

June 1 – June 5

Hello Families!

As the way of the world starts to change and we all start venturing out of our houses more, we need to refocus on our safety. This week I am touching on seatbelt and carseat/booster seat safety.

Seatbelts

For adults and older children, seat belt use is one of the most effective ways to save lives and reduce injuries in crashes. Yet millions do not buckle up on every trip. Safety belts reduce the risk of death by 45%, and cut the risk of serious injury by 50%. Air bags provide added protection but are not a substitute for seat belts in a crash. In Massachusetts in 2017, the safety belt usage rate was 73.8%.

Seatbelt Laws in Massachusetts

Every person in a passenger motor vehicle to wear a safety belt or sit in a child passenger restraint.

Any driver who is stopped by a law enforcement officer for a traffic violation, and is not wearing a safety belt can be fined \$25.

All children younger than 13 years should ride in the back seat.

Keep Moving

Jump Rope Challenge!

Have your child challenge someone in your family to see who can jump rope the longest, the most times or the fastest!

Nurse Courtney

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If you have any questions please do not hesitate to contact me.

Carseat/Booster Seat Laws in Massachusetts

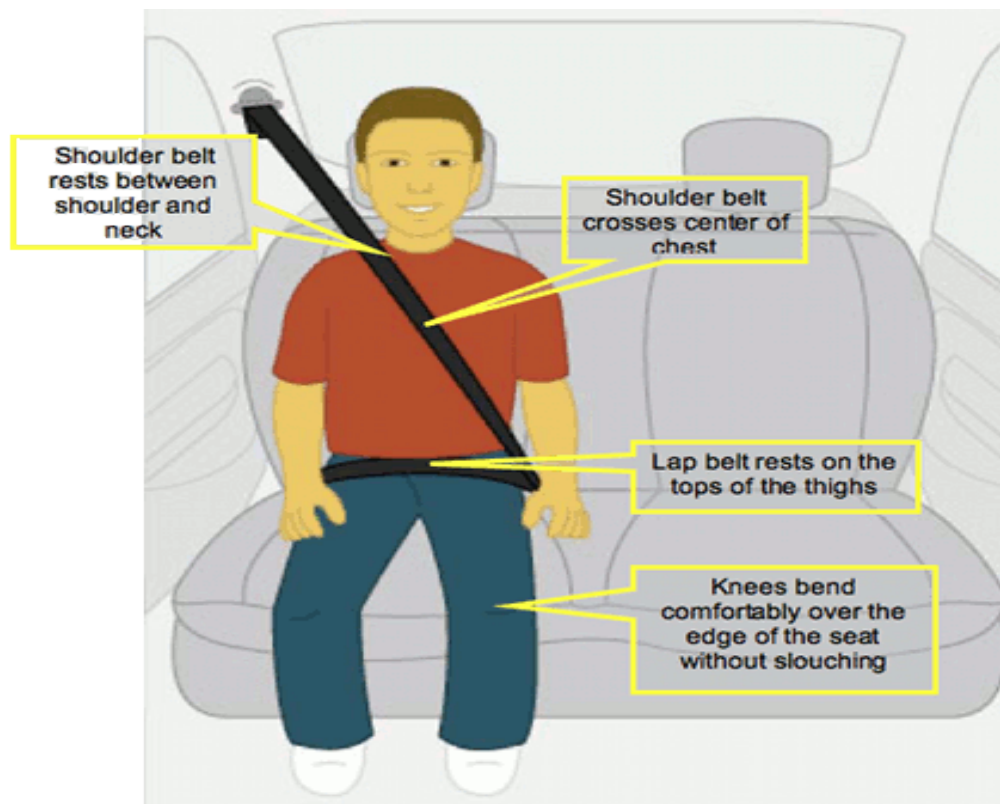
Any child under the age of 8 **and** less than 57 inches (4' 9") tall must sit in a car seat or booster seat when in a moving vehicle. Both criteria need to be met before transitioning them out of a booster seat.

This law is designed to ensure that your child is:

- 1) Tall enough so that when sitting in a standard vehicle seat the seatbelt will sit properly on across their chest and not across their neck.
- 2) Old enough to be able to sit in the vehicle seat with their legs bent properly at the knee

Properly wearing a seatbelt

- The shoulder belt lies across the middle of the chest and shoulder, not the neck or throat.
- The lap belt is low and snug across the upper thighs, not the belly.
- Your child is tall enough to sit against the vehicle seat back with their knees bent over the edge of the seat without slouching and can comfortably stay in this position throughout the trip.



COVID-19 (The Coronavirus)

Where are we?

Phase 1: Week 3

We have made it to the third week of the Phase 1! According to Governor Baker, as long as the number of COVID-19 cases continues to decrease when they reassess on June 6th we will officially enter Phase 2 on June 8th. That being said this is what is happening in Massachusetts this week in preparation for Phase 2.

- Restaurants, Retail Businesses and Operators of Lodgings are being allowed back into their businesses to begin preparations for Phase 2
- Office spaces in Boston are permitted to open with restrictions starting June 1st.

What's reopened already?

with restrictions and guidelines

Manufacturing Industries

Construction Industries

Hair Salons

Barbershops

Pet Grooming Services

Places of Worship

Laboratories



Healthy Food of the Week

Challenge your child to eat/try...

Watermelon!

Benefits of Watermelon:

- 1) Helps You Hydrate.
- 2) Contains Nutrients and Beneficial Plant Compounds.
- 3) Contains Compounds That May Help Prevent Cancer.
- 4) Improves Heart Health.
- 5) May Lower Inflammation and Oxidative Stress.
- 6) May Help Prevent Macular Degeneration.
- 7) Helps Relieve Muscle Soreness.