

SAFETY PARENT HANDOUT

Injury Prevention

The Injury Prevention Center at Arkansas Children's is the only multi-faceted injury prevention program in Arkansas whose mission is to reduce injury, death and disability in Arkansas through service, education, innovative research and advocacy. It only takes only a moment to lose your life due to an injury, but it also only takes a moment to practice safety and prevention.

<http://www.archildrens.org/health-and-wellness/injury-prevention-center/injury-prevention>

Bike Safety

Cycling is fun for the entire family, but both adults and kids need to be properly equipped when riding bikes, skateboards, or anything with wheels.

<https://www.archildrens.org/health-and-wellness/injury-prevention-center/recreational-safety/recreational-safety>

Car Seat Safety

Motor vehicle crashes are the leading cause of death and injury for all children. Child restraints, or car seats, reduce the risk of injury by and reduce the risk of death in comparison to children in seat belts alone.

[http://www.archildrens.org/intensive-care/neonatal-intensive-care-unit-\(nicu\)/resources/car-seat-safety](http://www.archildrens.org/intensive-care/neonatal-intensive-care-unit-(nicu)/resources/car-seat-safety)

Safe Sleep

Arkansas Children's provides caregiver tips and resources to keep your baby sleeping safely.

<http://www.archildrens.org/health-and-wellness/injury-prevention-center/home-safety/safe-sleep-tips>

Know your ABC's of safe sleep

A – Alone (never co-sleep with your baby)

B – Back (only put your baby to sleep on their backs)

C – Crib (make sure your baby's sleep environment is safe and free of suffocation hazards, i.e. blankets, bumper pads, stuffed animals, etc.)

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Please note that this document is a summary of community resources and this information is ever changing, this resource is not the final authority on the resources available, only a starting point



Bullying

Bullying has become an important issue today. According to the National Education Association, a child is being bullied once every seven minutes.

Here is what you can do:

1. Report all instances of bullying to the school in writing and retain a copy for yourself.
2. Obtain a copy of the school's bullying policy
3. Keep a journal of when bullying happens, your child's story, actions taken and school response.
4. Work with the school district to help stop bullying.
5. If the school does not help to stop the bullying, send a written complaint to the school district and address the letter to the Superintendent. If you continue to have problems, follow the school policy and make a complaint to the Arkansas Board of Education. You can call **501-682-4212** or mail the complaint to:

Attn: Oliver Dillingham
Four Capital Mall, Room 403-A
Little Rock, AR 72201