Dissemination of CPS Information through Head Start

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Head Start Background

• Federal program launched in 1965
• Promotes school readiness for low-income children <5 years
• Programs for low-income infants, toddlers and pregnant women
• Office of Head Start
  • administers grants and oversight to 1,700 public/private nonprofit and for-profit agencies
  • Federal policy direction
  • Training and technical assistance
Eligibility

- HHS Poverty Guidelines and Section 645 of the Head Start Act determine income eligibility

- Children from:
  - birth to age five from families with incomes below poverty guidelines
  - homeless families
  - families receiving public assistance such as TANF or SSI
  - Foster care regardless of foster family’s income

2019 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA

<table>
<thead>
<tr>
<th>PERSONS IN FAMILY/HOUSEHOLD</th>
<th>POVERTY GUIDELINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$12,490</td>
</tr>
<tr>
<td>2</td>
<td>$16,910</td>
</tr>
<tr>
<td>3</td>
<td>$21,330</td>
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<td>$25,750</td>
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<td>5</td>
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<td>7</td>
<td>$39,010</td>
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<tr>
<td>8</td>
<td>$43,430</td>
</tr>
</tbody>
</table>

For families/households with more than 8 persons, add $4,420 for each additional person.
Head Start Demographics

Cumulative Enrollment by Age:
- 4 years old, 40%
- 3 years old, 35%
- 2 years old, 10%
- 1 year old, 7%
- <1 year old, 6%
- Pregnant women, 1%
- 5 years and older, 1%

Ethnicity:
- Hispanic or Latino Origin, 37%
- Non-Hispanic/Non-Latino Origin, 63%

Race:
- White, 44%
- Black or African American, 29%
- Native Hawaiian/Pacific Islander, 0.7%
- American Indian/Alaska Native, 4%
- Asian, 2%
- Biracial or Multi-Racial, 10%
- Unspecified/Other, 10%

Head Start Transportation Requirements

• Agencies not required to provide transportation
• Local program decision

• If transportation provided:
  • bus monitors required
  • Bus equipped with appropriate child restraints required

• If not provided:
  • must provide information about transportation options

• Detailed information at:
  • https://eclkc.ohs.acf.hhs.gov/transportation/article/meeting-transportation-standards

Source: STN
National Head Start Centers

• 8 National Centers provide training and technical services for program staff

• Different focus areas at each center

• AAP awarded the Center on Early Childhood Health and Wellness, which developed Growing Healthy flip chart
  • Gave permission to Indiana to model format for child passenger safety flip chart
Indiana Initiative: Flip Chart Presentation

- Child passenger safety presentation for Head Start families delivered by pediatric residents
- Content based on NHTSA and AAP recommendations
- Photos primarily from NHTSA image library
- National Head Start Centers reviewed it to ensure content, language and format appropriate for Head Start families
- Funded by the Indiana Criminal Justice Institute
Flip Chart Presentation

• For individual or small group presentations
• Promotes interaction with families
• Table-top size; portable
Flip Chart Presentation
Indiana Presenters

• Pediatric Residents as part of their Community Pediatrics Training

• Indiana Chapter of AAP

• Present different health topics every month

• Information and links to resources provided in flip chart for review prior to presentations

• Trained and observed by pediatrician CPSTs
BE A GOOD ROLE MODEL. ALWAYS BUCKLE UP!

What the family sees:

BE A GOOD ROLE MODEL. ALWAYS BUCKLE UP!

What the presenter sees:

**STAFF NOTES**

BE A GOOD ROLE MODEL. ALWAYS BUCKLE UP!

**WHY IS THIS IMPORTANT?**

- Drivers who buckle up are more likely to use a car seat, booster seat, or seat belt for children riding in their vehicle.
- Drivers who wear a lap and shoulder belt buckle up children 92% of the time. Drivers who don’t wear a lap and shoulder belt only buckle up children 70% of the time (Center for Disease Control and Prevention, 2015).

**TALKING POINTS ABOUT BEING A GOOD ROLE MODEL**

- You are your child’s first and best teacher. When you protect yourself by buckling up, you are also protecting the children in your vehicle. Teach children the habits that you want them to use to stay safe and healthy.
- Did you know that drivers who buckle up are more likely to use a car seat, booster seat, or seat belt for children riding in their vehicle? We know that drivers who wear a lap and shoulder belt buckle up children 92% of the time. Drivers who don’t wear a lap and shoulder belt buckle up children only 70% of the time.
- A younger child may be more willing to ride in a car seat when you wear your lap and shoulder belt. An older child is more likely to buckle up because you do.
- Always wear a lap and shoulder belt on every trip, even if you aren’t going far. Most crashes happen close to home.
- If you buckle up, you have a better chance of surviving a crash. So do the children in your vehicle, because you can get them out quickly if there is a crash.
- If you aren’t buckled up, you could be thrown out of the car. You could also be thrown around the car, hurting yourself and your passengers.
- Make sure you adjust your headrest so it supports your head. This can protect your head and neck from injury.
**What the family sees:**

**What the presenter sees:**

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**CHOOSE THE RIGHT SEAT FOR YOUR CHILD.**

**Staff Notes**

**CHOOSE THE RIGHT SEAT FOR YOUR CHILD.**

**Why Is This Important?**

- Car seat manufacturers design their products to meet federal safety standards.
- Federal motor vehicle safety standard 213 mandates how car seats and booster seats should perform to decrease the severity of injuries and increase the chance of survival in motor vehicle crashes.
- Car seats are designed to keep children safe by spreading the force of a crash across the stronger parts of a child’s body, shoulder and hips.
- For the best protection, a child needs a car seat designed for their size (height and weight), age, and developmental needs.
- Child passenger restraint systems offer different levels of protection. Rear-facing car seats are considered the most protective since they distribute crash forces over a child’s back; forward-facing car seats distribute forces over a child’s shoulders and hips using a 5-point harness; and seat belts distribute forces over the shoulder and hips, but only by 3-points.

**Talking Points About the Right Seat**

- A car seat is designed to keep your child as safe as possible in the event of a crash. The right seat can save your child’s life.
- All U.S. car seat manufacturers meet the same federal safety standards. But with over 200 different models, it can be confusing to know how to choose the right seat for your child.
- We don’t recommend a particular brand. Choosing a seat based on your child’s size (height and weight), age, and developmental needs provides the best protection.
- As children grow, they will need different types of car or booster seats.
- Don’t be in a hurry to move your child into the next type of seat. Keep your child in their car seat until they have reached the seat’s maximum height or weight requirement. Car seats label the minimum and maximum height and weight requirements on their packaging, on their instruction booklet, and on the seat itself.
- Rear-facing car seats are considered the most protective since they distribute crash forces over a child’s back; forward-facing car seats that use a 5-point harness distribute forces over a child’s shoulders and hips; and seat belts distribute crash forces over the shoulder and hips, but only by 3 points. Let’s look at the different types of car seats so you know how to choose the right seat.
USE BOOSTER SEATS FOR SCHOOL-AGE CHILDREN.

What the family sees:

What the presenter sees:

**USE BOOSTER SEATS FOR SCHOOL-AGE CHILDREN.**

*WHY IS THIS IMPORTANT?*

- Booster seats reduce the risk of serious injury by 45% for children ages 4–8 compared to seat belts alone (Durbin, *Technical Report: Child Passenger Safety*).
- The bones in a child’s hips aren’t fully developed until ages 12–13. This can cause the lap part of the seat belt to ride up on the abdomen instead of staying low on the hips. The hip bone is strong and can tolerate crash forces better than soft abdominal tissue. If the lap belt isn’t positioned low on the hips, it can cause serious injuries to a child’s abdominal organs or spine in a crash.
- A child in a booster seat can also be thrown around or even thrown from a vehicle when a seat belt does not fit properly.

**TALKING POINTS ABOUT BOOSTER SEATS**

- After your child outgrows a forward-facing car seat with a harness, your child should use a booster seat. This is usually somewhere between ages 4 and 7.
- A booster seat lifts your child up so the adult seat belt fits correctly.
- Use a lap and shoulder belt with a booster. NEVER use just a lap belt.
- When used the right way, the lap belt fits snugly on the upper thighs or low on the hips. The shoulder belt fits snugly across the middle of the shoulder and chest. A properly positioned shoulder and lap belt can spread the force of the crash across the stronger parts of a child’s body, shoulder and hips.
- Without a booster seat, a seat belt can ride up on a child’s stomach or across the neck. This can cause serious injuries to the stomach or spine in a crash.
- There are two types of booster seats, backless and highback. The backless model is a small platform. The highback model has head and neck support. It is best to use the highback type of booster seat if your vehicle does not have headrests or a high vehicle seat back.
- If your child puts the shoulder belt under their arm or behind their back, check the seat belt fit. This is not a safe way to ride. Your child may not be ready for a booster seat and may still need a car seat with a harness.
What the family sees:

POSIGN CHILDREN IN CAR SEATS PROPERLY.

- REAR FACING: HARNESS STRAPS AT OR BELOW SHOULDER LEVEL
- FORWARD FACING: HARNESS STRAPS AT OR ABOVE SHOULDER LEVEL
- CHEST CLIP MID-CHEST OR ARMPIT LEVEL

What the presenter sees:

POSIGN CHILDREN IN CAR SEATS PROPERLY.

WHY IS THIS IMPORTANT?

- Proper positioning in a car seat is essential to protecting a child in a crash.
- In a rear-facing car seat, the harness holds the child down low in the seat so they do not slide up and out of the seat. The crotch strap keeps the child from moving forward. If the crotch strap is too far forward, it can cause a small child to slump. This can affect their breathing.
- The harness straps in a forward-facing car seat keep the child in the seat and help to distribute crash forces to stronger parts of the child’s body, the shoulders and hips.
- If a harness is too loose, the child could be thrown out of the seat.
- The 5-point harness straps need to be positioned snugly over a child’s shoulders and across the child’s hips and buckled at the crotch strap.
- A snug harness should pass the “pinch test.” This means you cannot pinch excess webbing on the harness at the shoulders and hips when buckled.
- The chest clip helps keep the harness over the child’s shoulders. It needs to be mid-chest or in line with the child’s armpits.

TALKING POINTS ABOUT POSITIONING CHILDREN

- Even if you choose the right car seat, and install it correctly, it won’t protect your child completely unless you position your child in the seat correctly.
- Place your child’s back and bottom flat against the car seat.
- Position the harness straps at or slightly below the shoulders of your rear-facing child.
- Position the harness straps at or slightly above the shoulders of your forward-facing child.
- Tighten the harness until you can no longer pinch any webbing at the shoulders and hips.
- Fasten and move the chest clip to the middle of the chest or armpit level.
- Never add positioning pillows, cushions, or inserts that do not come with the car seat.
- Avoid having your child wear bulky coats. They can interfere with proper harness fit. Put the bulky coat on backwards, over your child’s arms and chest, after you buckle the harness. You can also place blankets over your child after you buckle the harness.
Indiana Results

• Increased resources to at-risk families
• 4 presentations at 2 centers
• Stronger partnership with local Head Start
• Car seat clinics for Head Start families
  • 60 inspections, 47 CSS distributed
• National Head Start Child Passenger Safety Flip Chart modeled after Indiana Flip Chart
National Flip Chart

• “These resources were prepared under Grant No. 90HC0013-02-00, a cooperative agreement of the Office of Head Start, Office of Child Care, and the Maternal and Child Health Bureau.”

• Provided 200 hard copies across the country

• Downloadable versions in English and Spanish

• Health Specialists from the 12 Regional Head Start Offices trained and given hard copies in English and Spanish
About the Flip Chart

• Each page has information on the front and back side.
  • The front side of each page is for parents. It has photos that illustrate some of the talking points.
  • The back side has speaker notes and talking points that provide background information. They highlight key points to discuss with parents.

• We encourage you to use these talking points in your discussions with families.
Rear-facing Car Seats for Infants and Toddlers

Rear-facing only car seat

REAR-FACING CONVERTIBLE CAR SEAT
Rear-facing Car Seats for Infants and Toddlers

• Rear-facing is the safest way for infants and toddlers to ride in a motor vehicle. It reduces the risk of neck and spine injuries.

• There are different types of rear-facing seats: rear-facing only and rear-facing convertible and all-in-one-seats.

• Keep your child rear-facing at least until they outgrow the rear-facing height or weight limits of the car seat.
Forward-facing Car Seats for Toddlers & Preschoolers
Forward-facing Car Seats for Toddlers & Preschoolers

• Use a forward-facing car seat with a 5-point harness.

• A 5-point harness provides better protection by spreading the force of a crash across more parts of a child’s body.

• Keep your child in this seat until they outgrow it – usually sometime between 4 and 7 years old, depending on their height and weight.
Positioning Children in Car Seats

**Rear-Facing:** Harness at or below shoulder level

**Forward-Facing:** Harness at or above shoulder level

Harness “Pinch” to test for snug fit

Chest clip mid-chest or arm pit level
Positioning Children in Car Seats

• Position the harness straps at or slightly **below** the shoulders of your rear-facing child.

• Position the harness straps at or slightly **above** the shoulders of your forward-facing child.

• Tighten the harness until you can no longer pinch any excess webbing on the harness at the shoulders and hips when buckled.

• If a harness is too loose, your child could be thrown out of the seat.
Child Passenger Safety

According to the U.S. Centers for Disease Control and Prevention (CDC), motor vehicle injuries are a leading cause of death among young children. Using a car seat, booster seat, or seatbelt that is right for a child's age, height, and weight, and developmental needs can protect them from injury.

Car seats save lives. Parents who know how to choose and use a car seat correctly can help children stay safe in a car crash.

Keeping Children Safe in Vehicles: A Guide for Families and Caregivers

Head Start and other early care and education staff can use this flip chart to share information with families about what they can do to keep their child safe in a motor vehicle. Although the National Center on Early Childhood Health and Wellness is not a testing or standard setting organization, the flip chart provides recommendations from the National Highway Traffic Safety Administration for parent education material to help families select and use a car seat. For questions, Head Start staff can encourage families to discuss the selection of a car seat for your child and vehicle type. Families may contact a certified passenger safety technician (CPST) or download "Keeping Children Safe in Vehicles: A Guide for Families and Caregivers" (PDF, 3.2 MB).
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Child Passenger Safety

National Center on Early Childhood Health and Wellness

September 27, 2017
Head Start Resources for CPSTs

• CPSTs can play key role in educating Head Start families about child passenger safety

• Indiana Flip Chart for Indiana CPSTs (800-KID-N-CAR)

• National Head Start Early Childhood Learning and Knowledge Center
  • Child passenger safety resources including flip chart
  • National Head Start Center Locator
Direct Link to Flip Chart

Access local contact information and ask for name and extension of health manager/coordinator
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