



Fetal, Infant, Child, Mortality and Prevention Newsletter

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End of the Road for 2013



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What a howling good year it has been for the FICMMR Program! FICMMR has gone through a lot of changes this year and it wouldn't have been successful without everyone's commitment, time, and devotion.

Listed is a recap of some accomplishments.

- ✓ Successful training day in Missoula on April 18th.
- ✓ Successful transition to the Child Death Review (CDR) System Version 2.2s and then learning Version 3.0.
- ✓ Great discussions during FICMMR conference calls on standardization, team collaborations, tools, and resources.
- ✓ Addition of Maternal Mortality reviews, effective October 1, 2013.

Thank you so much for your dedication, professionalism, and commitment to keeping infants, children, and families safe in Montana. I wish everyone a happy and safe holiday season.

Sincerely,

Lori Rowe—FICMMR Program Coordinator

NHTSA Unveils “5 to Drive” Teen Safety Campaign

In October 2013, the National Highway Traffic Safety Administration (NHTSA) unveiled a “5 to Drive” teen safety campaign to reduce high death rates among teen drivers. According to the NHTSA, motor vehicle crashes are the number one killer of teens in America, and half of the teens killed are the driver themselves.

“Safety is our highest priority, especially when it comes to teens, who are often our least experienced drivers,” said U.S. Transportation Secretary Anthony Foxx. “The ‘5 to Drive’ campaign gives parents and teens a simple, straightforward checklist that can help them talk about good driving skills and most importantly, prevent a tragedy before it happens.”

NHTSA data shows motor vehicle crashes are the leading causes of death for teenagers 14-18 years of age in the U.S. In 2011, 2,105 teen drivers were involved in fatal crashes. Of those teens involved in fatal crashes 55% survived and 45% died in the crash. Montana had 129 motor vehicle deaths reported from January 2006 through December 2011 among infants, children, and teens.

The “5 to Drive” campaign encourages parents to visit www.safecar.gov/parents and discuss with their teens one safety topic each day. The campaign topics are:

1. No cell phone use or texting while driving.
2. No extra passengers.
3. No speeding,
4. No alcohol
5. No driving or riding without a seat belt.



For more information on the “5 to Drive” campaign, visit www.safecar.gov/parents/fivetodrive .



Prevent Drownings in the Home

The Children’s Safety Network (CSN) posted information on their website to remind families about the drowning risks in the home now that winter is here. CSN states that about 87 children younger than 5 drown in incidents around the home and more than 80% of these children are younger than 2. CSN also states that 80% of the drownings occur while in the bathtub.

Here are some prevention tips to protect children from drowning in the home.

- Never leave a child unattended in a bathtub. It only takes a few inches of water for a young child to drown. If you have to leave, take the child with you.
- Do not leave an infant or toddler under the care of young siblings.
- Use toilet seat locks.
- Do not leave any liquid in buckets, coolers or other water-bearing vehicles. Empty all fluid and turn them over so rainwater cannot collect in them.
- Keep children away from water fountains or landscape features by fencing them off.
- Learn CPR (cardio pulmonary resuscitation). This can save a life.

For more information on drowning prevention, [click here](#) to visit the Children’s Safety Network website.

First Candle’s: Bedtime Basics for Babies

First Candle has kicked off a National Infant Safe Sleep campaign called “ [Bedtime Basics for Babies.](#)” First Candle set a goal to reduce the number of sudden, unexpected infant deaths in the U.S. To reach this goal they want to ensure that every parent is aware of, and prepared to adopt, lifesaving in sleep practices before leaving the hospital. They also want to ensure that every baby has access to a safe crib, especially if the family can’t afford one.

First Candle states more than 4,500 sudden unexpected infant deaths occur each year and statistics show that as many as 80-90% are the result of unsafe sleep practices.

Listed are a few of the many good tips First Candle provides to parents:

- ✓ Adult beds are not safe for sleeping babies. A safe place for a baby to sleep for at least the first six months, is in a crib placed near the parents bed. Place them on a firm mattress covered with only a tight fitting crib sheet. Always placing the baby on the their back.
- ✓ Never use a pacifier to replace nursing or feeding. Wait one month to offer a pacifier if you are breastfeeding. It is ok to offer a pacifier at nap time or night time.
- ✓ It’s ok to nurse your baby in bed, but when it’s time to go to sleep, place baby on the back in a separate, safe sleep area near the parents bed.



[Click here](#) for more information about First Candle or to download fact sheets and brochures.

[Click here](#) for Montana’s Sudden Infant Death Syndrome and Bed Sharing report, 2003-2010.

Leaving Your Child Home Alone



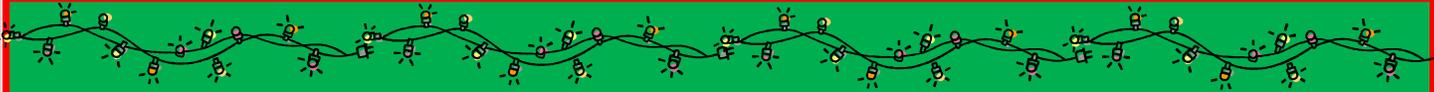
In September 2013, the [Child Welfare Information Gateway](#) developed a fact sheet to help parents decide when it is ok to leave a child home alone for the first time. There is no correct age of when it is ok to leave a child home alone safely for the first time. Parents need to consider the child’s physical, mental, developmental, and emotional well being when leaving a child home alone. This information sheet has helpful questions a parent may want to use when considering to leave at child home.

The Montana Child and Family Services Division developed a brochure “Is Your Child Ready to be Home Alone” that provides a list of questions to help parents decide if a child is ready to stay home. [Click here](#) to view the Montana brochure.

If a parent has determined the child is ready to stay home alone, listed are helpful tips for parents:

- Have a trial period
- Role play
- Establish rules
- Discuss emergencies
- Check in
- Talk to child about his/her feelings and experiences while you were away.
- Don’t over do it by leaving a child alone too much.

For more information on Leaving Your Child Home Alone visit: <https://www.childwelfare.gov/pubs/factsheets/homealone.pdf>



Fire Free Holiday Season

The holiday season is here and it's time to break out the decorations, lights, candles, and trees. Listed below are a few simple safety tips to ensure everyone has a safe and pleasant holiday.

- Inspect holiday lights for frayed wires, bare spots, and excessive kinking or wear before putting them up.
- Do not link more than three light strands, unless the directions indicate it is safe.
- Do not overload electrical outlets and use correct lights for inside and outside lighting.
- Consider using battery operated flameless candles instead of lit candles.
- If using lit candles, make sure they are in a stable holder, keep them at least 12 inches from anything that can burn, and **never leave them unattended.**
- Place artificial and natural trees away from sources of heat and don't block entry/exit ways in the home.
- Keep natural tree stands filled with water at all times. If the tree becomes dry, discard it promptly.
- Artificial or metallic trees should be flame retardant.
- When decorating the tree, use non-flammable decorations.

For more holiday fire safety information [click here](#) to visit the U.S. Fire Administration website.



A Few Things to Remember

- ✓ Remember to use the Montana FICMR Review Case Report for all 2012 cases. All 2012 cases are **due by December 31, 2013.**
- ✓ Please complete and submit the FICMMR Survey!
- ✓ Be on the lookout for the MMR webinar training in January 2014.
- ✓ Next FICMMR Conference call is tentatively scheduled for February 2014.
- ✓ Save the Date reminders will be sent out soon for the MCHBG / FICMMR March road show.
- ✓ If you have any great prevention activities or campaign stories that occurred in your community and would like to share, send an email to rowe@mt.gov.