

April is Car Safety Month

This issue of *MLC Family Minutes* is designed to highlight the ways to prevent your child from being injured while in a car, forgotten in the back seat of a vehicle, and to support safe driving with children as passengers.

How does a parent forget a child in a car?

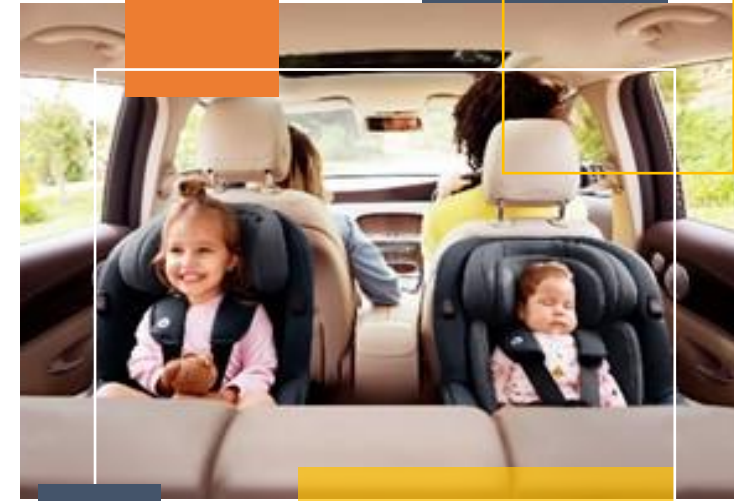
Unfortunately, dozens of children lose their lives due to heat stroke each year in a hot car. 87% of children who die in a hot car are under the age of three. A car temperature will rise 20 degrees in 10 minutes on a typical Florida 90-degree day.

We have all experienced the “autopilot” affect. Wow, I am home, I do not remember making those turns! As parents we have a lot on our minds. Parents of young children experience a lack of sleep, stress, and fatigue. As adults we find ourselves attempting to multi-task by using our cell phone while driving, we become engaged in a conversation and forget what we were originally doing. A child who falls asleep in the car can be forgotten. The best preventative measure is to **look before you lock. Even if you think are you alone.**

Rear Facing Car Seat

When is it time to turn that car seat around? In the state of Florida, children **under the age of 6** must be in a secured car seat. Infants are to be in a car seat which faces backwards. Parents can turn their child’s car seat around when the child turns 1 and exceeds the infant seat’s weight limit. ALL children are required to use a car seat or booster seat until the seat belt fits properly. Here is a link on how to select a car seat for your child:

<https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#installation-help-inspection>



MLC April Family Minutes

A resource from our family to yours



Reminder Magnets for Everyone!

We will be providing all MLC families with a school magnet for their vehicle to remind you that your kiddo may be in the car with you. Simply place the magnet on your car to be a visual reminder you must go to preschool before heading to the office.

Fun Family Book

This month we are highlighting the book *Better Buckle Up* by Suzie W. This a wonderfully written and illustrated book about Ollie who does not want to sit in his car seat. As parents, we spend a lot of time and money choosing the safest car seats and installing them properly to keep our children, our most precious cargo of all, protected in case of an accident. But our little ones do not always appreciate our efforts. Some kick and scream and hate being pinned down.

Find it here:

<https://www.amazon.com/dp/0957466277>

Thumbs on the Wheel!



Don't Tempt Fate, That Text Can Wait.

Distracted driving is anything that takes the driver's attention away from the primary task of driving. There are 3 ways a driver can be distracted: mentally, visually, and manually. Texting while driving involves all 3 forms of distraction. Technology has its pros and cons. As a driver your cell phone can provide you with weather updates, traffic jams and directions. Still, a driver on a cell phone is 5 times more likely to have an accident and if texting 23 times more likely.

Resources

<https://www.enddd.org/the-facts-about-distracted-driving/>

[https://www.adventhealth.com/sites/default/files/assets/18-FHFC-07199_Car_Seat_Laws_-_AH_Rebrand_F1%20\(1\)_0.pdf](https://www.adventhealth.com/sites/default/files/assets/18-FHFC-07199_Car_Seat_Laws_-_AH_Rebrand_F1%20(1)_0.pdf)

<https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#installation-help-inspection>

<https://www.today.com/parents/7-tips-preventing-hot-car-related-deaths-children-t31551>