

Fall 2025



CHILD INJURY PREVENTION NEWSLETTER

saskatchewan
preventioninstitute
our goal is **healthy** children

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SK Child Injury Prevention Network (SK-CIPN)

Child Injury in the News

Visit the Library: Recommended Reading



www.skprevention.ca

1319 Colony Street, Saskatoon, SK S7N 2Z1
Bus. 306-651-4300 Fax. 306-651-4301
Email: info@skprevention.ca

PRELIMINARY RESULTS: Bicycle Safety Week 2025 Impact



125

events from
May to August

75

communities across
Saskatchewan

10,300

estimated number of
children reached

8,384

children's educational
packages distributed

1,819

grade 1-5 students
attended virtual bike
safety presentations

Thank you!

To all of the schools, organizations, and
communities that hosted bicycle safety events:
THANK YOU! It is passionate and dedicated
partners like you that make each year a success!

History of Bicycle Safety Week in Saskatchewan

The Saskatchewan Prevention Institute has been dedicated to promoting safe cycling practices and preventing injuries among child cyclists in our province for decades. Proclaimed provincially by the Minister of Crown Corporations, the **first official Bicycle Safety Week occurred from May 19-25, 2002**. Since then, it has become an annual tradition and favourite community event in several locations.

Over the years, Bicycle Safety Week has seen several mascots and design themes, including cartoon characters, superheroes, Star Wars, Lego figurines, and our favourite cycling Pup. Below are some of the slogans and graphics used over the years.

Save Your Melon!



Be a Hero...Wear Your Helmet!



Build Safe Bikers!



Ready to Ride!



To learn more about Bicycle Safety Week in Saskatchewan, visit
www.saskbikesafety.ca.

CONCUSSIONS IN YOUNG CHILDREN

WHAT IS A CONCUSSION?

A concussion is an injury to the brain that changes or interferes with the way the brain works, usually temporarily. Concussions are also known as “mild traumatic brain injuries”.

A concussion can be caused by a blow to the head, face, neck, or body that causes the brain to move rapidly within the skull. Common causes include falls, motor vehicle collisions, contact/collision sports, assaults, or forceful shaking. For young children, a concussion can happen in the home, at play, and on the road.



CONCUSSIONS IN INFANTS AND YOUNG CHILDREN

Children under the age of six have the highest rates of concussions, most often occurring at home. Head bumps are common during early development as children learn to roll, crawl, walk, and jump. While most of these bumps do not result in concussions, some may cause brain injury. Infants and toddlers are particularly vulnerable to concussions due to their relatively large heads, weak neck muscles, limited balance and coordination, and the rapid brain development that occurs in early childhood.

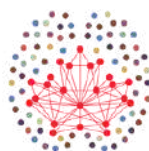
PREVENTION TIPS

Although not all concussions can be prevented, parents and caregivers can significantly reduce the risk of a concussion to infants and young children by following these safety tips:

- **Identify and manage hazards.** Check and manage your surroundings to prevent tripping and falls.
- **Use safety equipment.** Be sure that safety equipment is being used and installed correctly. For example, use properly fitted and installed car seats; straps on high chairs, strollers, and change tables; wall anchors for furniture; and hardware-mounted safety gates at stairs.
- **Actively supervise.** Based on the child’s age, abilities, and their activity, find the right combination of physical closeness to the child and attention to what the child is doing.
- **Be prepared.** Learn to recognize the symptoms of a concussion and know what to do if one occurs.
- **Respond calmly to stress.** Learn about and educate caregivers about the risks of traumatic head injury due to child maltreatment, how to deal with a crying infant, and strategies for handling frustration.

DID YOU KNOW...

This year, **Concussion Awareness Week** is from **September 21-27**. This national campaign was established by the Canadian Concussion Network in 2021 and aims to increase awareness about concussions, their symptoms, and prevention strategies.



Canadian
Concussion
Network

Réseau
Canadien des
Commotions

[Visit the Canadian Concussion Network website](https://skprevention.ca/safety/brain-injury/)

To learn more about brain injuries and concussions in children, visit
<https://skprevention.ca/safety/brain-injury/>.

FIRE PREVENTION WEEK: October 5-11, 2025

WHAT IS FIRE PREVENTION WEEK?

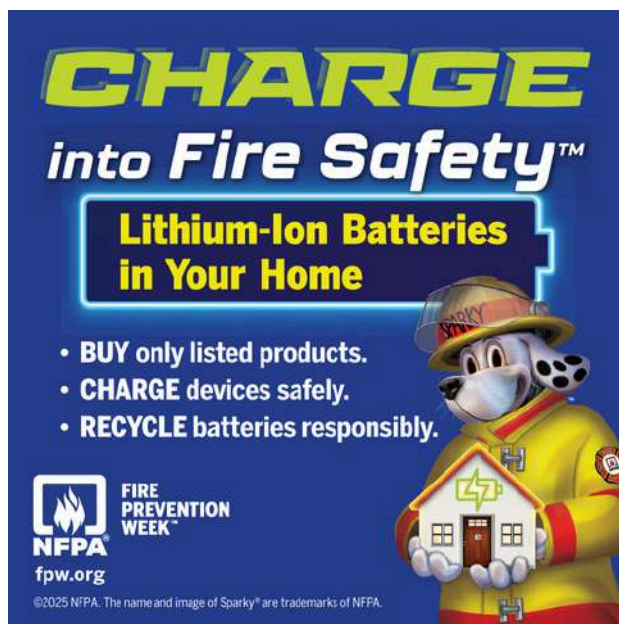
Fire Prevention Week is an annual public health campaign developed by the National Fire Protection Association (NFPA), with its first observance occurring in 1922! What started in the USA in commemoration of the devastating damage caused during the Great Chicago Fire of 1871, has made its way north to Canada. Many Canadian communities host their own fire safety events and organizations provide public education to teach people of all ages how to stay safe in the event of a fire.



Visit the
NFPA website

THEME

The 2025 Fire Prevention Week theme is **“Charge into Fire Safety: Lithium-Ion Batteries in Your Home.”** This campaign aims to educate everyone about using lithium-ion batteries safely, stressing the importances of how to safely **BUY**, **CHARGE**, and **RECYCLE** these batteries.



Most of the electronics we use in our homes every day are powered by lithium-ion batteries. This includes products such as mobile phones, laptops and tablets, smart watches, power tools, e-cigarettes and vapes, wireless headphones, remote control cars, cordless vacuum cleaners, e-vehicles, and more. Lithium-ion batteries store a lot of energy in a small place. They can explode if overcharged or damaged, resulting in fires and potential injuries.



BUY only listed products and look for a Canadian certification mark (i.e., CSA, cUL, or cETL).

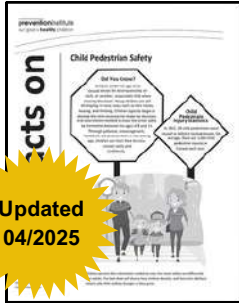
CHARGE devices safely. Follow manufacturer instructions, always use the cables that came with the product, and charge your device on a hard surface. Unplug the device or remove the battery when it is fully charged.

RECYCLE batteries responsibly. Do not throw lithium-ion batteries in the trash or regular recycling bins.

IMPORTANT!

Stop using a lithium-ion battery powered device if it smells weird, gets too hot, makes popping noises, or changes its shape or colour. If possible, move the device away from anything flammable and call 9-1-1.

RESOURCE ROUND UP



4-021 CHILD PEDESTRIAN SAFETY FACT SHEET

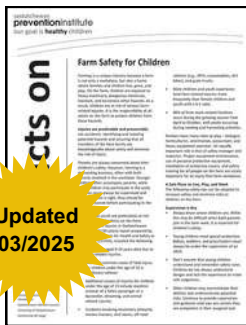
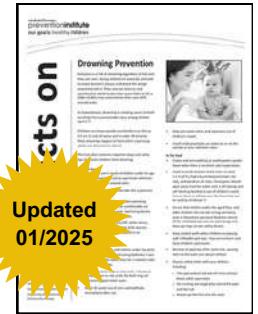
Provides information about how child development impacts the skills and abilities needed for safe pedestrian crossings. It also provides tips for talking to children about pedestrian safety and step-by-step instructions on how to cross a street safely.

[DOWNLOAD HERE](#)

4-500 DROWNING PREVENTION FACT SHEET

Outlines water safety tips and drowning prevention strategies for children along with guidelines for lifejacket and personal floatation device (PFD) use. This fact sheet provides information for caregivers supervising children at home, in the yard, in a watercraft, and at the pool, lake, or beach.

[DOWNLOAD HERE](#)



4-800 FARM SAFETY FOR CHILDREN FACT SHEET

Outlines tips for creating safer environments, the importance of supervision, and strategies to help prevent injuries in children on the farm.

[DOWNLOAD HERE](#)

IN CASE YOU MISSED IT... RECORDED WEBINAR

INFANT SAFETY AT HOME: PREVENTING COMMON INJURIES

Supporting families during an infant's early development is important to foster safe and healthy growth. This webinar equips service providers and healthcare professionals with evidence-based strategies to support parents and caregivers. Attendees will explore practical safety measures for safe sleep, fall prevention, water safety, and soothing techniques for crying babies. This webinar will also cover key developmental milestones and how understanding these stages can help prevent common injuries.

[WATCH THE RECORDING HERE.](#)



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.

CHILD INJURY IN THE NEWS

Anyone could forget a kid in a hot car, research shows

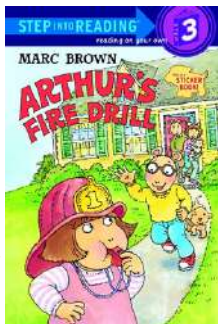
- CTV News, Health

As nicotine pouches' popularity soars, they're also responsible for more poisonings in young kids, study finds

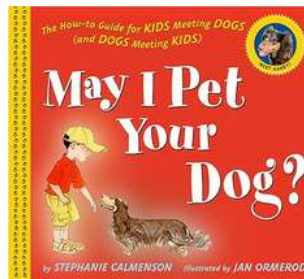
- CNN, Health

VISIT THE LIBRARY: RECOMMENDED READING

Books available through Saskatchewan's Public Library System.



Arthur's Fire Drill
by Marc Brown



May I pet your dog? The how-to guide for kids meeting dogs (and dogs meeting kids).
by Stephanie Calmenson;
illustrated by Jan Ormerod

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.