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# Neighborhood Watch newsletter

WHITTIER POLICE DEPARTMENT'S MONTHLY SOURCE FOR CRIME PREVENTION INFORMATION FOR THE CITIZENS OF WHITTIER AND SANTA FE SPRINGS.

## Never Leave Your Child Alone In The Car

*Important tips when traveling with children...*

### *Here are some hints when traveling with children:*

- ⌚ Never leave a child in an unattended car, even with the windows down
- ⌚ Be sure that all occupants leave the vehicle when unloading. Don't overlook sleeping babies.
- ⌚ Always lock your car. If a child is missing check the car first, including the trunk. Teach your child that vehicles **are never to be used as a play area.**
- ⌚ Keep a stuffed animal in the car seat and when the child is put in the seat place the animal in the front with the driver.
- ⌚ Place your purse or briefcase in the back seat as a reminder you have your child in the car.

⌚ Make "look before you leave" a routine whenever you get out of the car.

⌚ Have a plan that your childcare provider will call you if your child does not show up for school.

### *Children left in vehicles can die of hypothermia:*

- ⌚ Total number of hyperthermia deaths of children left in cars, 1998 – 2009: 444+
- ⌚ Average annual number of hyperthermia deaths of children in cars, 1998 – 2009: 37
- ⌚ Heatstroke occurs when the body core temperature reaches 104 degrees F.

⌚ A body core temperature of 107 degrees F is usually fatal!

⌚ A Child's body warms 3 to 5 times faster than an adult's.

*(Dept of GeoSciences, San Francisco State University)*



# Swimming Pool Safety

From Dipika Mirpuri, former About.com Guide

Drowning is one of the major causes of accidents resulting in serious injury and death in children. Parents should not be fooled into thinking that their child is safe just because he/she knows how to swim. In a lot of these cases accidents happened even though the child knew how to swim. Accidents in the swimming pool can happen very suddenly without warning. It is very important that all parents follow these basic safety precautions especially if there is a swimming pool at home.

1. Never allow your youngster to swim alone without any adult supervision. It is quite common to develop a cramp underwater, or for accidents like hitting your head while diving for example, to occur. It is paramount that there should be persons around to help in such situations.

2. Do not allow children with no knowledge of swimming in or around the pool. For good pool safety make sure that all kids above the age of 4 attend a certified swimming class, or at least learn basic flotation techniques and life saving techniques in case of accidents. Children younger than 4 should always be accompanied by their parents in the pool.

3. Enclose your pool with high fences, which can be locked. Do not leave the pool open and accessible since children can fall in. Keep your pool safe, and keep your kids away from the poolside.

4. Avoid leaving your kids alone even with small portable pools or water bodies like buckets, fountains, and barrels. There is always a danger of drowning occurring even in small bodies of water.

5. In case of a backyard swimming pool, make sure that the cover of the pool is completely lifted over the pool. Do not partially open the pool. Also make sure that your child does not walk over the pool cover.

6. Spas and Hot Tubs must also be avoided, especially in the case of younger children who are susceptible to overheating.

7. For good pool safety, you can make sure that there is always a life saving floatation device handy near the pool. Also, every parent should be conversant in basic CPR techniques in case of any accident.

8. The last, but not the least, to ensure swimming pool safety, is to be observant. Watch what your kids are up to, and supervise their activities. Do not leave them alone.



*The Monthly Newsletter is prepared by:  
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