

# CookChildren's

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# Staying Safe ON THE TRICK-OR-TREAT TRAIL



**SADLY, MANY KIDS** get hit by cars during Halloween. A little planning before the big night can go a long way toward keeping your children injury-free. Safe trick-or-treating begins with your little ones' costumes.

"Parents may think buying costumes that are too big allow children to wear the costumes for several years, but outfits that are too big can cause falls," said Dana Walraven, CCLS, CPSTI, manager of Community Health Outreach at Cook Children's and coordinator of the Safe Kids Tarrant County Coalition.

## TEXAS Project ADAM<sup>®</sup> SAVES LIVES

Everyone that interacts with or works with children, including school and recreational personnel, must be trained to respond to a cardiac emergency.

Most kids don't show warning signs prior to sudden cardiac arrest. Early recognition is critical; call 911, begin cardiopulmonary resuscitation (CPR) and use the automated external defibrillator (AED). Survival rates decrease by 10 percent with each minute of delay.



**COSTUME TIP:** Fun costume parts meant to be worn or carried, such as wands or toy swords, should be soft and short. This way, kids won't get hurt if they fall.

### USE THESE TIPS AS YOUR KIDS ARE PREPARING FOR HALLOWEEN:

- » Select costumes that fit well.
- » Trick-or-treat with your children.
- » To help drivers see kids in the dark, put reflective tape at the top and bottom of costumes. This lets drivers better see your kids' height and movement.
- » Use face paint instead of masks so trick-or-treaters' vision isn't blocked.
- » Plan a familiar trick-or-treating route on safe, well-lit streets, use sidewalks and cross the street at intersections.
- » When crossing the street, use the crosswalk and make eye contact with the drivers so you know they see you and your group.
- » Use a flashlight or glowstick to light the way.

*Happy Halloween!*

### What can you do as a parent?

Make sure the individuals working with your child are prepared. They must be educated to recognize sudden cardiac arrest and be trained in CPR and the use of an AED.

Project ADAM, sponsored by Cook Children's, prepares schools and community organizations for cardiac emergencies. Ensure your child's school is heart safe. Ask your child's school if they know about Project ADAM.

