

Kiwanis Safe and Healthy Kids

A Guide provided by the Ohio District Kiwanis Foundation to help Kiwanis Clubs implement projects in their local Community



Introduction

This resource booklet was developed to provide ideas for Kiwanis Clubs in Ohio so that they can offer a wide variety of hands-on service programs for children and families within their local community.

Excerpt's and articles from the Safe and Secure resource handbook developed by former Governor, Diana Keplinger and Service Chairs Sara Roush, Kevin Whitlach, and Linda Steinbrunner in the 2014-2015 Kiwanis year are the mainstay of this resource booklet.

We thank them for allowing us to use this product.

The current Board of Directors of the Ohio District Kiwanis Foundation Board has directed its focus and attention to supporting Pediatric Trauma Prevention grant applications that focus on Kiwanis Safe and Healthy Kids with specific attention to:

- Safe Home
- Safe Play
- Bicycle Safety
- Water Safety

Many ideas and projects in this booklet support this new focus.

We encourage all clubs to assess the needs in their particular communities and to develop grant applications that will help create a safe environment for our children.

Contact the Ohio District Kiwanis Foundation for information on grants, donations, or additional program ideas.

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YCPO Linda Steinbrunner shares some effective projects for young children:

Ideas for Club Projects

According to the Centers for Disease Control and Prevention (CDC), “unintentional injuries are the leading cause of death and disability for children and teenagers in the United States.” Knowing this, Kiwanis clubs can make a significant difference in the lives of families in their communities by simply providing key information to parents and grandparents to assist them in providing a safe environment for their children/grandchildren and thus to prevent death and disability. Often parents are simply not well informed and are totally unaware of simple actions that could enhance the safety of the environment and thus provide protection for their children.

According to the CDC, more than 9000 children die each year, more than 225,000 children are hospitalized annually and almost 9 million children are treated for their injuries in hospital emergency departments each year.

The five leading causes of unintentional injury deaths among children 0 – 5 years old in the United States in 2009 include suffocation, motor vehicle and other transportation accidents, drowning, fire/burns, and poisoning.

The six leading causes of nonfatal unintentional injuries for children 0 – 5 years old treated in emergency departments in the United States in 2009 include falls, being struck by or against an item, bite/sting, foreign body, and a cut/pierce.

Consider researching the primary causes of emergency department visits for children in your own community. Then target your projects toward decreasing those unintentional injuries and enhancing the safety of the environment in your community.

Projects do not have to be costly. Simply providing education via public service announcements on local radio and TV stations or in local newspapers can make a difference. Develop educational pamphlets to distribute to parents and grandparents at community functions or in key locations. Display information on posters and distribute handouts at your fundraising events. Getting key information into the hands of those people who are currently raising children should be your goal. Below are some critical topics you might consider researching. You are likely to find information regarding many of these topics readily available on websites and free pamphlets are often ready to print.

- 1. Unintentional Suffocation** is the leading cause of injury related death among children under 1 year of age. Nearly three quarters of these deaths are from accidental suffocation or strangulation in bed. Ohio has one of the worst infant mortality rates in the nation, ranked 47th in 2012. Each year in Ohio, more than 150 incidents are sleep related. That means every week in Ohio, 3 babies die because of unsafe sleep environments.

The Ohio Hospital Association has a statewide initiative called “Safe Sleep is Good4Baby”. Check with your local hospital to see if they are participating in this initiative. Local Kiwanis organizations can collaborate with hospitals to reinforce the message being given to new parents and caregivers.

Visit the website, www.safekidsworldwide for an excellent handout titled “Sleep Safety and Suffocation Prevention Tips” that can be easily downloaded and copied to distribute to parents, grandparents, and caregivers.

Another wonderful website with information related to safe sleep practices is www.healthyohio.gov.

Also, remind parents to keep cords and strings, including those attached to window blinds, out of their child’s reach. Children can become tangled/caught in the cords and can strangle themselves if left unattended. For your crawlers and climbers, move chairs, cribs and other furniture away from windows to help prevent window falls .

- 2. Drowning** is a leading cause of unintentional death among children of all ages, but especially among those 1 – 4 years old. Infants tend to drown in bathtubs and children 1 – 4 years old in swimming pools, and older children in natural bodies of water such as lakes and ponds. Children can drown in very small quantities of water. Be proactive to assure this does not happen. Actions to take include:
 - Never leave small children unsupervised in the bathtub
 - Keep toilet seats down and bathroom doors closed if there are small children in the house
 - Empty children’s swimming/wading pools when finished swimming and turn them upside down for storage.
 - Empty and turn over all buckets as soon as you are done using them
 - Put a personal floatation device on children when swimming or boating
 - Surround back yard pools with a fence at least 5 feet high and have gates that close and latch automatically

- Lock inside doors leading to a pool and install child-proof door knobs on these doors. Install alarms on doors that lead to the pool area.
- Provide swimming lessons for all children when ready, usually after age 4

3. Poisonings : In 2009 , 824 U.S. children died and another 116,000 were treated in hospital emergency departments due to poisoning. Nearly 80% of the calls made to U.S. poison control centers are for children younger than 5 years old. Young children are especially at risk for unintentional exposure to prescription and over-the-counter medications. Other common potential poisoning exposures for children include personal care products and cosmetics, cleaning materials, and plants. Safe practices to prevent poisoning of children include:

- Store medicines in original childproof containers and out of reach of children
- Take medicine in a place where children do not watch, because they learn by imitating adults
- Keep purses and briefcases out of children’s reach. If carrying medication in your purse, keep it in a childproof container
- Keep all household cleaning products out of reach of children and/or behind locked doors.
- Keep cosmetics, perfumes, etc. out of reach of a child
- Keep house plants out of children’s reach. Even if not poisonous, they might cause choking.
- Install a carbon monoxide alarm.

There are 55 Poison Centers in the United States. By dialing **1-800-222-1222** you can reach the poison center that serves you. Your call is routed based on the area code and exchange of the phone you call from.

Information regarding poisoning is available at www.poison.org. Free educational materials are often available from your poison control center.

4. Fire and burn related injuries are a common cause of unintentional injury death among children of all ages. They are highest among young children because of their natural curiosity, impulsiveness, and lack of experience in assessing danger. Also, young children cannot usually escape from a residential fire on their own and must rely on others for rescue. To prevent burns, take the following preventive measures:

- Keep matches and all lighters out of reach of children
- Do not burn candles if children are present
- Position beds at least 3 feet from a heat source. Always plug space heaters directly into a wall outlet, never into an extension cord or a power strip. Unplug heaters when you leave home or go to bed.
- Install smoke detectors near all sleeping areas and check monthly by pushing the test button. Change batteries annually.

- Never leave cooking food unattended on the stove
- Set your water heater's thermostat to 120 degrees Fahrenheit or lower to prevent burns from scalding water
- If you smoke, quit.

Visit www.kiwanis.org/kiwanisone/serve/you to find clearly defined service projects regarding "Smoke Detector Safety", PO #7 and "Burns", PO #3. Extensive information is available to help Kiwanis Clubs to conduct a community education campaign, install smoke detectors, or replace batteries in smoke detectors, etc. The groundwork is already done. Visit the site to find brochures, sample radio/television scripts, release from liability forms, and much more.

A wide array of information on fire safety is also available at www.cdc.gov.

5. **Falls** are the leading cause of child injury-related Emergency Department visits. Every day, approximately 8000 children are treated in U.S. emergency departments for fall-related injuries. Most fall-related injuries occur at home. Children commonly fall from many locations, including windows and structures, playground equipment, and bunk beds. Preventive measures include:
- Be sure surfaces under playground equipment are safe, soft and well-maintained (wood chips or sand and not dirt or grass)
 - Properly install and use stair gates
 - Use bedrails on bunk beds. Do not allow children to play on bunk beds.
 - Place guards on windows that are above ground level or keep windows locked
 - Supervise young children at all times around fall hazards

6. **Road Traffic Injuries** : Every hour, nearly 150 children between ages 0 – 19 are treated in emergency departments for injuries sustained in motor vehicle crashes. More children ages 5 – 19 die from crash-related injuries than from any other type of injury. Motor vehicle traffic is the leading cause of death for Ohio children aged 4 – 7 years. In 2007, Ohio's booster seat use rate for children aged 4 – 8 years was only 18%, one of the lowest in the country.



In October 2009, Ohio enacted legislation requiring children from 0 – 15 to be safely restrained when traveling in motor vehicles. This legislation requires the following:

- Children less than 4 years old or 40 pounds must use a child safety seat meeting federal motor vehicle safety standards.
- Children less than 8 years old, unless they are at least 4 feet, 9 inches tall must use a booster seat.

- Children ages 8 – 15 must use a child safety seat or safety belt.

Using a correct car seat or booster seat can be a lifesaver: make sure any children riding in your vehicle are always buckled in an age-and size-appropriate car seat or booster seat. In the United States during 2011, more than 650 children ages 12 years and younger died as occupants in motor vehicle crashes, and more than 148,000 were injured. One CDC study found that, in one year, more than 618,000 children ages 0 – 12 rode in vehicles without the use of a child safety seat or booster seat or a seat belt at least some of the time.

Unfortunately, child restraint systems are often used incorrectly. One study found that 72% of nearly 3,500 car and booster seats were misused in a way that could be expected to increase a child's risk of injury during a crash.

There are numerous opportunities for Kiwanis Clubs to be instrumental in increasing the safety of children riding in motor vehicles. Consider participating in any of the following ways:

- Collaborate with other community organizations, such as your local police department or your local hospital, to provide car seat safety checks/fitting stations and to educate parents on proper use of seats.
- Distribute handouts at community events explaining proper use of restraint systems and how best to protect children while riding in a motor vehicle.
- Encourage your local health department to participate in the "Ohio Buckles Buckeyes" program which provides child safety seats and booster seats to eligible low income families in all Ohio counties. For information on the program in your county, call 800-755-GROW (4769).
- Booster seats can be purchased by your club. Apply for a grant from the Ohio District Kiwanis Foundation to help pay for them. Consider providing an educational program for parents at a community event and offering seats to families who are not currently using them. Consider working with pre-schools or collaborate with your local public school. Distribute information at kindergarten screenings regarding upcoming programming regarding safety restraint usage/distribution.

- Print and distribute “CHAD: Children Have an iDentity” stickers at a community event. The stickers are to be placed on infant car seats and booster seats. The stickers display critical information about the rider in the event of an auto accident and the parent/driver is incapacitated and unable to answer questions. Print stickers on brightly colored paper so they are easily noted. You can add the Kiwanis logo to the bottom of the sticker.
A copy of the sticker is available for download at www.ems.ohio.gov/emsc/PDF/Chad%20sticker%200806.doc
- Volumes of information and printable handouts are available for download on the web. Visit some of the following websites:
 1. www.safekids.org
 2. http://www.cdc.gov/safekids/Road_Traffic_Injuries/index.html
 3. American Academy of Pediatrics Family Car Seat Guide
 4. NHTSA Ease of Use Ratings for Booster Seats

7. Bicycle Safety: More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet. Take the following precautions to prevent unintentional injuries:

- Infants younger than 12 months are too young to sit in a rear bike seat and should not be carried on a bicycle.
- “Use your head, wear a helmet”. Helmets can reduce the risk of severe brain injuries by 88%, yet only 45% of children 14 and under usually wear a bike helmet.
- Be sure the helmet fits properly. A bicycle helmet fit test can be found at www.safekids.org
- Parents should model proper behavior and should wear a helmet, too.
- When it’s time to buy a new helmet, let your child pick out his/her own. They will be more likely to wear it.
- Ensure proper bike fit by bringing the child along when shopping for a bike. Select one that is the right size for the child, not one he or she will grow into.
- Long or loose clothing can get caught in bike chains or wheel spokes –be sure to dress children appropriately.

Service projects Kiwanis clubs can do to enhance bicycle safety include:

- 1) Collaborating with a local bicycle club to conduct a bicycle rodeo to teach bicycle safety. Conduct bicycle safety checks at the same time. Encourage children to bring their own bicycle but have loaners available if needed. Be sure to have a couple with training wheels for the younger children.
 - 2) Distribute bicycle helmets at the bicycle rodeo or at another community event. Be sure to fit helmets properly. McDonald's Restaurants has been known to donate helmets. You might also consider seeking a grant from the Ohio District Kiwanis Foundation to help fund purchase of some helmets.
 - 3) Distribute copies of the "Take the Helmet Fit Test" at a community event. Encourage parents to go home and check for proper fit of their children's helmets.
- 8. Choking:** Among children treated in emergency rooms for non-fatal choking incidents, almost 60 percent were food-related. Overall, 13 percent of cases involved swallowing coins and 19 percent involved candy or gum. Choking can be prevented if the following precautions are followed:
- Keep the following items away from babies and young children: coins, buttons, toys with small parts, toys that can fit entirely into a child's mouth, small balls or marbles, latex balloons, small hair bows, barrettes, and rubber bands, pen or marker caps, button batteries, refrigerator magnets, pieces of dog food
 - Keep the following foods away from children younger than 4 years: hot dogs, nuts and seeds, chunks of meat or cheese, whole grapes, hard or sticky candy, popcorn, chunks of peanut butter, chunks of raw vegetables, chewing gum
 - Cut food for infants and young children into pieces no larger than ½ inch in diameter
 - Insist that children sit down while eating
 - Do not allow children to eat in a moving vehicle

As a service project consider displaying a poster addressing the prevention of choking in children at a community event such as a pancake breakfast. Distribute written information. You can also distribute "choke-test tubes", often available from stores specializing in children's toys and furnishings, to parents. If an item fits into the tube, it is considered unsafe for children age 3 and under as it would be a potential choking hazard.

9. Shaken Baby Syndrome: shaken baby syndrome is a leading cause of child abuse deaths in the United States. Nearly all victims of shaken baby syndrome suffer serious health consequences and at least one of every four babies who are violently shaken dies from this form of child maltreatment. Infants, newborn to 4 months are at greatest risk for Shaken Baby Syndrome.

- A service project Kiwanis Clubs can consider is collaboration with a local Childbirth Center to provide literature and education to parents of all newborns addressing actions that can be taken to prevent shaken baby syndrome. Information can be accessed through the National Center for Shaken Baby Syndrome at www.dontshake.org

10. Ingestion of Button Batteries: This is a growing problem as electronic devices get smaller. Every year in the United States, more than 3,500 people swallow button batteries. These are used to power hearing aids, watches, toys, games, flashing jewelry, singing greeting cards, remote control devices, calculators, watches, key fobs, flameless candles and many other items. Small children often find these items, play with them, take them apart, and find the batteries which often look like a piece of candy. When a button battery is swallowed, the saliva triggers an electrical current which causes a chemical reaction that can severely burn the esophagus in as little as two hours. Though most pass through the body and are eliminated in the stool, those that get “hung up” can cause serious problems. If you suspect your child has swallowed a button battery, go to the hospital immediately. Do not induce vomiting or have the child eat or drink anything until assessed by a medical professional. Keep button battery devices out of sight and reach of children. These are not toys and should not be handled by small children. Consider conducting a service project to educate your community about the dangers of button batteries. “Button Battery Safety Tips” is a flyer that can be downloaded from www.safekids.org. Information is also available at www.poison.org/battery.

11. Heat Stroke: According to a special feature in Contemporary Pediatrics, June 2014, every year, US children die of heat stroke after being trapped in vehicles. The people responsible for these tragedies are typically loving and well-meaning parents. In 2013, one of the worst years on record, 44 children died from heat stroke after being trapped in vehicles for hours. It is often due to simple forgetfulness. Though most parents are aware of the dangers of heat stroke when children are left in vehicles, a recent survey found 14% of respondents reported leaving a child aged 6 years or younger alone in a parked, locked car. Most people do not understand that the bodies of small children heat up 3 to 5 times faster than the body of an adult, putting children at high risk for heat stroke. On a sunny day, the temperature in a car increases on average 3.2 degrees Fahrenheit every 5 minutes and 80% of the temperature rise occurs during the first 30 minutes. Even when the outdoor temperature was 72 degrees F, the internal temperature reached 117 degrees F. and leaving the windows cracked did not significantly slow the process or decrease the maximum temperature.

Kiwanis clubs can be instrumental in educating community members about this problem and informing them of tools that are being developed to prevent this from happening.

Community members also need to be aware of the need to lock vehicles so children cannot get into them unattended. 30% of the children who died from heat stroke between 1998 and 2013 were playing in an unattended vehicle unknown to their caregivers.

Websites with information regarding this topic include:

- www.kidsandcars.org
- www.safercar.gov/parents/heattroke.htm
- www.Safekidsworldwide.org

12. Other child safety topics that can be researched by Kiwanis Club members and that can lead to community service projects include:

1. Sun Exposure

2. Food Safety – Baby Foods and Formula

3. Immunizations

4. Bee stings

5. Distribution of Home Safety Checklists (a “Home-Safety Checklist for Families with Young Children”, PO #9 has already been developed and is available for download on www.Kiwanisone.org website. It can be found with the Young Children: Priority One service projects.

6. Babysitter Training – Consider collaborating with other community organizations to develop and offer or sponsor a program to train youngsters 12 years and over to safely babysit for small children. Work with your local hospital, law enforcement agencies, 4-H clubs, etc.

7. Playground Upgrades – Many communities have playgrounds that are in need of upgrades. Though this can be a very costly project, it usually has great rewards. Again, consider collaborating with other groups in your community.

8. Trampoline safety

9. Prevent Bullying

10. In the U.S, “Every three weeks a child dies” from a tipped over television, says Kate Carr of Safe Kids Worldwide. Educate parents about this unknown danger in our homes.

There are many, many more possibilities for service projects to enhance the safety of the children in your community. Do a community assessment to help you decide where your club can make the greatest difference.

Kiwanis International has resources for Young Children: Priority One health projects at: <http://www.kiwanisone.org/Pages/Resources/default.aspx?PageID=116>

The following is an overview of some of the YCPO bulletins and projects on www.kiwanisone.org.

Maternal and infant health and safety

- a. Immunizations
- b. Alcohol awareness
- c. Lead poisoning
- d. Smoke awareness
- e. For your baby before it's born
- f. Childhood diseases you can prevent

Child care and development

- g. Playgrounds
- h. Play days
- i. Intergenerational programs
- j. Child care
- k. Early childhood development
- l. Brain development
- m. Reading Is Fundamental
- n. Field trips



Parent education and support

- o. Parenting fair
- p. Awareness and prevention of child abuse
- q. Parenting education
- r. Parents Anonymous
- s. Shaken Baby Syndrome
- t. Home visitation
- u. Fetal Alcohol Spectrum Disorders Bulletin
- v. Fetal Alcohol Spectrum Disorders Tri-fold Brochure

Safety and pediatric trauma

- w. Home security checklist
- x. Burns
- y. Smoke detector safety
- z. Open water safety
- aa. Pediatric trauma
- bb. Children's Miracle Network
- cc. Kiwanis dolls

The Ohio Department has an excellent two page flyer available on their website. It is titled “Vaccines: Questions and Answers about shots – The Importance of Protecting Your Child”. It can be found at the following web address :<http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/dis/immunizations/vaccinesfrequentlyaskedquestions.ashx> . Kiwanis clubs can address these problems by educating the public and making sure that appropriate health care is available to all children.”

<p>PROJECT <i>Educate the public</i> Funding—Moderate Hours—High Personnel— Moderate</p>	<p>Kiwanis clubs can work with the March of Dimes on a variety of awareness activities. The March of Dimes has a catalog of educational brochures, pamphlets, curriculums and audio/visual programs. Many of the printed pieces are free. Any club planning its own awareness campaign should request the March of Dimes catalog and consider using one or more of its publications. Contact the Fulfillment Center of the March of Dimes at 800-367-6630 or www.marchofdimes.com.</p>
<p>PROJECT <i>Provide prenatal health-care education in the workplace</i> Funding—Low Hours—Moderate Personnel—Low</p>	<p>The March of Dimes has developed a series of nine seminars, titled “Babies and You,” designed for presentation during lunch hours or other periods of the workday. These seminars educate potential parents about lifestyle behaviors that can affect a pregnancy and encourage early and regular prenatal care. Many employers have begun to realize that their companies benefit from programs that improve the pregnancy outcome of workers.</p> <p>A Kiwanis club could be the catalyst to bring the “Babies and You” seminars to a community. The club can work with small businesses in the community to organize a class of employees for the seminars. The “Babies and You” seminars are conducted by local March of Dimes offices. To find the nearest March of Dimes office, contact the Fulfillment Center of the March of Dimes at 800-367- 6630 or www.marchofdimes.com.</p>
<p>PROJECT <i>Immunizations</i> Funding—Low to moderate Hours— Low to moderate Personnel— Moderate</p>	<p>A dollar’s worth of vaccine can prevent death or permanent disability and thousands of dollars in hospital care. That’s why it’s important for every child to be fully immunized by age 2.</p> <p>Kiwanis clubs can work with health departments and medical personnel to educate parents, overcome institutional barriers and reach out into neighborhoods. To learn more about immunization projects, download the service bulletin on immunizations at www.KiwanisOne.org/ycpo.</p>
<p>PROJECT <i>Alcohol awareness for pregnant women</i> Funding—Moderate Hours—Low to moderate Personnel—Low</p>	<p>A woman who drinks regularly during pregnancy increases the possibility that her child will be born mentally retarded or physically handicapped. Many women do not realize this or do not know how to stop drinking. Working with other agencies, a Kiwanis club can educate the public and ensure that support is available to women who want to stop drinking for their babies.</p> <p>To learn more, download the service bulletin on alcohol awareness for pregnant women at www.KiwanisOne.org/ycpo.</p>



Automobile Safety

We all heard the ghastly news story about the young father who left his toddler son in the car on a sweltering day. The boy died from extreme dehydration. Signs posted near parking lot entrances reminding parents to “check the backseat” or “buckle up baby” near the exit can help save little lives.

Another issue many parents may not be aware of is car/safety seats for cars. New parents (and grandparents) should be educated about basic safety issues.

- Car seats have an expiration date. They are guaranteed to be within safety codes up to a specific date – which is printed on a sticker that is generally on the back of the car seat.
- Car seats that have been in an accident should never be re-used. Even if a child was not in the car seat at the time of the incident, the forward thrust of the impact can compromise the safety of the car seat.
- Car seats have a weight limit. Make certain that the child using the seat “fits” the seat, “good enough” may not be.
- People new to our country may not be aware that children are required to be in safety seats. Brochures and educational materials explaining the need for this protection may be needed in local community centers, churches or gathering places.

Safe and Healthy Youth

With so many young people returning home to an empty house after school, children become vulnerable to poor behaviors and being influenced by negative sources. Helping by providing a safe and supervised area can help prevent poor choices.

Create or support a weekday afterschool tutoring and dinner program:

- Provide a weekly dinner for an afterschool tutoring program. Volunteer as tutors and mentors for this academic tutoring program. Support recreational activities such as hiking, building and maintaining a fish aquarium or bird houses, biking trips, softball or basketball areas, donate a ping pong table and organize a tournaments.
- Co-sponsor and increase resources, as well as volunteer base, by partnering with a local recreation department, school, church, or food pantry.
- Offer an incentive for parents/families to get involved or volunteer at the Center.

References and Related Websites:

Americorps, Y.E.S. Club, Look up Center, Newark, Ohio

Sponsor or Co-sponsor a Recreational Room, Center or Program for teens

- The Center or Room is aimed to foster a healthy environment after school and a safe place to socialize with the aim of providing healthy food, healthy guidance and resources to succeed in school and at home.
- Provide or volunteer to provide safe environment and resources (computers, paper, food) and guidance (tutors, mentors, coaches) to help with homework and healthy social activities
- Provide access to computers, printers, tables, paper, pens
- Healthy social activities including inspirational movies or classics, indoor and outdoor recreation
- Provide a library to share books
- Provide a craft center, wood shop with volunteer instructors, organized projects
- Provide a facility to do laundry, access used sports equipment or clothing
- Provide a safe place to “hang out”
- Provide boxed lunches or a kitchen for teens to prepare meals. The teens can participate in housekeeping chores and may require parents volunteer some time.
- Provide resources such where to turn to when dealing with depression, thoughts of suicide, counseling and possible career planning

References and Related Websites: Y.M.C.A.

Granville Recreational District

Y.E.S. Club

Look up Center Ministries

Sample exercise: www.activefit.org/?page_id=19

Build and *maintain* a playground that is unique and long-standing.

Many communities have small “pocket parks” throughout the area. Unfortunately, often there are not enough resources to maintain them as they should be.

- Consider replacing rotting or splintering beams used for borders throughout the park.
- Supplying shredded or artificial mulch as “padding” below swings, slides, teeter-totters and other equipment.
- Replace rusting chains on swings, rusted rims on basketball courts
- Patch basketball or tennis courts
- Do a monthly sweep through the park to ensure that dangerous debris is not in the area

You may raise more funds and support by involving local educators, your recreation department, and other service groups.

- Consider a location that close to a majority of the youth in your community or easy access by bicycle or car. Proximity to a bike path will encourage transportation by bicycle.
- Consider a modern design or theme relevant to your community (foster imagination, balance building, team activities, strength, music) and select a location that is safe, near other recreational fields, adequate parking, restroom facilities, water fountains and a safe environment, perhaps with a gate and closing hours posted, near shaded

trees, park benches for parents and sitters to monitor, bike stands to encourage bicycle transport, picnic tables, a covered shelter for picnics and activities, and scheduled garbage collection. Electricity, water and sewer access needed for the restrooms, water fountains, evening lighting and emergency phone access.

- There are many companies that provide designs or kits to build your own, or who will build the structure for you. You may involve a local construction company.
- You can raise funds, provide the materials or organize the volunteers to help build the structure. Make it a community event and the community will help you to maintain and protect it.
- Designs can include elaborate wooden structures with slides, swings, stairs, ladders, bars for balancing, and themes such as pirate ships, castles, airplanes, tractors and race cars, incorporate musical equipment.
- Create separate sections with equipment for different age groups.
- Create a solid structure that can withstand weather and deter graffiti to be appreciated by many age levels and which can be easily maintained and enjoyed for years to come.
- Have a competition to name the park, or reward a company or personal sponsor by including their name. You may include the Kiwanis Logo in the design, e.g. in the tiles beneath a water fountain, in a gate welcoming visitors, on the park benches.



References and Related Websites: Wildwood Park,
Granville, Ohio

Water Safety for Everyone

When we think “water safety” ... usually the first thing that pops into our minds is little kids and swimming pools or bathtubs. More adults drown each year in Ohio lakes and ponds than children and it is usually from a lack of education or forethought. Children are more likely to drown at home in swimming pools or through accidents inside the house. Here is a laundry list of ideas that can be explored for projects.

- Provide safety tread stickers to help elderly and youngsters from losing their balance in the tub or shower.
- Create and distribute flyers regarding the dangers of leaving toddlers unattended around the house including, drowning in toilets, drowning in buckets of water, fish ponds or getting burnt by turning water on in tubs or sinks.
- Educate parents that inflatable or foam toys for pools are not considered floatation devices and are to not be depended on.
- Partner with the Department of Natural Resources to talk about water safety including expiration dates, weight limits and children vs adult personal floatation devices.
- Partner with the American Red Cross to provide lifeguard training classes, swimming classes and CPR classes.
- Partner with the local Health Department regarding the importance of staying hydrated. The elderly and very young are especially susceptible to this condition.
- Consider cleaning rain gutters in the fall for the elderly and disabled. This will help prevent

- ice dams on their roof and icy steps or ramps when winter comes calling.
- Clean up areas that have litter and trash in them. These items can hold water in them which provide breeding grounds for mosquitos and invite vermin.
- Educate people about not dumping waste items down storm drains. Stencil reminders over local drains.

Resources:

www.Safekids.org www.Nsc.org
 www.Dnr.state.mn.us/recreation/fishing/fin/coloringbook
www.Squidoo.com/storm-drains <http://watersafety.usace.army.mil>
<http://watersafety.usace.army.mil>

Educate and Remind the Community of Basic Safety Practices

Kiwanis Clubs are terrific about hosting safety education programs. Start out small and build it into a signature event for your club.

- Bicycle rodeos to learn about safety protocol when riding bicycles. Teach how to check tire pressure, adjust and correctly wear a helmet, check brakes, and to be a safe bicyclist.
- Safety Town teaches students how to be good pedestrians and “drivers”. Familiarity with traffic signs, how to avoid dangerous situations and smart behaviors.
- Fire Safety – many communities have an outreach program with the local fire department. Either a fire safety house or a “safety dog” to talk about what to do in case of a fire. Invite the local fire department to have a truck or two and someone to educate about fire safety at your next fundraiser.



BICYCLING: Promote bike safety on the road including wearing bike helmets. Support bike lanes and pedestrian safe streets with controlled speed and caution signs. Bike paths are safe alternatives to the road. There are many bike paths across Ohio, and bike maps can be made available to the public. These bike paths must be safe and maintained from falling tree limbs, cracks or snow and ice in the winter. Take an active role and encourage use of our bike paths for all riders. Your club can adopt bike paths to maintain.

http://www.bike.cornell.edu/pdfs/Bike_Rodeo_404.2.pdf - This is a very detailed booklet outlining how to organize a bike rodeo. Bicycle safety is something that is taught to children, but what about adults who are just starting to enjoy bicycling as a recreational activity? Bicycle rodeos or safety checks are a great way to teach road safety, to show how to fit a helmet appropriately, and to perform a quick bicycle safety check.

OTHER WAYS TO SUPPORT SAFETY CONCERNS

- Coordinate a blood drive with the American Red Cross or local hospital.
- Sponsor Babysitting, First Aid or CPR certifications through the American Red Cross. <http://www.redcross.org/take-a-class>
- Organize a “dump day” where residents can bring in old or unused prescriptions for proper disposal via a local hospital or wellness clinic.
- Encourage and participate in neighborhood clean-up activities. People are more likely to be outside and active if they feel safe doing so.
- Organize a community block watch.
- Promote checking batteries on smoke alarms twice a year. Your club can pass out 9-volt batteries at festivals or health screenings to encourage replacing the battery.
- Sponsor a shred-it day for personal documents
- Contact your local EMT or fire station. Many could use additional resources that they cannot afford. Pediatric or youth sized trauma boards, blood pressure cuffs, braces and or straps.

Electronics are more than just entertainment

Almost every child you meet will have either a cell phone or an i-Pad. While they can be excellent tools, they can also be a source of danger.

Features on phones can pinpoint where a person is – right down to the room in their house. Parental controls are important, but: so is educating both the child and the parent about safety concerns. Sponsoring educational sessions about electronic safety for everyone is a terrific way of keeping electronic predators at bay.

Possible topics:

- How to develop effective passwords and how to track them
- Avoiding cookies and tracking on your computer, i-pad or cell phone
- Privacy settings on electronics
- Safe social media practices
- How to identify scammers on email or e-stores
- How to navigate through Instagram, Facebook, Twitter, Linked in, etc.
- Parental controls that your children will not be able to hack
- Avoiding sexual predators on social media and how to report them
- How to check history on electronics
- How to double check accuracy of information found on the web
- Typical scams that prey upon the elderly
- Perils of using unsecured WI-FI and websites

Additional Projects

Anti-Bullying Programs: Bullying has become a huge problem within our schools. It doesn't stop in the hallways and on the playground anymore. With social media, students can be attacked 7/24 and the results can be devastating. Support an anti-bullying program in your local elementary and middle schools so this anti-social behavior does not continue to grow and impact our most vulnerable students. Kiwanis International has a bullying program through Builder's Club.

<http://www.nclد.org/parents-child-disabilities/bullying>

Bully Movie Outreach Inc., 18 W 27th St., New York, New York 10001-6935 Phone # 212 -725 - 1220



Hospital Dolls for children who have experienced trauma from an accident or are hospitalized for some other reason such as surgery, abuse or assault

Rating: Easy/Medium project

Note: Before starting this project, be sure to meet with representatives of your local hospital. They must agree to use the dolls to assist them in the treatment of children. These dolls can help to provide a diversion and comfort for a child, help to allow a child to express feelings, and can be helpful in preparing a child for a procedure.

This is a project lead by members who either enjoy sewing themselves or have a family member or friends who enjoy sewing. Children are given a doll without any markings when they are either admitted to the local hospital or are seen in the Emergency Room. The doll is in a gallon size freezer/storage bag along with two washable markers. Also included is a short letter to parents explaining how the doll is to be used and instructions for washing the doll after use. Children can draw on the doll to help describe where they hurt or the staff may use the doll to help explain treatment the child may need such as IV therapy or surgery. Each child keeps his/her doll when leaving the hospital.

To find instructions for the project, visit the following website where you will find detailed instructions that have been submitted by the Kiwanis Club of Burnside, South Australia:

<http://www.rosemeadkiwanis.org/A1206Dollmaking.pdf>

The full size pattern can be found at the following website:

<http://community.kiwanisone.org/media/p/240.aspx>

Materials required are fiber fill, thread, washable markers, gallon bags that seal, cotton fabric in a light color. (It was noted, the most difficult part is finding the fabric.) Estimated cost for each doll, sewn by volunteers, was \$1.75.

Distribute choke-test tubes

An adult learns about an object by looking at it. A young child learns about it by putting it in his mouth. Telling a toddler to stop putting objects in his mouth has little or no effect. The proper safety precaution is to make sure the child doesn't play with toys on which he could choke, and there is a device—called a choke-test tube—that helps parents determine this. If a toy or the smallest piece of a toy fit inside the tube, it is unsafe for children age 3 and under. The federal government has established a size for safe toys for kids under 3: A small part should be at least 1¼ inch diameter and 2¼ inch long. Any part smaller than this, is a potential choking hazard. When parents shop for a toy, they need to make sure it has no parts smaller than these dimensions.

Inexpensive, clear plastic tubes that parents can use to test small parts are available from stores specializing in children's toys and furnishings. A toilet paper roll or other empty cardboard tube would also work to test toys if a choke-test tube is unavailable. Also, PVC pipe that has been cut to the appropriate length and then sanded down to remove the sharp edges can be utilized. Kiwanis Stickers can be purchased to affix to the side. Distributing the tubes and educating parents could be a project by itself, or it could be part of a parenting fair or seminar.

Educate the community about poisons

The same impulse that leads a child to swallow a toy may impel him to drink or eat a poisonous substance. Clubs can help parents through an awareness campaign that reminds them to keep paints, cleaning compounds, beauty aids and even house plants out of the reach of young children. "Mr. Yuck" stickers can be distributed, so that parents can label poisonous substances with a consistent warning that they discuss with their children. Contact the local hospital or poison control center to get the stickers. Finally, a club could print and distribute copies of a chart that tells parents what to do if their children consume a poisonous substance. Educational pamphlets on poisons, designed for distribution in the community, are available from the National Safety Council at 800-621-7619, and the American Academy of Pediatrics at 800-433-9016.

Promote reading

The National Education Association (U. S.) promotes Read Across America day early in March each year. The NEA has permission to use Dr. Seuss characters and activities for this event and provides ideas like a "green eggs and ham" breakfast party. For activity ideas and information on where to get supplies like Cat-in-the-Hat costumes and hats, contact 202-833-4000 or readacross@nea.org, or visit seussville.com.

Also, Kiwanis International has partnered with Scholastic Books to provide low cost, high quality reading program for young readers. Many schools are struggling to purchase new books for their libraries and these are projects that can have a long term impact on safety and future academic and professional success.

Kiwanis clubs can build reading-friendly environments for the children, schools and communities they serve—thanks to the special access Kiwanians get to high-quality, high-interest, age-appropriate books. With FACE, they're also available at the lowest prices online at any time of the year. It's the perfect book program for back-to-school, holiday, graduation and summer-reading seasons.



Other features and benefits:

- Over 5,000 books and collections
- Discounts of 43%-80%
- Free shipping on all orders for Kiwanis FACE members
- Dedicated Scholastic specialists to customize orders
- Free membership registration is required

Want more information? Email Dillon Kalkhurst at dkalkhurst@scholastic.com

Local youth.

We are very fortunate as an organization to have excellent linkages and a core principle that has young children as a centerpiece. Every club within our great district has numerous great community service projects that encapsulate Safety and Health Kids. The need is great and ongoing. Look at your Community Survey and see if there is an unmet need that you feel your club can address. Consider service projects that might require the need of two or more clubs or the entire division. The following ideas might meet unmet needs in your community.

1. Adopt a local park/childrens' playground.

Is there a local park/playground that your club/division can adopt that might include periodic clean ups, painting, etc. ? Safe parks and playgrounds are enhanced when the park/playground is clean and well maintained. Is there a need to build or raise funds to provide playground /park equipment?

Often, the need requires a major fundraiser and has included grants that were requested through the Ohio Kiwanis Foundation.

2. Sponsored Events.

Coordinate with your local city safety directors and fire departments. See if you can sponsor a local "car seat safety check day". Find out what that would entail for your club.

Would it include publicity, registration, refreshments, other? Is there a safety town in your area that you could consider as a service project? Do the buildings/streets need repaired/painted at the end of each summer? Is there a publicity function that your club could involve itself with?

2. **Educational activities.**

Look into literacy organizations such as “Read for Literacy” and see if your club has individuals that would like a service project within the literacy arena. Read for Literacy is a volunteer based tutor service that pairs volunteers with non-readers. Check the internet or perhaps call your local library to find out where within your area there is a Read for Literacy program. Seniors in your club might want to become a part of the Project MORE (Contact your local Department of Aging). This is a volunteer mentoring program for students with disabilities or at risk of reading failure. In this program Ohio is working to link the evidence-based Project MORE curriculum with the proven effectiveness of senior volunteers.

Investigate your local school district to see if they have a mentor /reading program. Some specific elementary school buildings need several adults to assist individual elementary children with basic math and reading. Of more importance can be the positive role model you may be providing the individual elementary student.

Check with your local libraries and see if there is a summer activity reading or activity program that requires volunteers on a regular basis. Can your club provide that pool of volunteers for the local library?

Some may wonder how these activities relate to safety and security? Basically, being literate and able to participate and succeed in school and within the community is ultimately about increasing the possibility of safety and security throughout the child life.



Kiwanis Safe & Health Kids
Safe Home, Safe Play,
Bicycle & Water Safety

Safe & Healthy Kids Grants for Kiwanis Service Projects are funded by:

- Donations from clubs and individuals to the Pediatric Trauma Fund
- Basket Raffle at Ohio District Convention

Recent Grants from Ohio District Kiwanis Foundation for Pediatric Trauma Prevention and Treatment

Bicycle Helmet distribution

Safety Town programs

EMS equipment for children

Trauma dolls

Safe Playgrounds

Anti-bullying program

Quilts for premature babies

Wheelchair swing

Car Seats

Smoke detectors

Contact the Ohio District Kiwanis Foundation for information on grants, donations, or additional program ideas.

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