

Spring 2024

CHILD INJURY PREVENTION NEWSLETTER



saskatchewan
preventioninstitute
our goal is **healthy** children

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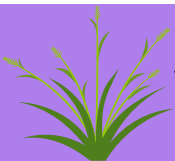
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www.skprevention.ca

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BICYCLE SAFETY WEEK

MAY 12 - 18, 2024

Bicycle Safety Week happens each spring in Saskatchewan, as children pull their bikes out of storage, adjust them to their new height, fasten their helmets, and cycle with renewed confidence. Scrapes and bruises from falling are a normal part of learning to ride a bike. It is important to focus on preventing serious injuries while allowing children to enjoy the thrill of riding.

GET READY TO RIDE

Ensure safety equipment is used on every ride.

- A properly fitted helmet.
- A properly fitted bicycle.
- A horn or bell.
- Reflectors.

Educate children on the rules of the road.

- Look both ways before entering a street.
- Yield to oncoming traffic.
- Ride in the same direction as traffic.
- Use hand signals.

Remember that children are not just small adults.

- Children may not have the ability to see a car coming.
- Children may be unaware that the sound of a vehicle they hear is moving towards them.
- Children may be impulsive, easily distracted, or may not recognize danger.
- Children are still developing balance, strength, and coordination.



The Saskatchewan Prevention Institute is providing free resources and giveaway items for you to use when educating children and youth about bicycle safety.

- To register and place an order, contact Robyn Stewart at rstewart@skprevention.ca.
- Orders will be filled on a first-come first-served basis, while supplies last. Order deadline is May 31, 2024.
- Order early, as the resources will not last long!

TAKING CARE OF YOUR BRAIN: GOTTA BRAIN? GETTA HELMET!

Helmets can reduce the risk of serious head and brain injuries in the event of a bicycle crash or fall. A helmet is made to absorb the force of a crash or fall and spread the impact over the entire helmet. If you've got a brain, you need a helmet!

WHAT YOU NEED TO KNOW ABOUT HELMETS

- Choose a helmet that is meant for the activity it is being used for.
- Check helmets for a safety standard sticker.
- Replace helmets after 3 to 5 years. They can become brittle over time.
- Check helmets for damage such as cracks or broken straps.
- Ensure helmets fit correctly and are adjusted for a proper fit on every ride.



HOW TO CHOOSE A BICYCLE HELMET FOR A CHILD (FACT SHEET)

This document provides information on the standards for helmets, types of helmets, and how to adjust a helmet for proper fit.

[CLICK HERE TO DOWNLOAD.](#)



BICYCLE SAFETY INFOGRAPHIC

Practice safe cycling by following the tips on this infographic.

[CLICK HERE TO DOWNLOAD.](#)



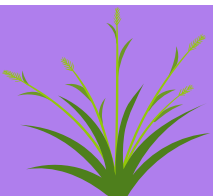
ARE YOU PLANNING A BIKE RODEO?



YOUR ACTIVITY GUIDE FOR TEACHING BIKE SAFETY SKILLS

This guide supports planning and facilitation of a bicycle safety event. The activities are designed for teaching bike safety skills for children ages 5 – 12. Included are speaking notes, lists of required items, and suggestions for supplementary activities.

[CLICK HERE TO DOWNLOAD.](#)



TAKE RISKS, GET MESSY

The Canadian Paediatric Society recently released a position statement on the benefits of risky play. Risky play is defined as thrilling and exciting forms of free play that involve uncertainty of outcome and a possibility of physical injury. Risky play positively impacts children's physical development, social skills, mental health, physical activity, and cognitive development. To read the full statement, visit <https://cps.ca/en/documents/position/outdoor-risky-play>.

HOW TO INCORPORATE RISKY PLAY THIS SPRING

Assess risks and remove hazards.

- A risk is the challenge or uncertainty in the environment that the child can recognize and learn to manage by setting their own limits and building their skills. An example of risk during play is a child climbing one branch higher on a tree.
- A hazard is a danger in the environment that could seriously injure a child and is beyond the child's ability to recognize. An example of a hazard is a tree branch that is rotten.

Give children time, space, and freedom.

- Find a balance between scheduled activities and free time for play.
- Explore new outdoor spaces together, with adults managing hazards, and providing appropriate supervision for children's stage of development.
- Allow children to decide what activity to do and to learn their own limits.

Recognize your own fears.

- Sometimes, adults' personal fears get in the way of children taking on new challenges.
- Before saying 'be careful' or intervening in an activity, stop and observe. While observing, discover what the child is capable of.

IDEAS FOR OUTDOOR SPRING PLAY

- Crack early morning ice in puddles
- Explore what floats in puddles
- Fly a kite
- Go barefoot
- Make mud pies
- Search for sprouting plants
- Start a nature journal



WHEN YOU WANT TO SAY "BE CAREFUL" (POSTER)

<https://saskoutdoors.org/>

When children are involved with risky play, we often say "be careful". Here are some other sayings to try with children.

[CLICK HERE TO DOWNLOAD.](#)

To learn more, visit <https://skprevention.ca/safety/risk-in-play/>.

SASKATCHEWAN CHILD INJURY PREVENTION NETWORK – JOIN US!

Do you teach children and caregivers about safety? Is the prevention of childhood injuries important to you? The Saskatchewan Child Injury Prevention Network is an online group where you can ask questions, engage in discussions, and share information and resources related to child injury prevention. For more information or to join, email Robyn Stewart at rstewart@skprevention.ca.

“Based on the research, we know that risky play is very helpful for physical health: kids are more active and improve their motor skills. It is also beneficial for mental health, including better self-esteem and better friendships and positive interactions with their peers.”

From “As safe as necessary: Paediatricians say ‘risky play’ can enhance children’s health and wellbeing” Canadian Paediatric Society media release.

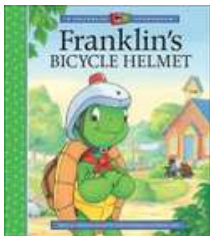
CHILD INJURY IN THE NEWS

[Water beads may pose life threatening risks to young children.](#)
- [Health Canada](#)

[What can we learn from road safety and injury prevention professionals about health equity and the built environment.](#)
- [CARSP](#)

VISIT THE LIBRARY: RECOMMENDED READING

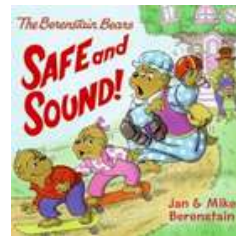
Books available through Saskatchewan’s Public Library System.



[Franklin's Bicycle Helmet](#)
from Kids Can Press



[Bicycle Safety](#)
by Peggy Pancella



[Berenstain Bears Safe and Sound](#)
by Jan and Mike Berenstain

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