



Pedestrian Safety

From NHTSA

At some point in the day, everyone is a pedestrian. Unfortunately, pedestrian injuries and fatalities remain high. In 2020, 6,516 pedestrians were killed, and an estimated 55,000 pedestrians were injured nationwide. NHTSA raises awareness of the dangers to pedestrians and provides tips to keep pedestrians safe.

- Follow the rules of the road and obey signs and signals.
 - Walk on sidewalks whenever they are available.
 - If there is no sidewalk, walk facing traffic and as far from traffic as possible.
 - Cross streets at crosswalks or intersections. Look for cars in all directions, including those turning left or right.
 - If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
 - Watch for cars entering or exiting driveways or backing up in parking lots.
- Embrace walking as a healthy form of transportation - get up, get out and get moving.

For a reminder on walking around your vehicle before backing email PCH for a free Spot the Tot sticker to place on your driver's side window.



6 Ways to Help Your Child Succeed in Elementary School

Adapted from kidshealth.org

1. **Attend Back-to-School Night and Parent-Teacher Conferences.** Kids do better in school when parents are involved in their academic lives.
2. **Visit the School and Its Website.** Knowing the physical layout of the school building and grounds can help you connect with your child when you talk about the school day. On the school website, you can find general school information specific to your school.



3. **Support Homework Expectations.** Homework in grade school reinforces and extends classroom learning and helps kids practice important study skills.
4. **Send Your Child to School Ready to Learn.** Help them start off on the right foot with 10-12 hours of sleep and feed them a nutritious breakfast.
5. **Teach Organizational Skills.** When kids are organized, they can stay focused instead of spending time hunting things down and getting sidetracked.
6. **Get Involved.** Check the school or teacher website to find volunteer opportunities that fit your schedule. Even giving a few hours during the school year can make a strong impression on your child.





What Should I Know About Bicycle Helmets?

Bicycle helmet use should be mandatory for everyone in your family, no matter where you are or how short the ride. In many states it's the law.

Many bike accidents involve a head injury, so a crash could mean serious brain injury or death for someone who doesn't wear one while riding. Each year in the United States, about half a million kids are seriously injured in bicycle-related accidents, and most of those injuries could have been avoided if a helmet was worn. To protect against brain injury, make sure your kids wear a correctly fitting helmet on every ride.



Here are some things to keep in mind when buying a helmet:

- Pick bright colors or fluorescent colors that are visible to drivers and other cyclists.
- Look for a well-ventilated helmet.
- Make sure that the helmet has a CPSC or Snell sticker inside. These let you know that the helmet meets standards set by trusted safety groups.
- Make sure the helmet fits correctly and can be adjusted. Bike stores will help you with this. (see below for a quick fitting guide.)
- When kids wear a helmet, make sure that the straps are fastened. Also make sure they don't wear any other hat underneath it.

- Be sure to replace any helmet made before 1999.
- If your child hits any surface hard while wearing a helmet, replace it. Helmets lose their ability to absorb shock after taking serious hits.

One of the best ways to help kids learn safe bike riding is to set a good example by following the rules of the road yourself. Most important, always wear your helmet.

Car Seat Corner

Why does recline angle matter for my rear facing seat?

For a child without neck control, recline is critical to keep their head back so their airway isn't compromised. Locate the recline indicator on your seat. It may be a wheel, ball, level or a line printed on the side of the seat. When checking for recline, make sure the car is on level ground. If you aren't sure if it is level, check the level while you're at the gas station. The gas pumps are always level. For all children who are rear facing, recline is essential for the car seat to perform as intended in a car crash. Check your owner's manual for specific questions related to your seat. Call 801-662-6583 for a free car seat check either in person at Primary Children's or virtually.

