



CHILD SAFETY LINK

CSL SPEAKER SERIES

CHILD PASSENGER SAFETY:
TOOLS AND RESOURCES

SEPTEMBER 2022



BEFORE WE BEGIN

01

RECORDING

Please be aware that this webinar will be recorded and will be provided to you.

02

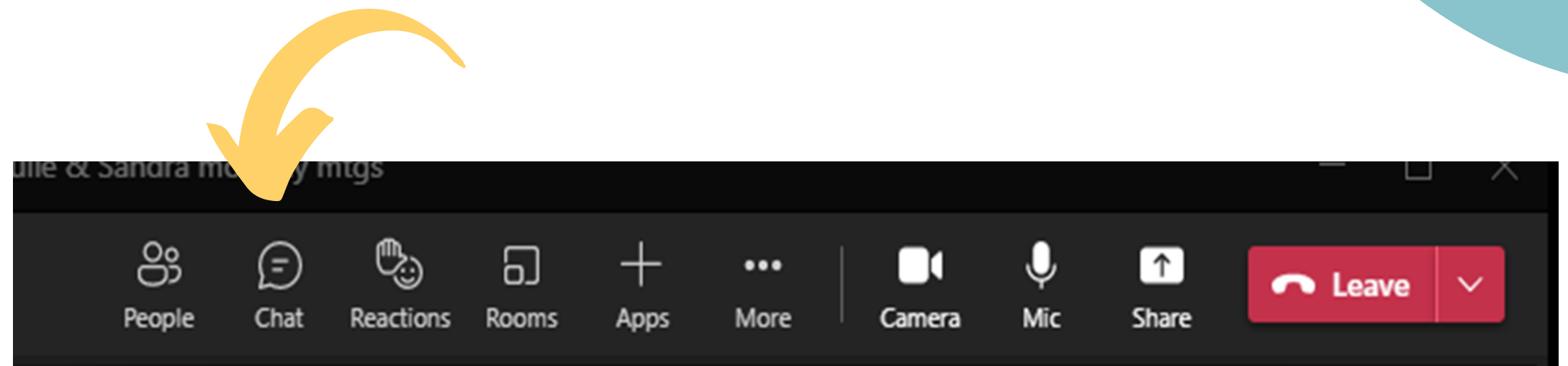
MICS & CAMERAS

Please ensure that your mic is muted and your camera is off during the presentation.

03

QUESTIONS

Please use the chat function to ask questions or make comments during the presentation. We can also take questions after the presentations.



LAND ACKNOWLEDGEMENT

ACKNOWLEDGEMENT OF MI'KMAW TERRITORY

We would like to begin by acknowledging that we are in Mi'kma'ki, the traditional and unceded territory of the Mi'kmaq people.

We are all Treaty people who benefit greatly from the shared resources of this land covered by the treaties of Peace and Friendship.



ABOUT CHILD SAFETY LINK



AT HOME

Our home safety work includes poisoning prevention and falls prevention.



ON THE ROAD

Our road safety work includes child passenger safety and pedestrian safety.



AT PLAY

Our safety at play work includes helmet safety, playground safety and ATV safety.



AT SCHOOL

Our safety at school work will address each of our topic areas in the school context.

Future

ABOUT CHILD SAFETY LINK

20

NOVEMBER 2022 MARKS
OUR 20TH BIRTHDAY

SPEAKER SERIES

We decided to celebrate our 20th birthday by hosting a webinar series focused on children's injury prevention. Through these webinars, we aim to highlight the importance of injury prevention and promote IP resources.



MEET THE PRESENTERS

KATHERINE HUTKA

Health Promotion Specialist, Child Safety Link

- Coordinates child passenger safety initiatives in the Maritime provinces
- Child Passenger Safety Technician since 2009, Instructor Trainer since 2017
- Safe Travel for All Children trained since 2017, instructor since 2019
- President of Child Passenger Safety Association of Canada since 2014



BUCKLE UP:

Toolkits and resources
you can use to help
families keep their
children safe in the car.



LEARNING OBJECTIVES:

1

To recognize the importance of child passenger safety and how we can reduce the risk of injury

2

To identify three evidence-based interventions to promote child passenger safety in your community

3

To recognize where to find additional tools, resources, training and support

Why is child passenger safety important?

WHAT WE KNOW

Motor vehicle crashes are a leading cause of death for Canadian children and contribute to serious injuries.



The overall cost of transport injuries to children in Atlantic Canada in 2018:
\$11.88M

73 CHILDREN
(between ages 0-14 yrs)
DIE EACH YEAR
in Canada because of a
MOTOR VEHICLE CRASH.



Why is child passenger safety important?

WHAT WE KNOW

When the right car seat is used properly, the risk that a child will be hurt or killed in a crash is reduced by up to 70%.

Injury to children and youth in motor vehicles is preventable. Car seats booster seats and seat belts save lives.

The correct use of car
seats/booster seats

**CAN REDUCE
THE RISK OF
SERIOUS INJURY**

in a collision by

50-70%



Why is child passenger safety important?

WHAT WE KNOW

Caregivers in Atlantic Canada need support to safely buckle their children.



A recent roadside study found that **99%** of kids were buckled, but...



of car seats were
used or installed
incorrectly



of kids in booster
seats did not meet
the 40 pound
weight minimum



of kids in seat belts
did not fit safely
without a booster seat

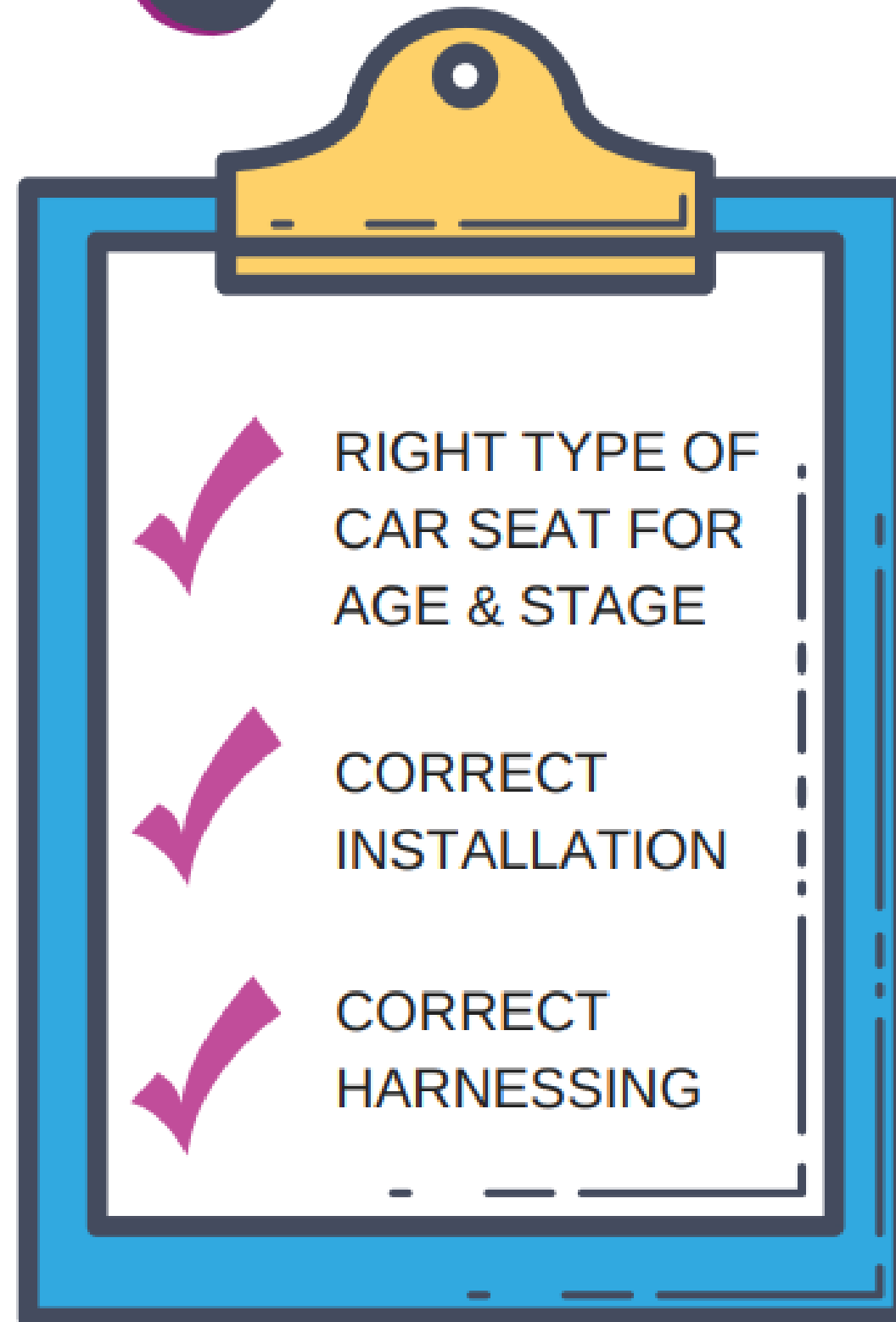
Why is child passenger safety important?

WHAT WE KNOW

What are the most common errors caregivers make?

How can we best support caregivers to reduce the risk?

3 Do's for a Safe Seat



BOOSTER SEAT LESSON PLAN

- part of NS curriculum for Grade 2
- 20-30 minute intervention
- well received by children and schools

Booster Seat Lesson Plan

For grades 1-3



BOOSTER SEAT LESSON PLAN

Q: Who can present this lesson:

A: A teacher or any adult who is knowledgeable about the key messages of booster seat use. (Included in the package)

Consider community partners: Police officers and health professionals can positively influence children's behavior.

Child Passenger Safety Technicians are another great resource to support this workshop.

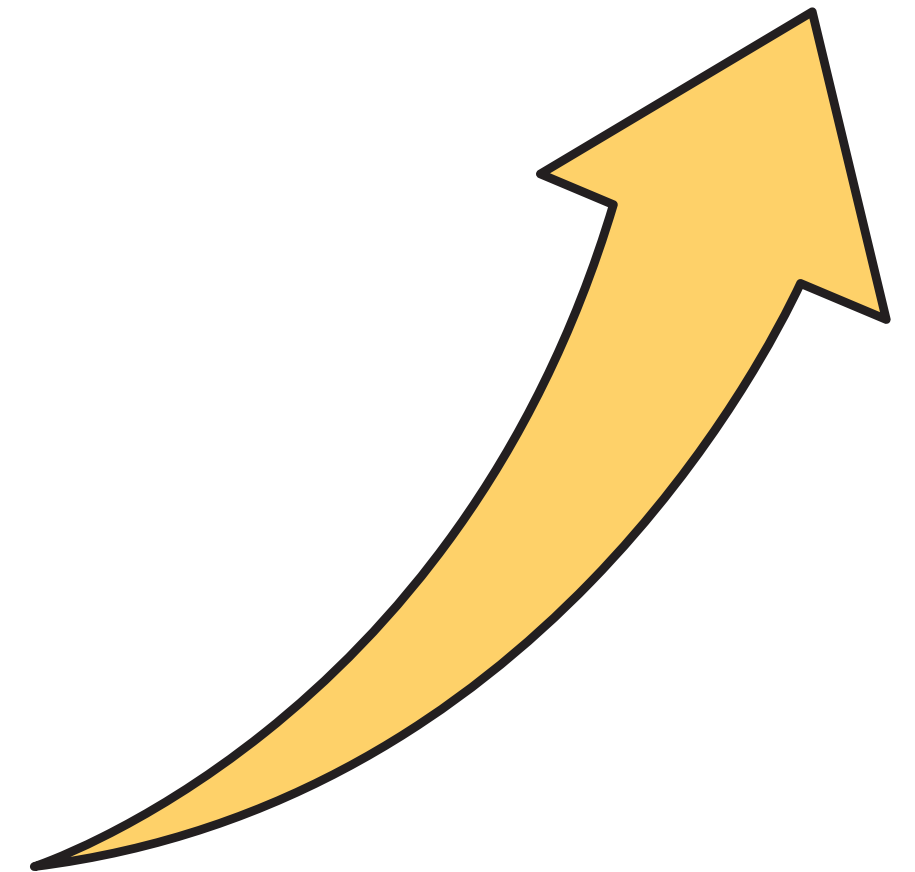
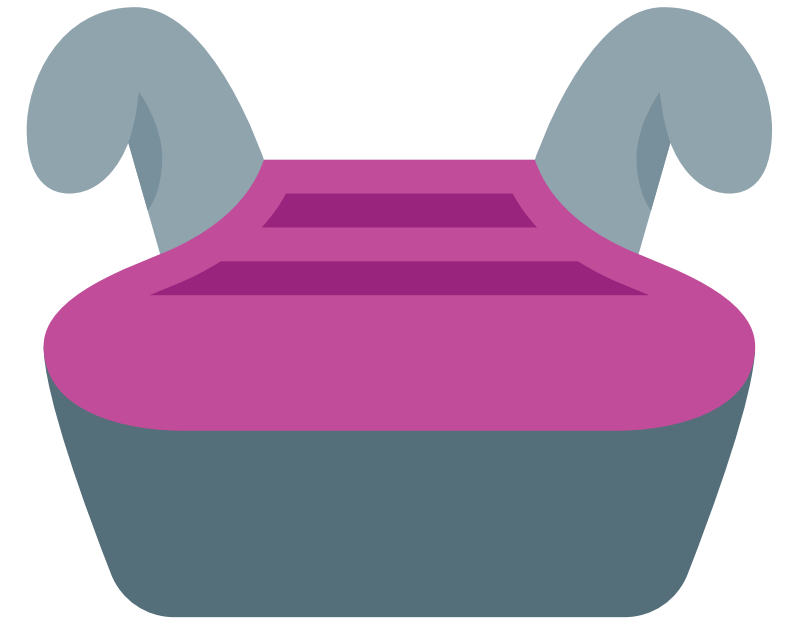


BOOSTER SEAT LESSON PLAN

Q: How do we know it works?

A: There was [a study published](#) in the journal of Paediatrics & Child Health, (2017, 89-91) of the interventional pilot study.

This study observed booster seat use outside of a school after the intervention (lesson plan) and in a control school and found that booster seat use did increase with the lesson plan.



Q: What resources do we have to support this intervention?

BOOSTER SEAT LESSON CERTIFICATE

measured _____ to see if they ***might*** be ready to use a seat belt.



child is less than 145 cm (4 feet 9 inches) tall.
child needs to use a booster seat on every ride to stay safe.

child is at least 145 cm (4 feet 9 inches) tall.
 child ***might*** be ready for a seat belt. Check to see if the seat belt fits properly.

t must fit properly in order to keep your child safe:

- the shoulder belt cross the chest and stay between the neck and the shoulder?
- the lap belt stay low and snug across the hip bones?

sitting all the way back, do the child's knees bend comfortably over the edge of the vehicle seat?

elt does not fit your child in this way, continue to use a booster seat until the seat's height or s have been exceeded. Children under 13 are safest in the back seat.



Have questions? Call us at 1-866-288-1388





childsafetylink.ca



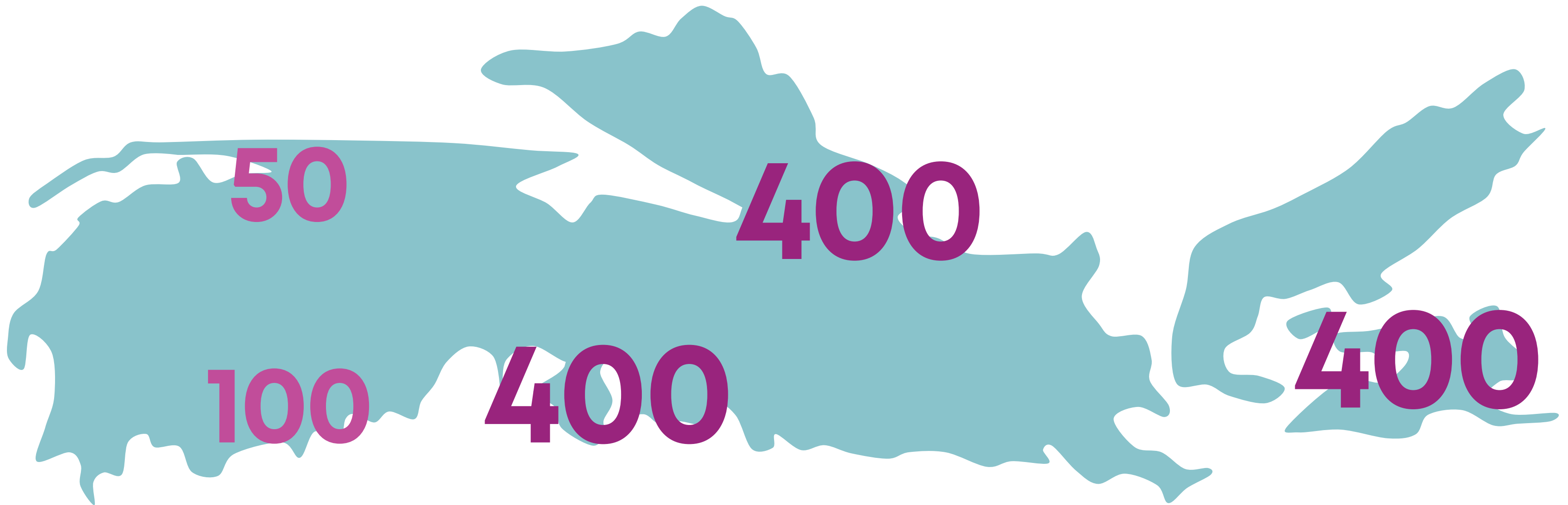
A booster seat is more comfortable and it keeps the belt in the right places to keep him safe!



- A booster seat boosts your child up so that the seat belt fits across the strongest bones and away from the soft belly.
- Use a booster seat on every ride until your child is at least 145 cm (4 feet 9 inches) tall.
- Most kids are 10-12 years old before they can safely use the adult seat belt.

BOOSTER SEAT LESSON PLAN

Q: Who was doing this work? Where?



BOOSTER SEAT LESSON PLAN



ROADSIDE CHECKPOINT TOOLKIT

- The toolkit can help you plan this event in your community
- This intervention will require partners including police, community supports and trained Child Passenger Safety Technicians.
- Both police and the general community are receptive to the roadside car seat checks. (proactively promoting child passenger safety)

CHILD PASSENGER SAFETY

ROADSIDE CHECKPOINT TOOLKIT

Revised September 2022



ROADSIDE CHECKPOINT TOOLKIT

Q: What partners are required?

A: This intervention will require partners including police, community supports and CPSTs

- Trained Child Passenger Safety Technicians required. Training is available 4x per year in NS & NB, when funding allows in PEI and NL.



ROADSIDE CHECKPOINT TOOLKIT

Q: What supplies are needed?

A: This intervention will a supplies including vests, clipboards, printed hand outs etc.

You will also need seats to replace unsafe seats. There are strategies you can use to reduce the number of seats to donate.



ROADSIDE CHECKPOINT TOOLKIT

Q: How do we know it works?

A: There is evidence for enforcement checks creating community awareness for the need to use car seats and booster seats while reaching families who need support.

Key factors include:

- Positive and supportive messaging
- Prior communication and promotion is key to success



KEITH CORCORAN PHOTO

SAFETY FIRST

Chris West, in the driver's seat, stopped by the Bridgewater fire station on Saturday, July 18, to have his children's car seats checked for proper positioning and other safety issues during a special vehicle checkpoint hosted by Bridgewater-area police services. Lane, foreground, is all smiles as Amy Ellis checks little Nora's seat restraints. The Bridgewater Police Service and the Lunenburg County RCMP partnered with Child Safety Link, a youth and child injury prevention program at the IWK Health Centre, to educate parents and other caregivers about appropriate booster-seat restraints based on a child's age, size and development.

ROADSIDE CHECKPOINT TOOLKIT

Q: What resources are available?

A: Reference cards for police officers are available for Nova Scotia, New Brunswick, and Prince Edward Island. You can find checklists, fact sheets, postcards & videos in English, French and Arabic on our website can be ordered at no cost.

Infant seat

How to keep your child safe in the car

A rear-facing seat gives the best protection for your stop or crash. You can use either a rear-facing only as long as your baby fits correctly.

How to use your child's seat

Make sure the harness straps are in the slot level with or below your child's shoulders.

Tighten the harness straps. You should not be able to pinch the harness at the shoulder.

The harness should be flat with no twists.

Place the chest clip at your baby's armpit level.

Place the handle where the instructions tell you. All seats are different.

Read your vehicle manual and follow the instructions.

Have questions? Call us at 1-866-288-1388

Rear-facing seat

How to keep your child safe in the car

A rear-facing seat gives the best protection for your stop or crash. When your baby outgrows the infant rear-facing seat.

How to use your child's seat

Make sure the harness straps are in the slot level with or below your child's shoulders.

Tighten the harness straps. You should not be able to pinch the harness at the shoulder.

The harness should be flat with no twists.

Place the chest clip at your baby's armpit level.

Place the handle where the instructions tell you. All seats are different.

Read your vehicle manual and follow the instructions.

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Forward-facing seat

How to keep your child safe in the car

A forward-facing seat uses a 5-point harness to tie the strongest parts of the body. This seat protect rear-facing seat.

How to use your child's seat

Attach the top tether.

Attach the seat using the lower anchors (LATCH) or the seat belt and tighten.

If you use the seat belt, it must be locked.

The seat should move less than 1 inch (2.5 cm) when it is attached to the car.

Place the car seat in the back seat of the vehicle.

Read your vehicle manual and follow the instructions.

Have questions? Call us at 1-866-288-1388

Booster seat

How to keep your child safe in the car

A booster seat lifts your child up so that the seat from the soft belly. To use a booster seat, your child must be able to sit correctly.

How to use your child's seat

Make sure your child has support behind the head to the top of the ears.

Tuck the lap belt and the shoulder belt under the same restraints.

Place the booster seat in the back seat of the vehicle.

Read your vehicle manual and follow the instructions.

Have questions? Call us at 1-866-288-1388

Seat belt

How to keep your child safe in the car

Once your child is taller than 145 cm (4 feet 9 inches), it may be time to move to a regular seat belt. If a child does not yet fit the seat belt as described below, use a booster seat. Your child is safest in the back seat until he or she is 13 years old.

How your child's seat belt should fit

Your child should be at least 145 cm (4 feet 9 inches) tall.

Make sure your child has support behind the head to the top of the ears.

Your child is safest sitting in the back seat of the vehicle.

Your child's knees should bend comfortably at the edge of the vehicle seat when sitting all the way back.

The lap belt should fit low and snug across your child's hips.

Make sure the shoulder belt crosses the chest and stays between your child's neck and shoulder.

If your child does not fit the seat belt like this, use a booster seat.

Have questions? Call us at 1-866-288-1388

► Can your child safely use a seat belt?

- ☐ Is your child at least 145 cm (4 feet 9 inches) tall?
- ☐ Do your child's knees bend comfortably at the edge of the seat when he or she is sitting all the way back?
- ☐ Does the lap belt stay low and snug across the hip bones?
- ☐ Does the shoulder belt cross the chest and stay between your child's neck and shoulder?
- ☐ Can your child sit like this for the whole trip without slouching?

Until your child can meet all 5 steps, keep using a booster seat on every ride.

Children under the age of 13 are safest in the back seat.

Have questions? Call us at 1-866-288-1388



childsafetylink.ca
A program of the IWK Health Centre

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Child Safety Seat Checklist

Infant & Child Seats

- Rear-facing seat - never in front of an airbag.
- Seatbelt or UAS strap holding seat tightly; seat can't move side to side more than 2.5 cm.
- Harness is snug - can only fit one finger under strap; chestclip at armpit level.
- If using seat belt, seat belt is locked or locking clip used.

Forward-facing Seat

- Tether strap used and tight.
- Top of harness straps is level or above shoulders.

Booster Seat

- No-back or high-back style.
- Child must be at least 40 lbs.
- Use booster until age 9 or 145 cm (4'9") tall.
- Must use shoulder/lap seatbelt, not lap belt alone.

For more information, contact Child Safety Link at 1-866-288-1388



PEI Child Safety Seat Regulations

[Highway Traffic Act R.S.P.E.I. 1998, Section 92, Cap. H-5]

Exemptions for occasional transport by non-parent.

- Babies must use a rear-facing seat until they reach age 1 and 22 lbs.
- Never place a rear-facing seat in the front seat of a vehicle with airbags.
- Over 10 kg (22 lb) & Over 1 Year Old
- Must be in a car seat. May face forward, or face rear if seat has a higher than 10 kg (22 lb) rear-facing limit.
- Over 18 kg (40 lb) & Under Age 10
- A child must use a car seat or booster seat until they are at least 4'9" (145 cm) or age 10.



Child Safety Seat Checklist

Infant & Child Seats

- Rear-facing seat - never in front of an airbag.
- Seatbelt or UAS strap holding seat tightly; seat can't move side to side more than 2.5 cm.
- Harness is snug - can only fit one finger under strap; chestclip at armpit level.
- If using seat belt, seat belt is locked or locking clip used.
- Top of harness straps is level or above shoulders.

Forward-facing Seat

- Tether strap used and tight.
- Top of harness straps is level or above shoulders.

Booster Seat

- No-back or high-back style.
- Child must be at least 40 lbs.
- Use booster until age 9 or 145 cm (4'9") tall.
- Must use shoulder/lap seatbelt, not lap seatbelt alone.

For more information, visit www.gov.pe.ca and follow the links to Highway Safety



RESOURCES TO SUPPORT NEWCOMERS

The Right Seat resources support child passenger safety education for families in multiple languages and for families who may experience low literacy.

- Short, educational video
- Print resource
- Poster with QR code



Is your child in the right seat?

Find resources and videos in multiple languages:

Votre siège d'auto convient-il à votre enfant? French	Tepki'k wkutputim knijan? Mi'kmaq
هل طفلكم في الكرسي الصحيح? Arabic	您是否为孩子选择了合适的汽车安全座椅? Mandarin Chinese
के तपाईंको नानी उपयुक्त सीटमा छ? Nepalese	Ma ku fadhiyaa ubadkaaga kursiga saxda ah? Somali
Mtoto wako yupo katika kiti sahihi? Swahili	ቆልዓኹም ኣብ የማን መንበር ኮፍ ኢኡሉዶ፤ Tigrinya

childsafetylink.ca/the-right-seat/



CHILDSAFETYLINK Here for you. A program of IWK Health    childsafetylink.ca

RESOURCES TO SUPPORT NEWCOMERS

Basic information “Is your child in the right seat”

- English, French, Arabic, Mandarin Chinese, Nepalese, Swahili, Somali and Tigrinya.

(Coming soon: Dari, Farsi, Ukrainian, Russian.)

More languages in the works as funding allows

Chinese simplified CSL-2021

您是否为孩子选择了合适的汽车安全座椅？

Simplified Chinese CSL-2021

CHILDSAFETYLINK
Here for you.

安全绑带松
紧度适中
胸部锁扣应
与腋窝齐平
系紧安全带
或 UAS 绑带

系好顶端系索

头部及颈部后
方支撑

髋部和肩膀安
全带

后向座椅

前向座椅

加高式座椅

- 后向座椅可在撞击时为宝宝的头部、颈部和脊椎提供最佳保护。
- 随着宝宝成长，请更换尺寸较大的后向座椅。
- 对2-4岁的幼儿来说，后向座椅最为安全。
- 只要宝宝的身形仍适合后向座椅，就可以一直使用。

- 因体型长大而无法继续使用后向座椅的儿童，可换用前向座椅。
- 在儿童体重达到18公斤（40磅）并能够正确坐在汽车座椅中以前，也就是在他们4-6岁之间，您可以一直为他们使用5点式绑带儿童安全座椅。
- 如果儿童身形成长过快，您需要使用针对更高及更重儿童的5点式绑带儿童安全座椅。

- 加高式座椅可以将儿童垫高，从而使成人安全带可以固定住儿童最强壮的骨骼。
- 使用加高式座椅的儿童体重必须达到18公斤（40磅）。
- 坐在安全座椅中的儿童必须能够坐直，且他们在行车途中不会来回移动或解开安全带。
- 在儿童身高达到145厘米（4英尺9英寸）并可以正常使用成人安全带之前，您都应该给他们使用加高式座椅。

务必遵守儿童安全座椅使用规则。

您的孩子是否正确使用了安全带？

- 您的孩子身高是否达到145厘米（4英尺9英寸）？
- 孩子完全坐进汽车座椅后，膝盖是否可以沿座椅边缘自然弯曲？
- 安全带是否位于髋骨处且松紧度合适？
- 肩带是否穿过胸部且位于颈部与肩部之间？
- 您的孩子是否可以全程自然地保持这一坐姿？

若您的孩子为能满足上述所有5项要求，他们每趟行程仍需使用加高座椅。

对13岁以下儿童来说，汽车后座最为安全。

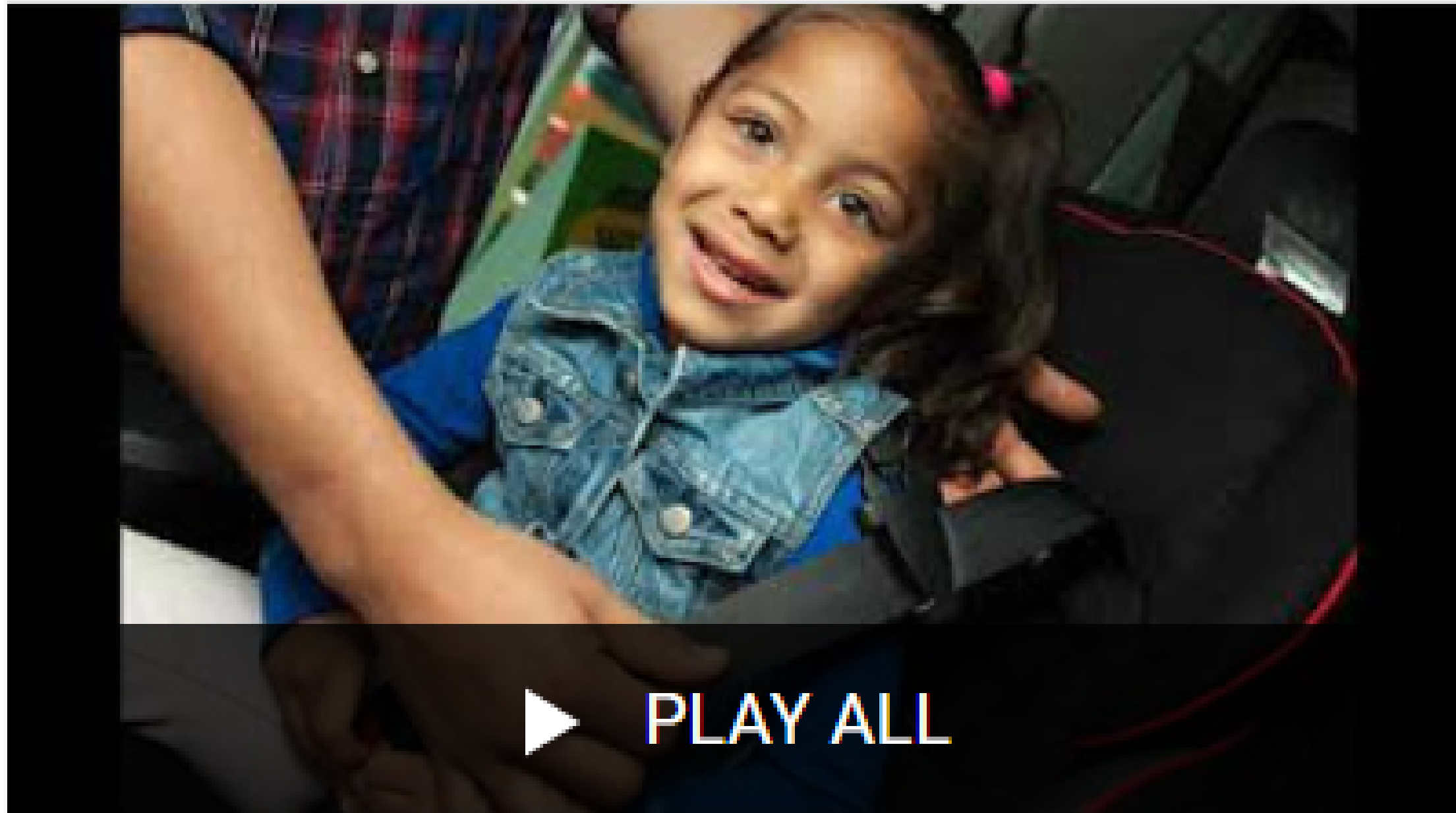
有问题请致电 1-866-288-1388

Childsafetylink.ca

HWK 健康中心服务项目

Evidence-based interventions

RESOURCES TO SUPPORT NEWCOMERS



RESOURCES TO SUPPORT NEWCOMERS

Q: Who can support this work?

- Anyone supporting a newcomer family can share these resources.

Q: What additional resources are available?

- There is a [How-to use these resources](https://chidsafetylink.ca/the-right-seat) guide available.
- Child Safety Link has a toll-free phone line in Atlantic Canada to support you.



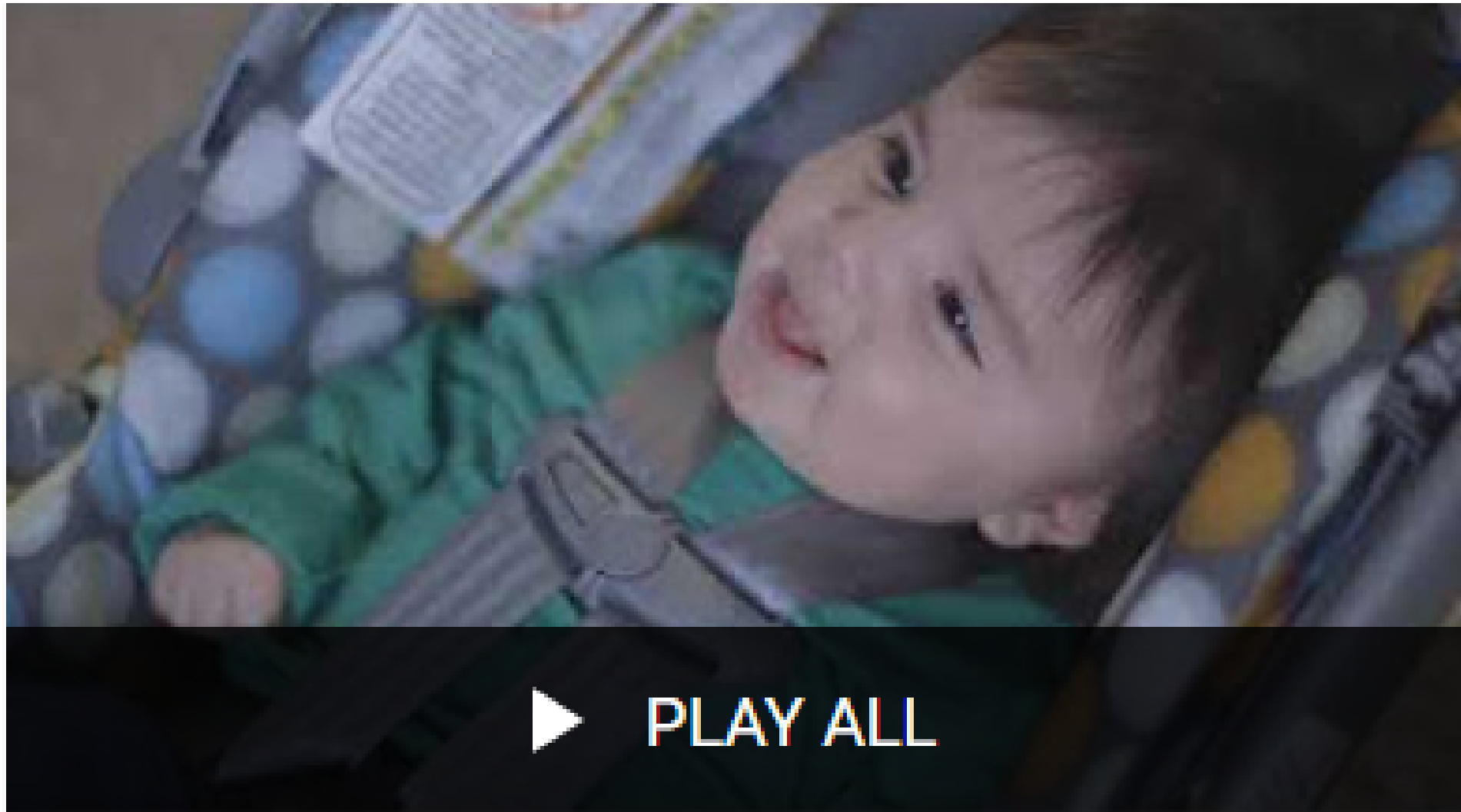
RESOURCES TO SUPPORT FIRST NATIONS

We reached out to contacts in First Nations health centres across the Maritimes and the request was clearly communicated for resources in English, French and Mi'kmaq that represented their families and community.

Coming soon:
Wolastoqiyik (Malecite)



RESOURCES TO SUPPORT FIRST NATIONS



Tepki’k wkutputim knijan?



Is your child in the right seat?

Find resources and videos at chidsafetylink.ca





CHILD SAFETY LINK
Here for you.

A program of
IWK Health



chidsafetylink.ca

Tools, resources, training and support

TRAINING

Training is available for all those who transport children (free, online 2.5 hours)

**Child Passenger Safety Technician training
3 days, available several times per year**

**Safe Travel for All Children Training
Unique and available once a year. (Nov 24, 25)**

Tools, resources, training and support

OTHER SUPPORTS

Supports for well-baby visits:

<https://childsafetylink.ca/well-baby>

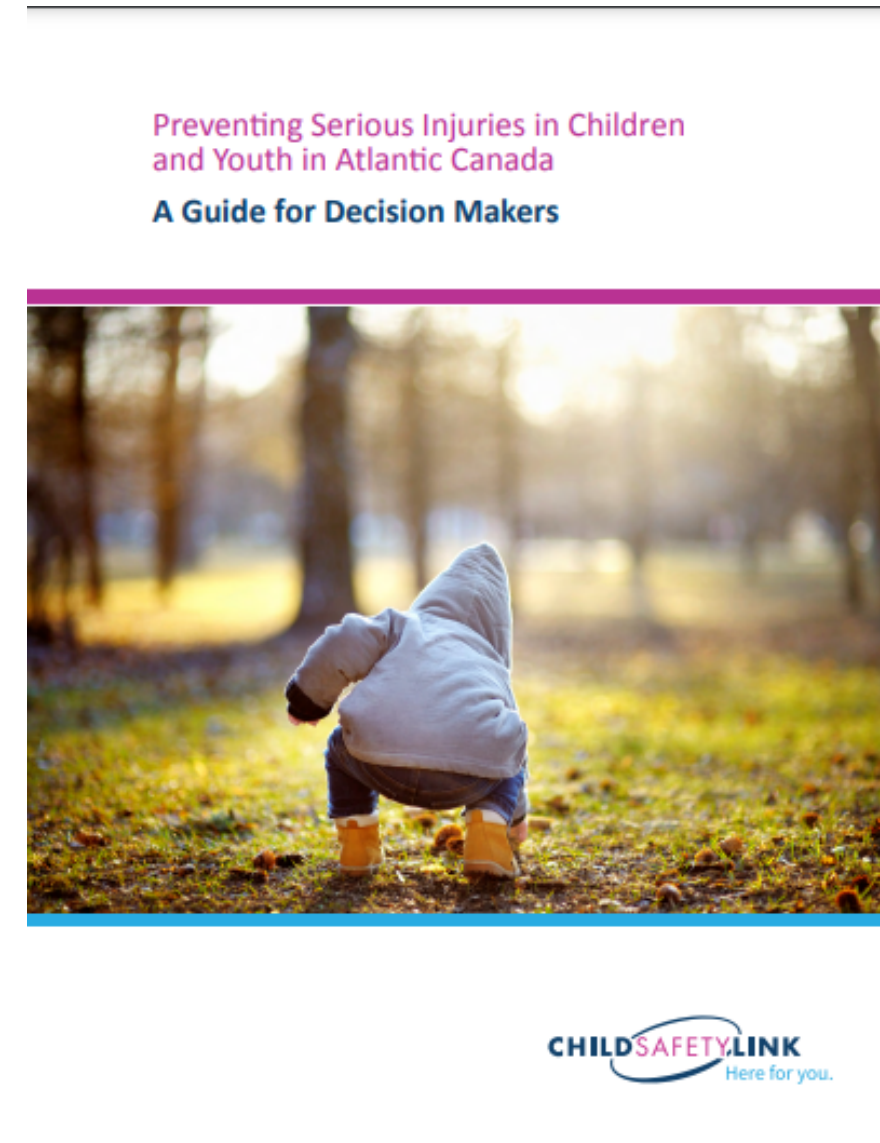
Additional training and support for nurses who support the discharge of newborns.

Tools, resources, training and support

REPORTS

We all can play a role in child and youth injury prevention

Decision maker's guide:
Preventing Serious Injuries to
Children and youth: A Guide for
Decision Makers



CONCLUSION

Reflect on original Learning Objectives:

1

Why is child passenger safety important?
How can we can reduce the risk?

2

Identify three evidence-based interventions to promote child passenger safety in your community:

3

Recognize where to find additional tools, resources, training and support



THANK YOU FOR ATTENDING!



FIND THIS PRESENTATION

A copy of the presentation will be sent to you via email.



ATTEND FUTURE WEBINARS

Our next webinar: Tues, October 4th
Concussion Prevention with Dr. Tina
Atkinson & Samantha Noseworthy-Oliver



COMMUNITY OF PRACTICE

Join our community of practice to
connect with other IP professionals.

*Coming
Soon*



FIND & CONTACT US



childsafetylink@iwk.nshealth.ca



childsafetylink.ca



1-866-288-1388



@childsafetylink

A summary of all tools and resources:

<https://childsafetylink.ca/toolkits-and-resources>

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