

Winter 2024



# CHILD INJURY PREVENTION NEWSLETTER

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our goal is **healthy** children

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# WELCOME BETH BLAKLEY!



Beth Blakley (she/her) has been working at SPI for over six years, and in June 2024 transitioned into the role of Child Injury Prevention Program Coordinator. Beth is a proud mom to an energetic and creative six-year-old named Jack. Her formal education is a Bachelor of Science, and she also has a background working in higher education as an academic writer and research associate. Beth's true passion, however, lies with non-profit organizations. She is passionate about interdisciplinary teams, addressing the social determinants of health, harm reduction, and fostering community development through a lens of reconciliation and decolonization. Beth values providing evidence-based, trauma-informed education and is excited to apply her creativity, compassion, and knowledge to the field of child injury prevention. To connect with Beth, please email [bblakley@skprevention.ca](mailto:bblakley@skprevention.ca) or call 306-651-4316.

## BICYCLE SAFETY WEEK 2024 IMPACT

*Thank you!*

A huge thank you to all of the schools, organizations, and communities that hosted bicycle safety events across Saskatchewan! Passionate and dedicated partners like you make each year successful!



### HIGHLIGHT REEL

138

events from April 17 to August 10

65

communities across Saskatchewan

10,448

estimated number of children reached

7,771

children's educational packages distributed

2,825

extra bike safety bookmarks distributed

1,021 + 1,406

grades K-3 and 4-6 students attended virtual bike safety presentations



To learn more about Bicycle Safety Week in Saskatchewan, visit [www.saskbikesafety.ca](http://www.saskbikesafety.ca).

# FALL PREVENTION MONTH: NOVEMBER 2024

## WHAT IS FALL PREVENTION MONTH?

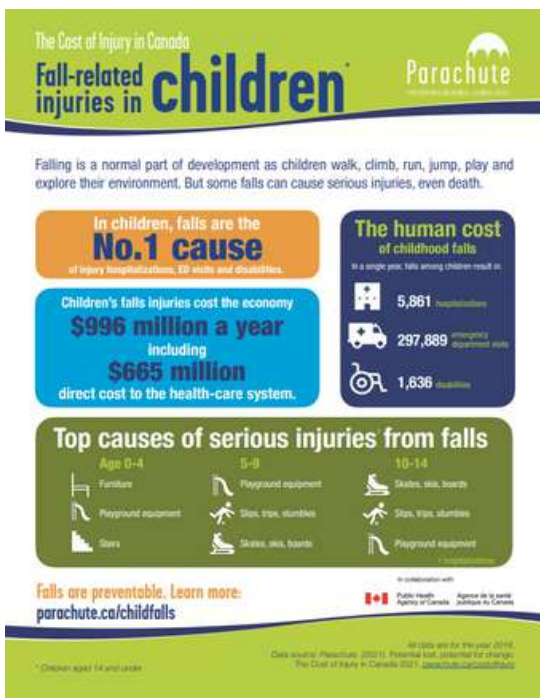
Fall Prevention Month is a Canadian campaign observed in November that aims to increase awareness about the risk of falls and encourages individuals and organizations to adopt proactive fall prevention measures.



## WHY WE NEED FALL PREVENTION MONTH

In Canada, falls are the leading cause for injury hospitalization, emergency department visits, and disabilities for children aged 0 to 14. According to Parachute's *The Cost of Injury in Canada* (2021), children's falls cost the economy \$996 million a year.

[Fall Prevention Month Website](#)



Falling is a normal and healthy part of development as children grow and explore their environment. However, serious fall-related injuries can be prevented with simple safety measures.

**The most effective way to reduce fall-related injuries in children of all ages is active adult supervision.**

Potential Lost, Potential for Change: The Cost of Injury in Canada 2021

## DID YOU KNOW...

As children grow older, where they most often fall changes.

- **Infants & Young Toddlers:** around the home - from furniture, beds, change tables, highchairs, or down stairs.
- **Older Toddlers:** while walking, running, or crawling at home.
- **Children Aged 5-9:** at playgrounds.



## UNDERSTANDING CHILD DEVELOPMENT TO PREVENT FALL-RELATED INJURIES

This recorded presentation is intended for service providers working with parents and families of young children. It describes developmental milestones in children and how this information can be used to create safer environments. It also includes national and provincial statistics, an overview of Fall Prevention Month, and provides evidence-based fall prevention tips by age.

[WATCH THE PRESENTATION HERE](#)



To learn more about preventing serious fall-related injuries in children, visit <https://skprevention.ca/safety/falls/>.

# HOLIDAY SAFETY FOR THE WHOLE FAMILY

The holiday season is an exciting time for children of all ages and brings more time at home with family. It is a time of year for games, gifts, celebrations, cooking, eating together, outdoor fun, and more! Whether you are celebrating the Winter Solstice, Christmas, Hanukkah, Kwanzaa, Ukrainian Christmas, Chinese New Year, or any other holiday, **make safety part of your holiday plans!**

Below are some safety tips for holiday decorations as well as recommendations to prevent fires and burns, choking, and poisoning.

## DECORATION SAFETY

1. Use a sturdy, broad-based stand placed away from all heat sources for the Christmas tree.
2. If using a real tree, ensure it is well-watered and not brittle.
3. If using an artificial tree, choose one that is flame resistant.
4. Put small ornaments and tinsel near the top of the tree.
5. Keep tripping hazards such as lights, cords, and furniture out of the way to prevent trips and falls.

## FIRE & BURN SAFETY

1. Do not overload electrical outlets; check all of the cords, sockets, and plugs for wear.
2. Check the batteries in all smoke detectors.
3. Consider using battery-operated flameless candles, instead of real candles.
4. Always supervise children near the fireplace; install safety gates for added protection.
5. Keep hot beverages in spill-proof containers and out of reach of young children.

## 4-019 HOLIDAY SAFETY FACT SHEET



[DOWNLOAD HERE](#)

## CHOKING PREVENTION

1. Buy age-appropriate toys for children and ensure that all parts, such as wheels and eyes, are well secured.
2. Ensure toy battery covers are secured and cannot be accessed by children.
3. Keep holiday candy, nuts, and other small, hard food items out of reach of young children.
4. Keep small decorations and objects out of reach of young children.
5. When entertaining, remind guests to keep purses and bags out of toddlers' reach.

## POISONING PREVENTION

Several holiday plants are toxic to humans (e.g., mistletoe, yew, holly berries, and poinsettia). Keep these plants out of reach of young children. For more information about plant poisoning, see <https://myhealth.alberta.ca/Alberta/Pages/non-toxic-and-toxic-plants-in-alberta.aspx>.

Get cozy on those cold winter days and decorate a Holiday Safety Colouring Sheet!

[DOWNLOAD HERE](#)



To learn about outdoor winter safety, visit <https://skprevention.ca/safety/winter-safety/>.

# RESOURCE ROUND UP

## 4-301 VAPING PRODUCTS AND RISKS TO CHILDREN FACT SHEET



Defines what vaping products are and how they can be harmful to the health of children and youth as well as outlines tips for parents to avoid injury or accidental poisoning from vaping products and devices.

[DOWNLOAD HERE](#)

## 4-400 HOW TO PREVENT POISONING FACT SHEET



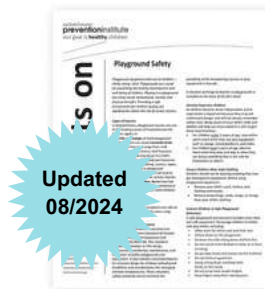
Contains information on how to prevent poisoning and a checklist for poison-proofing your home.

[DOWNLOAD HERE](#)

## 4-800 PLAYGROUND SAFETY FACT SHEET

Outlines the steps parents can take to protect their children, including a checklist for ensuring their local playgrounds are safe and well-maintained.

[DOWNLOAD HERE](#)



Find more evidence-based resources here:  
[SPI Resource Catalogue](#)

# UPCOMING EVENTS

## OUTDOOR AND RISKY PLAY: REFRAMING PERSPECTIVES USING EVIDENCE

Unstructured outdoor play is essential for healthy child development and often involves some element of risk. Grounded in current research and best practice, this webinar featuring Dr. Louise de Lannoy of Outdoor Play Canada will review key definitions, present evidence on the physical, mental, emotional, and social health and well-being benefits of outdoor risky play, as well as discuss how to address barriers to outdoor and risky play. Attendees will also work in groups to apply evidence-informed techniques to reframe perspectives on risk in play.

[CLICK HERE TO REGISTER.](#)

**OUTDOOR AND RISKY PLAY:  
REFRAMING PERSPECTIVES  
USING EVIDENCE**

**JANUARY 28, 2025  
1:30 P.M. – 3:00 P.M.**

This interactive webinar will share evidence on the physical, mental, emotional, and social health and well-being benefits of outdoor and risky play, discuss how to address barriers to outdoor and risky play, and use group activities to apply evidence-informed techniques to reframe perspectives on risk in play.

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Early Childhood TEAM

Outdoor Play Canada  
Outdoor Play Canada  
www.outdoorplaycanada.ca

**ADVANCED  
REGISTRATION  
IS REQUIRED.**

To learn more about upcoming learning opportunities, visit  
<https://skprevention.ca/events/list/>.

# 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 (SK-CIPN) is an online group where you can ask questions, engage in discussions, share information and resources, as well as network with others working in the area of child injury prevention. For more information or to join, please email Beth Blakley at [bblakley@skprevention.ca](mailto:bblakley@skprevention.ca).

## CHILD INJURY IN THE NEWS

Are playgrounds too safe? Why anthropologists say kids need to monkey around  
- CBC News

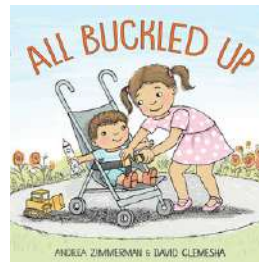
Health Canada warns that baby walkers available on AliExpress.ca may pose a risk of injury  
- Health Canada

## VISIT THE LIBRARY: RECOMMENDED READING

Books available through Saskatchewan's Public Library System.



Home Safety  
by Sue Barraclough



All Buckled Up  
by Andrea Simmerman  
and illustrations by  
David Clemesha

We welcome you to distribute this newsletter to others with an interest in child injury prevention. If someone you know would like to receive future editions of this newsletter, you would like to contribute content to this newsletter, or you would like to be removed from this distribution list, please contact Beth Blakley at [bblakley@skprevention.ca](mailto:bblakley@skprevention.ca).