

Did You Know?



Brain injuries are the most frequent cause of disability and death among children and adolescents in the United States. No matter how the injuries occur, they may result in lifelong changes and challenges for children, their families and the community.

In March we received a small collection of resources from the NY State Department of Health and the Brain Injury Association of New York State. The collection includes several books about the brain, coping with brain injury, injury prevention and a DVD, “Keep Moving Forward” which features children who sustained a brain injury and their families.

Titles in the collection that can be borrowed:

The Brain Reigns! by Janice Orlop Wachtel (Easy picture book)

I Know You Won't Forget by Truly Blessed Ink (Juvenile picture book)

Elvin, the Elephants Who Forgets by Heather Snyder (Juvenile picture book)

Ride Right: Bicycle Safety by Jill Urban Donahue (juvenile non-fiction)

The Brain: Our Nervous System by Seymour Simon (juvenile non-fiction)

Keep Moving Forward: Children with Brain Injuries from the Brain Injury Assoc. of NY



Related Links:

www.bianys.org

The web site of the Brain Injury Association of New York State.

Kidshealth.org

It's a beautiful day — the sun is shining, the birds are chirping. What could be more perfect than a bike ride? But wait! Before you pull your bike out of the garage, find out how to stay safe on two wheels.

Bicycle riding is fun, healthy and a great way to be independent. However, it's important to remember that a bicycle is not a toy; it's a vehicle! This is not a jazzy site, but it's an important one for kids and parents to visit together. The National Highway Traffic Safety Administration (NHTSA) presents "Easy Steps to Properly Fit a Bicycle Helmet" along with safe riding tips and "rules of the road".

www.safekids.org/safety-basics/safety-resources-by-risk-area/bicycling-and-skating

This site gives parents and educators easy access to a variety of resources including bicycling and skating fact sheets and links to other useful sites including contact information for **Safe Kids Adirondack**, a local coalition member.

www.livestrong.com/article/179199-skateboard-safety-for-kids

When parents realized that skateboarding injuries send 26,000 people to emergency rooms each year in the United States, according to the U.S. Consumer Product Safety Commission, they'll want to review the important safe riding tips found here.. Children can suffer severe injuries when they fall from a skateboard. To make skateboarding as safe as possible, parents and children must take special precautions. This site gives a good overview of important safety considerations, including what to look for when choosing protective gear.

