Be safe at home, at play, and on your way!

Protecting children from preventable injury—the leading cause of death for Montana kids. Learn more and connect:

406.926.2522 | safekidsmissoula.org | 

I’m a Safe Kid! 

Safety Activity Pack

Be safe at home, at play, and on your way!

Draw yourself as a SAFE KID
Preventable injury is the leading cause of death for children in the U.S. Unintentional injuries from vehicle crashes, poisonings, shootings, drowning, and more claim the lives of thousands of children each year, and injure millions more. But, the good news is that preventable injuries are preventable!

Safe Kids Missoula is your partner in protecting children from preventable injury. We provide hands-on education and take-action information to help you create safer environments for children. Contact us to learn more about:

• Car seat checkups and child passenger safety
• Safe practices
• Safety tip sheets and materials
• Community education and safety events
• Referrals to local safety resources
• Annual Safe Kids Fair

Get Involved
You can support our efforts to help keep children safe in one of the following ways:

• ADVOCATE: Join our Safe Kids Missoula Safety Advocates Facebook Group to help increase awareness
• VOLUNTEER: Volunteer your time and skills at an event or as part of our Coalition
• DONATE: Make a donation to support our prevention efforts at fchwmt.org/give-safe-kids
• CONNECT: Sign up for newsletters on our website or text SAFE to 31996 for monthly safety tips and updates by text

About Us
Safe Kids Missoula, a local Coalition of Safe Kids Worldwide led by Foundation for Community Health, was established in 1991 to connect parents and caregivers with critical safety information and education. Safe Kids Missoula includes more than 30 safety experts and volunteers from nonprofit and government agencies dedicated to protecting children from preventable injury. Learn more about Safe Kids Missoula and ways to get involved at safekidsmissoula.org.

406.926.2522  |  safekidsmissoula.org  |  Find us on Facebook and Instagram

Activity Packets sponsored by:
Life Jacket Loaner Program
YMCA is proud to be a Montana Fish, Wildlife and Parks Life Jacket Loaner Program site. The YMCA provides life jackets free of charge for families and individuals to borrow! Sizes range from infant to adult.

Montana law requires children under 12 to wear a U.S. Coast Guard approved life jacket. All boats must have a life jacket available for each person on board.

Click (if online) to request your life jackets. Please submit your requests 48 hours in advance. A Y staff member will contact you to arrange for pickup.

Swimming Safety Tips

Never swim alone. Always have a grown-up watching you.

Never push or shove anyone near a pool.

Always walk, never run by a pool.

Do not go into water during a storm.
These fun, **CRUNCHY SWEET ROLL UPS** are the kind of breakfast food that both kids and adults will like. Never leave a child unattended in the kitchen. Limit the child to tasks that are safe and age-appropriate.

Preheat the oven to 375 degrees F. Line a baking sheet with parchment, and spray the parchment with cooking spray.

Mix together the cream cheese and 2 tablespoons sugar in a small bowl. Roll each slice of bread flat with a rolling pin, and spread with 1 heaping teaspoon of the cream cheese mixture. Place 2 heaping teaspoons of the diced strawberries at one end of each slice. Starting at that end, roll up each slice. Pinch and press the seam and ends so each roll-up is sealed, and push back in any ingredients that may have snuck out of the ends.

Whisk the cream and eggs together in a small bowl. Combine the remaining 1/2 cup sugar and the cinnamon in a shallow dish. Dip each roll-up in the egg mixture until completely submerged, shake off excess egg, then cover completely in the cinnamon sugar. Arrange the roll-ups, seam-side down and evenly spaced, on the prepared baking sheet.

Bake the roll-ups until they're golden brown and the cinnamon sugar forms a crunchy layer, about 15 minutes. Let cool for 5 minutes, then transfer to a cutting board. Trim off any excess caramelized sugar, and slice each roll-up in half on the diagonal (be careful when slicing, as the filling is hot). Serve the roll-ups on a platter, with maple syrup on the side if using.
Happy Mother's Day!

Supplies:

- Blue and random color paint for the flowers (we used red, yellow, orange, pink, and purple)
- Green, Yellow, White, and random color craft paper for the background (we used pink and yellow)
- 3 green straws (we used paper straws because they come with cute designs)
- Clear tape
- Glue/glue dots
- Craft paper (card stock)
- Paint brushes
- Wipes for cleanup

To make the child’s handprints, coat one hand with paint and have them firmly press their hand on a sheet of white paper. Let them wipe off the paint with a baby wipe.

Chose a different color of paint and repeat.

To make child’s footprints, coat one foot with paint and have them firmly press their foot on a second sheet of white paper. Let them use a baby wipe to clean their foot.

Repeat with the blue paint to make the vase and set aside paintings to dry.

Once those dry, cut them out and then assemble using the straws, tape and glue dots.
Watch kids when they are in or around water, without being distracted. Keep young children and weak swimmers within arm's reach of an adult. Make sure older children swim with a partner every time.

Choose a Water Watcher. When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.

Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready – consider their age, development and how often they are around water.

Make sure kids learn water survival skills. Children should be able to do these five things:

1. Step or jump into water over their head and return to the surface.
2. Turn around in the water and orient to safety.
3. Float or tread water.
4. Combine breathing with forward movement in the water.
5. Exit the water.
Teach children that swimming in open water is different from swimming in a pool. Know the hidden hazards of open water such as limited visibility, sudden drop-offs, uneven surfaces, currents and undertow.

Use designated swimming areas and recreational areas whenever possible. Look for posted signs about open water hazards. Also look for signs that say when lifeguards will be present.

Wear a U.S. Coast Guard-approved life jacket when boating or participating in other water activities. Choose a life jacket that is right for your child’s weight and water activity. Weak swimmers and children who cannot swim should wear life jackets when they are in or near water.

Learn basic water rescue skills and CPR. It is important to know how to respond in an emergency without putting yourself at risk of drowning.
How to Have Safe Fun in the Sun  
*Top Tips to Protect Kids this Summer*

School’s out and summer is finally in full swing. Across the country, families are celebrating the sunshine with cookouts, fireworks, sandcastles and road trips. Whether your plans include backyard barbeques or family vacations, we’ve got some tips to help parents keep their summer adventures as safe as they are fun.

**Travel Tips**

- Buckling up on every ride is the single most important thing a family can do to stay safe in the car. Before you hit the road, check your car seat.
- Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. Never leave your child alone in a car, not even for a minute.
- If you’re planning to travel by air this summer, be sure to bring your child’s car seat onto the plane. Make sure it’s labeled “certified for use in motor vehicles and aircraft.”
- Before you visit, talk to friends and family about keeping small objects away from young kids. This includes medicine, button batteries, magnets and small toys and other objects that are tiny enough for children to swallow.

**Outdoor Tips**

- Make sure your kids have the appropriate clothing and gear. Camps will often send a required packing list. Follow it.
- Give your children a few first aid basics such as when to use a bandage, what a tick might look like and how to spot poison ivy.
- Teach kids not to play with matches and lighters and keep a bucket of water and a shovel near your camp fire. It’s important to supervise children around an open flame.

**Swimming Tips**

- Watch kids when they are in or around water, without being distracted. Designate a responsible adult to keep an eye on kids in the water at all times.
- Teach kids to swim with an adult. Older, more experienced child swimmers should still swim with a partner every time.
- Swimming aids such as water wings or noodles are fun toys for kids, but are not appropriate to be used in place of a U.S. Coast Guard-approved life jacket.

**Grilling Tips**

- Position the grill well away from siding, deck railings, out from under eaves and overhanging branches and a safe distance from lawn games, play areas, and foot traffic.
- Keep children and pets away from the grill area by declaring a three-foot "kid-free zone" around the grill.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately.

For more information and resources about protecting kids on the road, at home and at play, visit SafeKids.org.