

front air bag. The infant can suffer serious injuries if the air bag inflates and forcefully propels the car seat. Lightweight infant carrier seats should not be used with a seat belt as a substitute for an infant car safety seat. Children over 40 lbs. and 40 inches tall can safely be restrained in a booster seat; those over 60 lbs. can use the regular seat belt. Parents can make buckling up a routine game for school age children so that they will want to do it every time they get into the car. Children can try to beat their best time for how quickly they can get their seat belts on while their parents count out loud. The AAP estimates that with 100% compliance, car safety seat use in children 4 years of age or younger could prevent approximately 53,000 injuries and 500 deaths each year. So, remember to buckle up this summer.

As for personal safety this summer, make sure your child always wears a helmet while riding a bike. Buy the helmet when you buy the bike. Insist that the child cannot ride the bike if the helmet is not worn. A child less than 8 years old should not be allowed to ride a bike in the street. Never let your child play near the street. The park or playground is the best place to

play. Children should be taught pedestrian safety at the age of 5 years old. Teach your child to stop at the curb, then look to the left, to the right, and back to the left again. Teach your child never to cross a street without an adult. Does your child know what to do if a stranger approaches him or her while outside playing. All toddlers and school age children should be

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taught not to talk to strangers. They should learn that Stranger danger means danger danger!!

In closing, these are just a few helpful tips to you help plan your summer of safety. Pass this S.O.S. on to your friends and other family members so they too will be informed and aware.

**HAVE A WONDERFUL, SAFE SUMMER!!!**

Eat Healthy.



Participate in activities.

