



# Nurse's Notes

## November 2023

-Monica Cain, RN, BSN

### Welcome to November!

It's not too late to get the annual flu shot or the 2023-24 COVID booster! They are both available through local pharmacies or your primary care provider.

### Child Passenger Safety

Child passenger safety is confusing for many parents. When can my child ride in a booster? When can they ride in the front seat?

Pages 2 & 3 of this month's newsletter contain some excellent information on keeping your child safe when riding in a vehicle.

If you have any questions, please don't hesitate to reach out to the me!

### Lice Q&A

**Q.** Can lice fly or jump?

**A.** No, they only crawl or run

**Q.** Are lice due to poor hygiene?

**A.** Getting head lice is not due to the cleanliness of a person or their environment

**Q.** How many school age children get lice every year?

**A.** About 6-12 Million children ages 3-11 get head lice every year.

**Q.** Where did you get this great information?

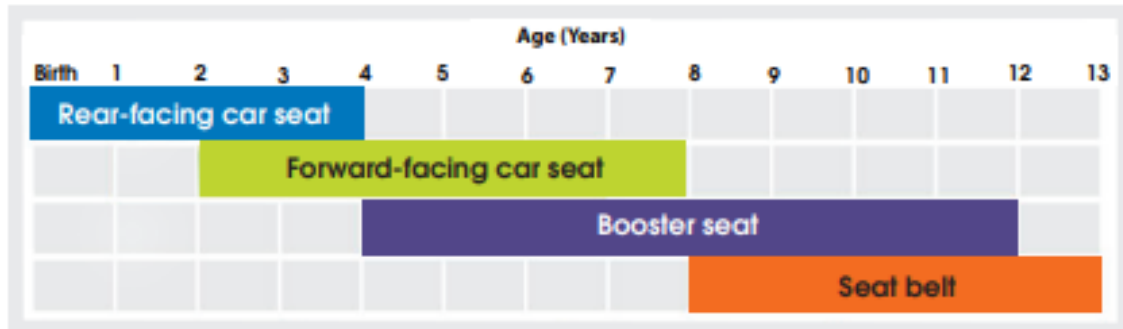
**A.**  
<https://www.cdc.gov/parasites/lice/head/index.html>

If you have any questions or concerns please contact me at **414-247-4226** or **[mcain@foxbay.org](mailto:mcain@foxbay.org)**



# The safest ride for kids

Car crashes are one of the leading causes of death and injury in children. Pediatricians and injury prevention experts work together to find the best ways to keep kids safe. Use this guide to know which car seat is safest for your child.



**Proper fit and use is most important at every stage.**

## Rear-facing car seat

Riding rear facing is safer than forward because a child's head, neck and spine are better protected. Keep children rear facing as long as they are within the weight and height limits for the car seat.

- If your child is younger than 2 and outgrowing their rear-facing seat, look for a seat that goes rear facing to higher weights and heights. This may let them stay rear facing past age 2.
- When your toddler is at least 2 years old and has outgrown the rear-facing seat, they may be ready for a forward-facing car seat.

Top of the child's head is at least 1 inch below the top of the car seat

Harness straps are at or below the shoulders and should be snug

Chest clip is at armpit level

Buckle is in front of the child with no gaps



Top of the child's ears are below the top of the car seat

Harness straps are at or above the shoulders and should be snug

Chest clip is at armpit level

Buckle is in front of the child with no gaps.



## Forward-facing car seat

- Keep children forward facing in a car seat with a harness as long as they are within the weight and height limits for the car seat.
- If your child is at least 4 years old and 40 lbs, and is mature enough to sit correctly, they may be ready for a booster seat.

## Booster seat

- Booster seats are important to use when a child has outgrown a harness seat but before they are ready to sit using a seat belt only.
- The booster seat raises the child so the vehicle's lap and shoulder belts fit properly over the strongest part of the child's body, which are the chest and thighs.

Top of the child's ears are below the top of the booster or vehicle headrest

Shoulder belt lies flat and snug between the neck and shoulder

Lap belt lies flat and snug on the tops of the thighs



## CHILDREN CAN RIDE SAFELY WITHOUT A BOOSTER WHEN THEY PASS THE 5-STEP TEST:



1  
Back against the vehicle seat

2  
Knees bend at the edge of the seat

3  
Lap belt on tops of thighs, not on belly

4  
Shoulder belt between neck and shoulder

5  
Sits properly. No slouching, no playing with seat belt.



THE CAR SEAT LADY

## MOST KIDS ARE 10-12 YEARS OLD BEFORE THEY PASS.

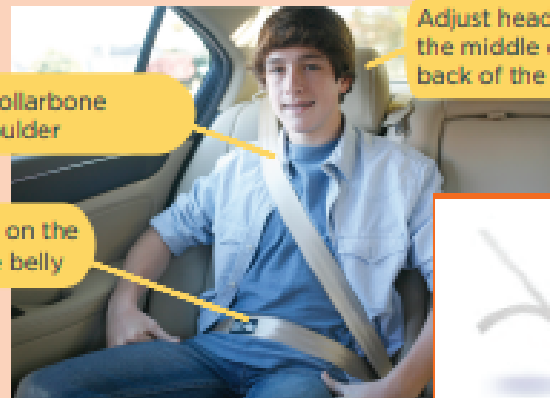
## Seat belt

- Children should ride in the back seat until age 13.
- It's the law to wear a seat belt.
- Make sure everyone in the car is buckled up on every ride.
- Show children how important it is. Adults should always buckle up.

Shoulder belt lies flat on collarbone between the neck and shoulder

Lap belt lies flat and snug on the tops of the thighs, not the belly

Adjust headrest to the middle of the back of the head



[childrenswi.org/carseats](http://childrenswi.org/carseats)  
[safetycenter@childrenswi.org](mailto:safetycenter@childrenswi.org)

SAFE  
KIDS  
WISCONSIN

Led by  
Children's  
Wisconsin