



New Partnership to Address Infant Mortality in Saskatchewan



A new partnership between the Saskatchewan Institute on Prevention of Handicaps and Saskatchewan Health was announced June 5, 2000 by Associate Health Minister Judy Junor. This new partnership will address the high rate of infant/perinatal mortality in Saskatchewan. A report by Saskatchewan Health on Infant Mortality in Saskatchewan will provide information to be discussed at a Symposium on Infant/Perinatal Mortality.

Infant Mortality Study

A study by Saskatchewan Health reports that Saskatchewan has the highest infant death rate of all Canadian provinces. The study looked at deaths of infants under the age of one over a 15-year period (1982 to 1996). During this period 2,113 infants died in Saskatchewan. A result of this study is a report which includes data from all Saskatchewan Health Districts.

Some of the important observations were:

- Forty percent of all deaths occurred in the post-neonatal period (after 29 days of life).
- Perinatal conditions and congenital anomalies were the leading causes of death, together accounting for 59% of all infant deaths.
- The majority of mothers experiencing an infant death were under 30 years of age at time of birth (76%).
- Over half (54%) of all infant deaths occurred among pre-term infants (infants born before the 37th week of gestation).

Partnership

The Saskatchewan Institute on Prevention of Handicaps has partnered with Saskatchewan Health to undertake a cooperative approach to this program. The first step of this new initiative will be to present the findings from the report at a symposium that will address the causes of high infant mortality in Saskatchewan. An Infant/Perinatal Mortality Coordinator will be located at the Prevention Institute

Continued Page 2

In this issue:

- Spotlight on Our Shareholders-Saskatchewan Abilities Council
- Canadian Health Network
- The Four Stages of Child Passenger Safety

Symposium

A Symposium to identify modifiable risk factors and strategies for reducing the number of infant deaths in Saskatchewan will be held in Saskatoon on November 1-3, 2000. Physicians, other health professionals and representation from health districts, First Nations and community members will be invited to attend the symposium. The symposium will focus on multidisciplinary approaches to lowering the infant mortality rate in Saskatchewan.

The objectives of this Symposium are to:

- discuss the factors associated with infant mortality in Saskatchewan and identify those factors that are modifiable,
- increase awareness of recent studies on infant mortality and of existing programs/services which are intended to reduce the number of infant deaths,

- provide opportunities to make recommendations from a provincial scope, and
- identify opportunities for the development or enhancement of surveillance, intervention or prevention programs.

Infant/Perinatal Mortality Coordinator

The work of the Infant/Perinatal Coordinator will be managed by the Saskatchewan Institute on Prevention of Handicaps. The first task of the Coordinator will be to conduct an environmental scan of existing programs and resources. The Coordinator of the infant/perinatal mortality program will work with communities to address issues of infant/perinatal mortality that were identified at the Symposium.

Saskatchewan Infant Mortality Symposium

November 1-3, 2000, Radisson Hotel, Saskatoon, SK

Conference Goal:

To identify modifiable risk factors and strategies for reducing the number of infant deaths in Saskatchewan

Conference Objectives:

To provide a forum to:

- discuss the factors associated with infant mortality in Saskatchewan and identify those factors that are modifiable,
- increase awareness of recent studies on infant mortality and of existing programs/services which are intended to reduce the number of infant deaths, and
- identify opportunities for the development or enhancement of surveillance, intervention or prevention programs.

For more information contact the Prevention Institute at (306) 655-2512

Spotlight on Our Shareholders: Saskatchewan Abilities Council



The Saskatchewan Abilities Council has been a shareholder of the Saskatchewan Institute on Prevention of Handicaps since 1980.

History

In 1950, the Saskatchewan Council for Crippled Children was formed as a self-help group by concerned parents of children with cerebral palsy. Throughout the years, adult services, vocational training and branches were added. In 1984, concern over the word “crippled” and a desire to emphasize abilities rather than disabilities resulted in the current name.

Mission Statement

The purpose of the Saskatchewan Abilities Council is to provide and assist optimal independence and active participation in all aspects of society for people with disabilities.

Services & Programs

With the use of electronic technology, carefully matched to a person’s special needs, *Adaptive Technology* can dramatically increase communication and independence.

disAbility Management serves the group insurance industry by coordinating client return to pre-injury work and function as quickly and safely as possible.

Farm families that experience a disabling illness or accident are provided with peer support and visitations, newsletters, machinery modifications and workshops through the *Farmers with Disabilities* program.

The *Orthopaedics* department is comprised of Prosthetics (artificial limbs), Orthotics (braces), Pedorthics (custom footwear) and Specialized Seating (comfort and correction seating).

To remain as independent and mobile as possible, people can acquire items such as wheelchairs,

bathtub lifts, hospital beds, wall bars and canes at the five *Special Needs Equipment* depots across the province.

Greater mobility is achieved through the *Parking Program* (placards for designated zones) and *Special Needs Transportation* (Swift Current and Yorkton).

Recreation and leisure programs seek to improve the emotional and physical well-being of children, teens and adults. *Camp Easter Seal* is a completely wheelchair accessible resort for children and adults. Other programs include *Summer Fun* for children, *SLYP-Out* for teens and *Life Enrichment* for adults.

Vocational Rehabilitation helps people gain the skills to live and work independently in their communities. The three elements are support services (vocational evaluation and coordination), training (employment preparation, basic life and social skills, training and activity centres), and community-based programs (employment opportunities, supported employment).

Two national sites the Council is actively involved in are www.canadian-health-network.ca, a resource site for health related issues, and www.workink.com, an employment resource site.

Fundraising

As a non-profit, non-government organization, fundraising is essential to the continued success of the Abilities Council programs and services. To raise money, *direct mail campaigns* are conducted using the names of Easter Seals (children’s programs) and March of Dimes (adult programs). The *annual fundraising events* include A Taste of Regina, Snowarama, Swift Current Ability Bowl and the 24 Hour Relay for Easter Seal Kids.

Locations

Branches are located in Regina, Saskatoon, Yorkton and Swift Current. Please access the website for more information: www.abilitiescouncil.sk.ca.

The Saskatchewan Institute on Prevention of Handicaps focuses its programming on four areas that can impact on the health and well-being of children.

These areas are:

- *Reproductive Health*
- *Childhood Injuries*
- *Neglect and Abuse*
- *Alcohol, Tobacco and Drugs.*

For more information on any of the programs contact the Saskatchewan Institute on Prevention of Handicaps.

Alcohol, Tobacco and Drugs

Fetal Alcohol Syndrome

The Saskatchewan Consultation on the Prevention and Management of Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) took place in Saskatoon on March 21, 2000. The consultation was hosted by the Saskatchewan Institute on Prevention of Handicaps and sponsored by Health Promotions Branch, Health Canada. This meeting was one of a series being held in the provinces and territories across Canada. The purpose of the consultation was to receive input into the development of a collaborative National Action Plan on FAS/FAE. Once completed, the National Action Plan will address components such as public awareness and education, community capacity building, coordination of activities, early identification and diagnosis, integration of services and establishment of a strategic project fund.

2001 Saskatchewan: A Focus on Youth - Prairie Northern Conference on Fetal Alcohol Syndrome has been planned for May 2-4, 2001. The conference will address issues and challenges of Fetal Alcohol Syndrome faced by youth, families and communities. Topics will be of interest to individuals, parents, care providers and professionals in the areas of health, justice, social services, education, and community development.

The conference is an initiative of the Prairie Northern Partnership on Fetal Alcohol Syndrome. The committee includes representation from the governments of Alberta, Saskatchewan, Manitoba, Yukon, Northwest Territories, Nunavut and from the Saskatchewan Institute on Prevention of Handicaps.

Childhood Injuries

Child Passenger Safety

Fourteen new Child Passenger Safety Trainers were trained April 10-13, 2000. This brings the number of trainers in Saskatchewan to 40.

For information on arranging a Child Passenger Safety Clinic in your area contact the Saskatchewan Safety Council at (306) 757-3197.

Playground Safety

The Saskatchewan Institute on Prevention of Handicaps hosted a meeting of organizations and groups throughout Saskatchewan with an interest in playground safety. Input and feedback on a playground safety training initiative was provided by meeting participants. Ideas were generated on how this program could be delivered throughout Saskatchewan.

The Prevention Institute and Saskatoon District Health are working together on the development of this training initiative. Components will include a workshop, manual based on the CSA Standards and a community development guide.

Bicycle Safety

Children's Bicycle Safety Workshops

The Saskatchewan Coalition on Bicycle Safety is pleased to offer **Children's Bicycle Safety Workshops** to interested Saskatchewan communities throughout Saskatchewan. Trained instructors will deliver the workshop to teachers, community leaders and parents interested in educating children about bicycle safety. The workshop will introduce educators to strategies on how to educate children about bicycle and traffic techniques as well as how to instill in children the value of bicycle safety.

The 1½ hour workshop is free. All that is required is a community contact to organize 10-15 participants and a meeting room. A limited number of courses will be offered from May 1-June 30, 2000.

For more information on the workshop, contact the Saskatchewan Institute on Prevention of Handicaps at 655-2512.

Course Specifications

- Length of course is 1½ hours.
- There is no cost to participants.
- Minimum number of participants required is five.
- Courses are offered from May 1-June 30, 2000.
- Facility requirements include a meeting room with overhead projector and screen. There should be sufficient room at the front of the room for a bicycle demonstration.
- Each course is delivered by a certified Canadian Cycling Association CAN-BIKE instructor.
- A limited number of courses will be offered between May 1-June 30, 2000 in 10-15 communities across Saskatchewan. As a result, workshops may be held in centralized communities.

Neglect and Abuse

Nobody's Perfect Parenting Program

Training Sessions

- | | |
|--------------------|--|
| • Regina | June 12-16, 2000
Includes one-day <i>Ready or Not</i> Training |
| • Saskatoon | June 12-16, 2000 |
| • La Ronge | September 12-15, 2000
(tentative) Partnership Project |

Nobody's Perfect Training will be offered on the above dates. If you are interested in participating in a training session, contact the Nobody's Perfect Coordinator at (306) 655-2529 for an application form.

The Regina training will also include a one-day training session for Ready or Not! Ready or Not! is a parent education program developed by Health and Welfare Canada as part of Canada's Drug Strategy. It meets the needs of parents of preteens (children ages eight to 12) who, because of low income, limited formal education or geographic or social isolation, may have difficulty gaining access to parenting information.

Regional Workshops

Regional workshops for active Nobody's Perfect facilitators will be held in fall 2000. These workshops will provide facilitators with an update of the Nobody's Perfect program, facilitation skills and information on a topic of interest to facilitators throughout Saskatchewan. Active facilitators will be contacted by mail in the fall.

Website

Nobody's Perfect information is located on the Prevention Institute website. All issues of the Nobody's Perfect Newsletter, as of 2000, will be posted on the website as a portable document file (pdf). These documents are readable with the Acrobat Reader

(available as a free download). A listing of resources available to active facilitators is also included on the site.

The site is located at:
www.PreventionInstitute.sk.ca/np.html

Healthy Parenting Home Study Program

The Healthy Parenting Home Study Program is still receiving registrations. The number of registrants throughout Saskatchewan has grown to over 1000 since the start of program.

The program will be accepting registrations on an ongoing basis. Brochures on the program are available from the Prevention Institute. To order copies call (306) 655-2512.

An internet version of the program will be available this summer. Parents will be able to participate in the program on-line. The address for the program will be:
www.PreventionInstitute.sk.ca/healthyparenting.html

Shaken Baby Syndrome

National Strategy

In order to form a basis from which a national strategy on shaken baby syndrome can be developed, a national statement is being written. This statement will be released by Health Canada and signed by a number of national organizations and the Saskatchewan Institute on Prevention of Handicaps. The Prevention Institute organized a meeting in Ottawa, April 10 and 11, to facilitate the development of the statement. Representatives from organizations that will be signatories to the statement attended this meeting. A draft of the statement was discussed at the meeting and revisions were made.

The aim of the working group on the national statement on shaken baby syndrome is to have a final draft of the statement ready for release at the Beyond 2000: Healthy Tomorrows for Children and Youth conference in June 2000. This conference is being held in Ottawa and is hosted by the Canadian Institute on Child Health, Canadian Paediatric Society and the Canadian Academy of Child Psychiatry.

It is the intention of the working group to have the statement jointly signed by a specific number of organizations and then to give other organizations the opportunity to sign on to show their support of the efforts to prevent the shaking of babies.

Prevention of Child Abuse Project

A new public service announcement (PSA) on the prevention of child abuse began airing May 15, 2000. The PSA, which will air on CTV Saskatchewan, focuses on positive parenting. The project will also sponsor positive parenting on all CTV Saskatchewan stations weekly.

Reproductive Health

Advisory Committee on Family Planning

Teen Wellness Centre

The LaLoche Youth Wellness Program (Keewatin Yathe Health District) was launched with an official Grand Opening April 14. For more information contact the Youth Wellness Worker, Carol Janvier, in LaLoche at (306) 822-6308.

The Official Opening for the new Biggar Central School 2000 and Wellness Centre also was held on April 14. The Wellness Centre can be reached at (306) 948-6706.

LaRonge (Mamawetan Churchill River Health District) officially launched their Youth Sexual Wellness Program with a Grand Opening on May 18. Janine Arnold is the Coordinator and can be contacted at (306) 425-4822.

Canadian Health Network - *Health information you can trust*

For reliable health information, Canadians can now look to the Canadian Health Network, a national Internet-based service funded by Health Canada, and launched by federal Health minister Allan Rock in November 1999. The Saskatchewan Institute on Prevention of Handicaps is involved in two ways: Executive Director Ann Schulman is a member of the CHN Advisory Board of Directors, and the Institute has also been selected as one of the Network's official Partners.

The Canadian Health Network (CHN) has been designed in response to concerns about the quality of the health information now available at thousands of sites on the Internet. Through its website at www.canadian-health-network.ca, the CHN aims to provide Canadians with health information that is current, accurate, authoritative, well-organized and Canadian. The Network's commitment to quality is realized through a rigorous quality assurance process.

The initial focus of the Canadian Health Network is to help Canadians discover ways to prevent disease and lead healthier lives. In addition to a large range of resources in 18 key topic areas such as Healthy Eating and Injury Prevention — the Network provides information relevant to eight demographic groups, among them Aboriginal Peoples, Children, and Women. Searches can be limited geographically, and according to resource type. In addition, the site allows users to search a detailed A-Z index, which provides access to resources on specific topics such as Bicycle Safety, Fetal Alcohol Syndrome, Folic Acid, and Seatbelts.

The availability of high-quality resources on such a wide

Easy access for Canadians to a wide range of health information about how to:

- lead a healthier life
- take care of yourself and others
- help prevent illness and disease through a network of health information providers across the country



range of subjects through a single gateway is made possible through the Canadian Health Network's formal partnership with over 400 non-profit health-related organizations across Canada. These organizations have provided the over 5000 resources now accessible through the CHN. The growing network of Partners ensures that the content of the website includes a range of local, regional and national resources that reflects the country's geographic, cultural, economic, demographic, and social diversity.

Besides the information that can be accessed directly on the website, users can also send specific queries directly to the Canadian Health Network, to which they receive personalized replies. Eventually, it is hoped that non-Internet-based modes of service, such as a 1-800 number and fax-back will also be provided.

The CHN continues to expand as new Partners and links to information resources are established. Several new Topic areas, such as Diabetes and Rural Health, are also being developed.

As thousands of Canadians surf the Internet each day in search of health information, it is hoped that the Canadian Health Network will realize the potential of technology to make life better for all Canadians by helping them make informed decisions about their own health.

The Four Stages of Child Passenger Safety

The safety of children in a vehicle is in the hands of the parents or the driver of the vehicle. Child passengers have special safety needs in vehicles because the restraint systems (seatbelts) that are part of the vehicle do not provide adequate protection for the small body size of children. It is up to the adults to protect the children by providing them with proper child restraints for the stage of development and to ensure that those restraints are properly installed in the vehicle.

A common and most serious error is no restraint used for the child passenger. A child sitting or lying on the seat or being held by another individual is not protected in the event of a crash. Advocates for child injury prevention must continue to stress the importance of properly restraining children in vehicles. It is very important to restrain the child in the appropriate seat. Another common error in child passenger safety is that the child will be moved to the next level of protection before he or she is of the appropriate age or size.

There are four stages of protection for a child from birth through to approximately age eight: rear-facing infant seat; forward-facing child seat; booster seat; and seat belts.

Rear-facing Infant Seat:



A baby's first car ride will likely be taken in a rear-facing infant seat (some families may use a rear facing convertible seat.) The seat is in the rear-facing position

because the baby's head is large in comparison to the rest of the body and the back and neck muscles are not yet developed. This seat is designed to protect the baby by spreading the force of a collision over the baby's back. The baby must be appropriately positioned in the seat and the harness straps and chest clip must be adjusted and secured in accordance with the manufacturer's instructions.

The rear-facing infant seat is secured to the vehicle by the vehicle's seat belt. The seat belt must be tightened as much as possible. The vehicle's manual will include information on how to properly secure the rear-facing infant seat.

The safest place for the rear-facing infant seat is in the middle of the back seat. Never place any child in front of a vehicle air bag. Many infant seats have a hard plastic carrying handle. This handle must always be in the down position during travel. In a collision, the handle may be snapped off and injure the child.

The rear-facing infant seat is appropriate until the child is one year of age. The recommended weight varies by the type of seat and ranges from approximately 10 kg (22 lb.) to 13.5 kg (30 lb.). Check the seat instructions for the weight specific information.

Forward-facing Child Seat:

By the time most children reach the age of one year, they are ready to be protected by the forward-facing child seat because they have back and neck muscles that are more fully developed. Forward-facing child seats are secured to the vehicle by the vehicle's seat belt and by a tether strap,



clipped to an anchor that is mounted on the vehicle. These seats are designed to protect the child by having the force of a collision spread out over the harness system of the seat and by preventing the child from moving in the vehicle due to the use of the harness, the seat belt and the tether strap.

In order to protect the child adequately, the child must be positioned in the seat according to the instructions of the seat manufacturer and the seat must be positioned in the vehicle according to the vehicle's manual. The forward-facing child seat should be placed in the back seat and must never be positioned in front of an air bag.

Many forward-facing seats are known as convertible seats and can be used in the rear-facing position for infants. In the rear-facing position, convertible seats are not tethered and are reclined in order to provide proper positioning for the infant.

Forward-facing child seats are designed to protect children who weigh approximately 10 kg (22 lb.) to 18 kg (40 lb.). Newer seats may have higher weight ratings that will allow children to remain in forward-facing seats longer thus increasing their level of protection. It is recommended that parents keep children in the forward-facing seat to the recommended weight and therefore, it is important that parents look for seats that have the highest recommended weight rating.



Booster Seat:

Booster seats protect the child passenger by correctly positioning the seat belt on the child's body. The lap belt should fit over the bony areas of the hips and the shoulder belt should be placed across the chest and over the shoulder. With this correct positioning, the force

of the impact is spread across the strongest parts of the child's body. The only booster seat that can be used with the lap belt only is the abdominal shield-type booster. All other booster seats must be used with the lap and shoulder belt.

Booster seats protect children from the time they move out of the forward-facing child seat and are at least 18 kg (40 lb.) until they are 27 kg (60 lb.) or approximately eight years old. Some booster seats are now designed to protect children who weigh more than 27 kg. (60 kg.) Parents should be encouraged to buy booster seats with the highest weight limit so children

can use the booster seat longer.

One caution in regard to booster seats is to make sure that the booster seat does not elevate the child so the child has no head and neck protection from the seat of the vehicle. The seat back should provide protection for the child. If the booster positions the child so the child's head is above the back of the passenger seat, it would be advisable to invest in a high back booster seat.

Seatbelt Use for Children

Children should be protected by the booster seat for as long as possible but at the correct age and size can safely use the seat belt system. Children who weigh over 27 kg (over 80 lb.), usually between the ages of eight and 12, are ready to move into the adult seat belt system. Children who are ready to use the seat belt system for protection should still be seated in the rear seat of the vehicle until they are over 12 years of age.

Children who are using the seat belt system for the first time should be taught how the seat belt works to protect them and how to properly wear the seat belt. The seat belt will protect the occupant from being thrown about the inside of the vehicle or from being ejected from the vehicle in the event of a crash.

The lap portion of the seat belt must fit low on the hips, over the bony structures and not across the abdomen. The shoulder portion of the belt must be worn across the shoulder. It is vital that the shoulder belt never be placed behind the child or under the arm. If the belt is placed behind the child, the seat belt system provides no more security than a lap belt alone. In the event of a crash, if the belt is tucked under the arm the force exerted by the belt can break ribs and cause damage to internal organs of the chest cavity.

Never let two children share a seat belt as both bodies will be thrown together in the event of a crash.

Make sure that everyone, children and adults alike, are buckled up safely for every single ride.

Reviewed by: **Joseph Chan**
 Research Director
 Transportation Centre
 University of Saskatchewan

The Resource Catalogue of the Saskatchewan Institute on Prevention of Handicaps lists resources that can be obtained from the Prevention Institute to assist individuals, groups, organizations, and communities in their prevention initiatives and programs. Each year the Saskatchewan Institute on Prevention of Handicaps responds to hundreds of requests.

We're here to help! For more information or a complete catalogue please contact the Prevention Institute.

3-102



FOR BABY'S SAKE DON'T DRINK
Saskatchewan Institute on Prevention of Handicaps, 2000 — Reprinted with Permission from Yukon Alcohol and Drug Services

Cartoon drawings and plain text explain the risks of drinking during pregnancy. This brochure has an updated look.

3-115



CELEBRATING OUR SUCCESSES
Saskatchewan Institute on Prevention of Handicaps, 2000

This brochure recognizes the achievements of 20 FAS projects that were conducted in Saskatchewan communities through the Saskatchewan FAS/FAE Programming for Education and Prevention Project.
(A limited quantity is available)

3-115



FETAL ALCOHOL SYNDROME RESOURCE KIT
Saskatchewan Institute on Prevention of Handicaps, 2000

This revised kit contains updated printed information on FAS and other alcohol related birth defects. The kit includes reprints of journal articles, referral

information for Saskatchewan, an educational resource list, and samples of public education materials such as a fact sheet and pamphlets. This kit is ideal for parents, caregivers, professionals, and students.

3-V-242 **FETAL ALCOHOL SYNDROME TRAINING VIDEO** (180 MIN.)



Family and Youth Services Division, Saskatchewan Social Services, 1999

Program 1: Fetal Alcohol Syndrome

Dr. Jo Nanson, Ph.D., Assistant Professor, Psychology Department, University of Saskatchewan, presents information about the many serious lifelong developmental and physical disabilities which affect individuals with FAS.

Program 2: Intervention Strategies for Children and Adolescents

Presenter: Francine Ross, B.A. in Psychology and Diploma in Counselling

Program 3: Helping Families Recognize Disabilities Associated with FAS and Support for Caregivers

Presenter: Francine Ross, B.A. in Psychology and Diploma in Counselling

4-V-243 **INSPECTING PLAYGROUNDS FOR HAZARDS** (35 min.)



The Information Exchange, 1992

This 35 minute instructional video provides an in-depth look at developing and implementing a playground safety program in compliance with the national standard. Included are practical suggestions on how to set up a complete playground safety and maintenance program. Although based on the United States playground standard, the playground safety guidelines discussed in the video are very applicable to improving playground safety here in Saskatchewan. For additional information, refer to the Canadian Standards Associations' *Children's Playspaces and Equipment* manual available through the Resource Library.

4-004



BRAIN INJURY DUE TO TRAUMA Saskatchewan Institute on Prevention of Handicaps, 2000

Although it may seem obvious, it is important to educate children and adults alike that the brain controls everything that we do. We must realize that we are who we are because of our brains and that every effort must be made to keep the brain safe. In order to explain the importance of the brain it is necessary to understand what actually happens to the brain when it is injured.

4-005



PROTECTING THE BRAIN Saskatchewan Institute on Prevention of Handicaps, 2000

The brain enables us to do everything that we do - breathe, walk, plan for our futures. It is important to understand the function of the brain so that the brain will be protected as well as it should.

4-V-105



MOOSHUM'S GIFT Saskatchewan Institute on Prevention of Handicaps, 2000

This video tells the story of one family, and what happens when they receive a child safety seat for the youngest member of the family. Mooshum finds that the seat is not properly installed and as a result, will not protect his grandson.

Mooshum's Gift creates a gentle mood, with information on installing and using a safety seat presented in story form. The video comes with a child passenger safety resource kit. The kit contains a video discussion guide and pamphlets on the correct installation of a child safety seat.

(This video may be borrowed from our lending library or a copy can be obtained for a cost of \$15.00)

4-114



THROUGH LIFE'S JOURNEY . . . KEEP YOUR CHILDREN SAFE Saskatchewan Institute on Prevention of Handicaps, 2000

This brochure features detailed drawings on the four stages of child safety in vehicles. The four stages include: infant seat, convertible seat, highback booster, and seatbelt. Key points and tips to remember are presented for each stage in plain language.

This brochure has been developed to accompany the video *Mooshum's Gift*.
(Available July 2000)

4-115



THROUGH LIFE'S JOURNEY . . . KEEP YOUR CHILDREN SAFE POSTER Saskatchewan Institute on Prevention of Handicaps, 2000

This unique, colorful poster guides us through the different types of restraints necessary to keep children as safe as possible in their journey through childhood. The poster features four aboriginal children demonstrating the proper use of child safety restraints.

This brochure has been developed to accompany the video *Mooshum's Gift*.
(Available July 2000)

5-100



LISTEN WITH YOUR HEART POSTER SERIES Saskatchewan Institute on Prevention of Handicaps, 2000

These three attractive posters emphasize the need for parents to participate in their children's lives. They stress the need for parents to protect, respect and care for their children.

(Available July 2000)

Teaching about Sexual and Reproductive Health

K-Grade 12

August 9 & 10, 2000, Regina, Saskatchewan

Content includes: Characteristics of effective programs and educators; age appropriate lessons and strategies on topics such as relationships, decision making, healthy sexual development, prevention of pregnancy and sexually transmitted infections, self awareness, and respect.

Guaranteed to keep you laughing, interested, and returning home with many, many effective and exciting ideas.

**For more information contact the
Prevention Institute at (306) 655-2512.**

Prevention Post is published three times a year by the Saskatchewan Institute on Prevention of Handicaps. We invite your comments or suggestions. Direct all correspondence, requests for newsletters and change of addresses to the editor at the address below:



Please: Change My Mailing Address
 Add My Name to the Prevention Post Mailing List

Name _____

Position _____

Program _____

Agency _____

Address _____

City _____ Province _____ Postal Code _____

Phone _____ Fax _____ Email _____

(Please return your old mailing label with your new address or fill in below. Include the postal code.)

Old Mailing Address _____



**Saskatchewan Institute on
Prevention of Handicaps**

1319 Colony Street, Saskatoon, Saskatchewan S7N 2Z1
Phone: (306) 655-2512 Fax: (306) 655-2511
Email: skiph@sk.sympatico.ca
Internet: www.PreventionInstitute.sk.ca

Everyone has a role to play in preventing disabilities

Formed in 1980, the Saskatchewan Institute on Prevention of Handicaps is a unique provincial non-profit organization. Its mandate is to raise awareness of preventive measures which can reduce the incidence of handicapping conditions in children.

For more information on the topics outlined in this newsletter or on any prevention topic, please contact the Prevention Institute.

Shareholders

Community at Large
Government of Saskatchewan
Kinsmen Telemiracle Foundation
Saskatchewan Abilities Council
Saskatchewan Association for
Community Living
University of Saskatchewan

Staff

Ann Schulman, Executive Director
Noreen Agrey, Health Educator
Rosemary Bolaria, Research Officer
Shannon Booth-Elliott, Communications Coordinator and Prevention Post Editor
Trudy Wooff, Office Manager/Secretary
Rhonda Kitsch, Administrative Assistant
Beth Campbell, Program Secretary
Christy Kuse, Accounting Technician
Darla Cheetham, Coordinator (Nobody's Perfect)
Lois Crossman, Coordinator (Fetal Alcohol Syndrome)
Christine Thompson, Coordinator (Child Injury Prevention)
Wilda Watts, Community Development Project Consultant
Leegay Jagoe, Program Developer for Reproductive Health
Cheryl Buer Cartwright, Healthy Parenting Home Study Coordinator
Florence Highway, Fetal Alcohol Syndrome Program Educator and Community Support
Arin Jorgenson, Program Assistant