

Kids Are Not Safe Alone in Cars

Parents know it is wrong to leave kids alone in a car. Yet, the news still reports the death of children left alone in a hot car. Parents can prevent these heat-stroke deaths.

On a 72° day, the inside of the car can rise to 92° in 10 minutes. Within 30 minutes it is 100°. A child's body normally heats up 3 to 5 times faster than an adults. Even a window left open a crack *is not a help*.

How do children die from heat related car deaths?

- 52% - a distracted caregiver forgot them.
- 30% - the child plays in the car without an adult nearby.
- 17% - the driver left the child in the car for what seemed to be a good reason.

Accidents can be the result of parents changing a normal routine. For example:

- Dad drops-off the child at daycare instead of mom.
- You take the child in a different vehicle.
- A parent forgets a sleeping baby.

Tired and distracted parents can make mistakes.

You can protect your child from a car related heat death.

- *Never leave your child alone in a car - not even for a minute.*
- Make it a habit to check the front and back seats before you lock the door.

- Always open the back door before you lock the doors. This prevents locking your keys and your child in the car.
- Put your purse, cell phone or briefcase beside your child's car seat.
- Keep a stuffed animal in your child's car seat. When your child uses the car seat, put the stuffed animal in the front seat.
- Instruct your babysitter to always call you if your child does not show up to daycare.
- If a spouse does the daycare drop-off, use a phone call or a text to report the child made it safely to daycare.

If you ever see a child left alone in a car, call 911.



***Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.***



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org



Revised 2017