
Illustrated By Brianne Farley

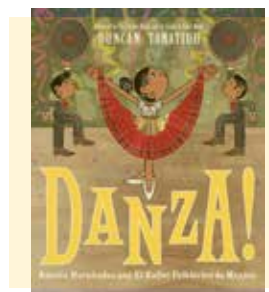
When her brothers and sisters take up TOO MUCH ROOM, Charlotte is squished! Will her love of science be able to help her solve her space problem?



It Began with a Page: How Gyo Fujikawa Drew the Way (2019)
By Kyo Maclear

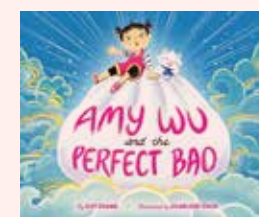
Illustrated by Julie Morstad

Read about big moments in Gyo Fujikawa's life as she fought for racial diversity in picture books.



Danza!: Amalia Hernández and Mexico's Folkloric Ballet (2017)
By Duncan Tonatiuh

Follow Amalia's journey throughout Mexico as she learns regional dances and combines her love of traditional ballet with folkloric dance.



Amy Wu and the Perfect Bao (2019)
By Kat Zhang

Illustrated by Charlene Chua

Amy's family makes perfect bao but Amy's always comes out wrong. Will Amy ever be able to make the perfect bao?



The Wonderful Things You Will Be (2015)
By Emily Winfield Martin

This sweet picture book is endearing but also provides a great foundation for building self-confidence and celebrating endless possibilities.

OUT OF THE FIRE AND INTO SAFETY

Contributed by the FDNY

There were 66 fatal fires in New York City last year. Often the only fire prevention mechanism people have in their homes are smoke and carbon monoxide alarms. But it's also essential to have an escape plan in case of an emergency. Everyone in your household should help make the plan and practice it regularly. As part of your escape planning process, be sure to know if you live in a fire proof or non-fire proof building. Knowing if a structure is fire proof or non-fire proof will help you determine if you should stay or go depending on the circumstances of the fire in your building. Always listen to instructions from the Fire Department during emergencies.

PLAN: Walk through your home and inspect all possible exits. Be sure all escape routes and hallways are clear of clutter and storage. Consider drawing a floor plan of your home and mapping two ways out for each sleeping area. If you live in an apartment building with three or more units, review its fire safety plan.

- Teach everyone in your home how to unlock and open windows, doors and all security devices.
- Remind everyone to close doors behind them as they exit.
- Designate family members responsible for waking children or older adults.
- Agree on a meeting place outside your home.
- Stress the importance of calling 911 once in a safe location.

PRACTICE: Make household drills realistic. Since most fires happen overnight, start drills in sleeping areas and darken your home as if it is smoke filled.

- Begin the drill with the sound of the smoke alarm.
- Practice escaping through smoke by crawling low on hands and knees.
- Follow your escape plan from the beginning all the way through to a your assigned meeting place outside your home.

ESCAPE PLANNING EXERCISE: In the grid below draw a floor plan for each level of your home. Your drawing should include all windows, doors, fire escapes and stairwells. Label all sleeping areas and draw arrows showing escape options.

— WINDOW
→ 1ST ESCAPE ROUTE
→ 2ND ESCAPE ROUTE
■ FIRE EXTINGUISHER

For more information about fire safety please visit nyc.gov/site/fdny/index.page. To find out if your building is fire proof or non-fire proof please visit the Department of Building's website at nyc.gov/site/buildings/index.page or call (212) 566-5000.

Sweet Child O' Mine

By Dekeya Slaughter, BSc(Hons), EMT Bellevue Hospital, NYC

Sugary drinks are a friend for all seasons: hot chocolate in the winter, fruit juices in the spring, sweetened lemonade in the summer, and hot apple cider in the fall. But how much sugar is too much for kids? What's the difference between added sugar and natural sugar? What are some healthier alternatives?

The United States Food and Drug Administration (FDA) requires food producers to list all ingredients on drink labels, from highest to lowest amounts. In other words, if an ingredient is listed first, that is what the food producer used most. If sugar, sweetener, sucrose, malt, honey or syrup is one of the first three ingredients, you can assume that drink is unhealthy. This is because added sugars cause kids' bodies to make triglycerides that stay in the liver or bloodstream as fat, putting them at risk for diabetes, obesity, and heart disease.

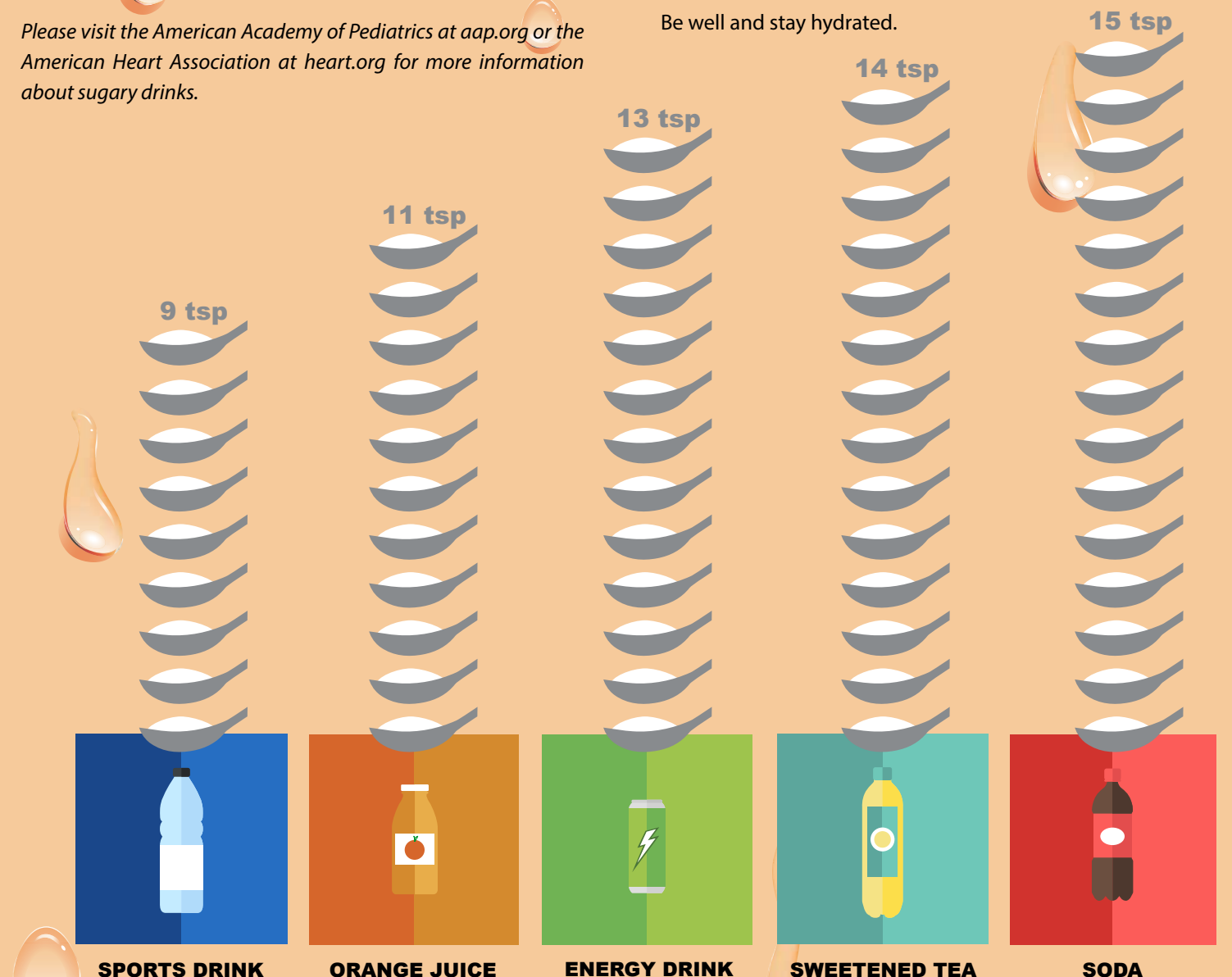
Please visit the American Academy of Pediatrics at aap.org or the American Heart Association at heart.org for more information about sugary drinks.

Children 0-2 years should not drink anything with added sugars – this includes chocolate milk, sodas, and most fruit juices. Children 2-18 should have less than six teaspoons (about 25 grams) of added sugars per day. Parents should check drink labels for serving sizes.

As parents, we tend to think of fruit juices as healthy, but they are no substitute for whole fruit. Store-bought fruit juices have sweeteners, preservatives, and other additives that can make them as unhealthy as sodas. The American Academy of Pediatrics (AAP) recommends no fruit juice for children under 12 months, and recommends that fresh-squeezed or reconstituted juice that has no added sweeteners can be part of a healthy diet for children older than 12 months.

As parents, we want our children to be healthy. The best way to teach them is by modeling healthy behaviors. Try replacing sugary drinks with ice cold water instead, plain or sparkling, with added fruit a hot day. Fresh-squeezed juices are flavorful alternatives, without the added calories or preservatives.

Be well and stay hydrated.



Information for bar graph can be found on childrens.com/health-wellness/effects-of-sugary-drinks-on-your-childs-health-infographic

Watch Their Head

By Robert Curran, Injury Prevention and Outreach Coordinator, Trauma Program
New York-Presbyterian Hospital/Weill Cornell Medical Center

According to the New York State Department of health, any hospital in New York state might treat an average of 18 infants every day due to an unintentional fall. Each day one baby will be injured severely enough to require hospitalization. These injuries resulted from activities such as climbing on furniture, playing near an unsecured window, falling down stairs, falling from a caregiver's arms, or playing on playgrounds. The good news is that you, as a parent or caregiver, can play a major role in preventing home fall injuries.

We can prevent many head injuries by doing the following:

- 1 Properly install window guards to prevent unintentional window falls. Remember, small children can push chairs or objects and climb them to look out a window.
- 2 Keep babies and young kids **strapped in** when using high chairs, infant car seat carriers, swings or strollers. When placing your baby into an infant car seat carrier, remember to place it on the floor, not on top of a table or other furniture. If using a baby wearing device such as a sling or a carrier, make sure the device is appropriate for the infant's height and weight and that it is worn properly to prevent the infant from slipping out.
- 3 Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible.

4 Place the baby back in their bassinette or crib when **you** feel sleepy. Many head injuries occur as a result of the caregiver falling asleep and the baby falling out of their arms.

5 Secure TVs and furniture to the wall using mounts, brackets, braces, anchors or wall straps to prevent tip-overs.

Parents and caregivers should feel absolutely comfortable calling 911 for any fall or head injury. Calling 911 doesn't automatically mean a trip to the hospital. The ambulance crew has experience with head injuries and can always communicate with an emergency department physician. The physician can discuss the best options, including transport to a pediatric trauma center, local emergency room, or follow up with your own clinic or pediatrician. If a serious head injury has occurred, time is of the essence.

Do you need a window guard? Please visit nyc.gov/site/doh/healthy-topics/window-guards.page or call 311 for more information.

For more information on anchoring furniture, please visit anchorit.gov.



By Julia R. Glauboch, RN Department of Surgery, Division of Trauma Staten Island University Hospital

Called *trash panda* by their detractors and *Procyon lotor* by scientists, raccoons are adaptable creatures and can live in a number of places, including in all five boroughs of New York City, inhabiting people's yards, attics, and walls. They are easily identified by their striped bushy tail and a black mask of fur around their eyes. Raccoons are about the size of small dogs, and like small dogs your child might even want to pet them, but this is an animal people—and their pets—should stay away from.

Raccoons are carriers of rabies, roundworms and other diseases. Infected raccoons can transmit rabies to people and pets through bites and scratches. A rabid raccoon may appear sick or injured, convulse or shake uncontrollably, appear unsteady on their feet or act unusually friendly or aggressive.

IF YOU ARE BITTEN OR SCRATCHED BY A RACCOON, wash the wound thoroughly with soap and water. Visit the emergency room or see your doctor as soon as possible. Call 311 to report a sick raccoon or if a raccoon scratches or bites you or your pet. Pet owners should make sure their dogs or cats have up to date rabies vaccinations.

TO PREVENT RACCOONS from entering your home always feed pets indoors. Keep garbage and recycling bins clean and use tight-fitting lids. Inspect your property and seal all openings, replace broken or torn screens and repair broken windows, trim backyard tree branches and fence in areas underneath decks.

TO GET RID OF RACCOONS living in a home, use bright or flashing lights or loud music or sounds, and unpleasant smells (try a bowl of cider vinegar) or hire a licensed professional Nuisance Wildlife Control Operator by visiting the New York State Department of Environmental Conservation at dec.ny.gov to find a wildlife trapper in your area. Never attempt to trap, cage or relocate a raccoon.

TO KEEP RACCOONS FROM RETURNING, inspect all suspect areas and permanently seal all entrances to prevent access to food and shelter and conduct regular checks to make sure there are no new holes or openings.

For more information on raccoons, rabies and protecting your home from pests, call 311 or visit nyc.gov/health/rabies.



THE GREAT INDOORS

BY ROBIN KILMER,
COMMUNITY COORDINATOR,
NYC DOT

They say it takes a village to raise a child—your family, friends, neighbors and more. Every once in a while you're cut off from your village and stuck at home because of a blizzard or a rainy day. This year millions of Americans are staying at home for great lengths of time to avoid COVID-19, and had to learn very quickly how to be stuck at home with their children. Here are some ideas that helped me and my toddler make it through.

- 1. Cook** something with your child, whether they are actually helping or just "helping." If your kid invests effort in their dinner, there is a higher chance they'll eat it! Yes, there will be messes, but without mess there is no progress! If I don't teach my child to cook he'll never be able to make dinner for me!
- 2. Dance.** Don't think you can dance? Your kids don't care (as long as they're under 12). You can create the playlist together. Let them choose some songs, but not all or even most, for your sanity's sake. Dancing is a great way to burn energy.
- 3. Have a construction project.** As long as you have some pieces of furniture and a blanket you can make a fort. My toddler makes tunnels and bridges by placing our sofa pillows over some chairs. Kindly remind them that you might not feel like letting them create Fort Knox if you're the one who has to clean it up when they're done.
- 4. Give toys a bath.** A large bucket or even a pot can be converted into bathtub for all your child's dirty plastic toys. It's the carwash, the pet dinosaur wash, or whatever your child wants to call it. Make sure you place the bucket or pot over a towel to mitigate flooding.
- 5. Look at animals and art.** Many zoos, including the Bronx Zoo and the Smithsonian National Zoo, have webcams so the public can watch sea lions, cheetah cubs, naked moles and more. Museums have also opened up for virtual tours and put their collections online. Google Arts and Culture is a good aggregate to find the collections you're looking for.

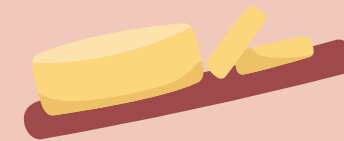
See the Bronx Zoo's animal camera at [bronxzoos.com/virtual-zoo/live-cams](https://www.bronxzoos.com/virtual-zoo/live-cams). To check out the animal camera at the Smithsonian Zoo visit nationalzoo.si.edu/webcams. Check out art at artsandculture.google.com



Pancakes For the Win



By Robin Kilmer, Community Coordinator, NYC DOT



DRY INGREDIENTS

- ½ cup cornmeal
 - 1 cup oat flour* (or regular flour or spelt flour)
 - ½ teaspoon baking powder
 - ½ teaspoon baking soda
 - Several dashes of salt
 - Several dashes of cinnamon
- *Don't have oat flour? Dump rolled oats or quick oats into a coffee grinder!

WET INGREDIENTS

- 1 egg
 - 1 cup of yogurt—preferably vanilla or plain, but any flavor works**
 - ¾ cup milk**
 - 1-2 tablespoons or more of honey, maple syrup or sugar
 - Butter or coconut oil
- **Yogurt and milk can be used interchangeably if you happen to have more of one than the other. Cottage cheese and even applesauce can be good substitutes.

One of the easiest and most pleasing foods you can make is pancakes. Many people get them at their favorite brunch spot or from a pancake mix, but making them from scratch is a team-building activity can offer your child an opportunity to develop hand-eye coordination skills, learn about fractions, the importance of following instructions, and more!

Flour, eggs and milk are standard ingredients, but pancakes are flexible and creativity will save you a trip to the store.

Whenever I make pancakes I make sure to include my two-year-old son. Here is one of our favorite pancake recipes:

1. I always measure out the dry ingredients and let my son pour them into the mixing bowl. I put in the wet ingredients and he stirs them together before I step in. I know the batter is the right consistency if it drips from my spoon like thick, melted ice cream. I always fry a test pancake to see if I need add more sweet stuff.

2. Make sure your flame is on medium to low. The butter or coconut oil should sizzle when you put it in the frying pan.

3. It should not take long for your pancakes to be ready to flip. If you see a bunch of little pockmarks forming in your batter that generally means will be ready to flip soon. If the pancake doesn't offer any resistance when you lift it with the spatula that means it's ready to flip. It will only need a few moments on the second side before it's done and ready to eat!

Keep Truckin' Safely, In and Around Trucks

One of the first pedestrian fatalities of 2020 was a ten-year-old Queens boy who was struck by a garbage truck when he was walking to school with his mother. The boy's death is not the first, is certainly not novel, and is in keeping with a trend from 2019 showing that trucks are disproportionately represented in traffic fatalities. Last year, 30 pedestrians and cyclists were killed in collisions with trucks according to data from the New York City Department of Transportation and the New York City Police Department.

Take a look at what the DOT has been doing to make the streets safer:

- Many pedestrians and drivers are aware that trucks and buses have blind spots, but aren't quite sure where. Since 2011, the Department of Transportation's Freight Mobility Unit has hosted Truck's-Eye-View events. DOT's Trucks Eye View (TEV) program teaches cyclists and pedestrians about obstructed vision areas around trucks. At these events, the public is invited to observe trucks up close—as close as the driver's seat, where they get a better idea where the obstructed vision areas are. Between 2017 and 2019, the Truck's Eye View outreach initiative has reached over 8,000 New Yorkers at community events citywide.
- There are 1,257 trucks in the DOT's fleet. As part of their training, NYC DOT fleet drivers now must view "I See You," a training video that offers best practices for the fleet's truck drivers.
- The DOT's Office of Research, Implementation and Safety installed Turn Calming treatments at 330 intersections throughout the city between 2016 and 2018. One such treatment is rubber speed bumps to encourage safer turns by drivers of all vehicles, including truck and bus drivers.
- The DOT has installed truck safeguards on its fleet of vehicles. In 2019, 758 sideguards were installed. Sideguards help prevent pedestrians, cyclists and motorcyclists from being run over by the truck's rear wheels.

