



Driving Apps, Here they are!

Text messaging while driving is one of the leading causes of car crashes, and it is illegal while driving in New Jersey. There is a wide variety of smart phone apps designed to help reduce distractions while your teen is driving and keep their passengers safer on the road.

TextArrest – Disables texting and email on smartphones while driving

ZoomSafer – Limits the ability to text, email or make phone calls while driving

WiseDrive – Automatically detects while vehicle is moving at high speed, disables audio text messaging notifications and replies to inform the contact that person is not available

Can'tText – Incoming text alerts are automatically responded to with a pre-written message that the user selects

DriveSafe.ly Pro – Texts and emails are read aloud and the app automatical-



ly responds without touching a button

Dangers of Distracted Driving

– Explores the consequences of distracted driving

Steer Clear Mobile – Teaches proper driving procedures and increases ability to receive State Farm Insurance discounts

Izup "Eyes Up" – Holds incoming and outgoing communication while driving

SafeCell – Tracks users position and alert to local no-text and no-cell rules

Safe Driving – Sets a maximum speed limit and alerts when limit is exceeded

iGuardianTeen – Allows parents/guardians to view and help coach teen driving by delivering a "Driving Report" to an email

TextNoMore – Rewards program for avoiding texting and driving.

For more information go to www.njteendriving.com/technology

CPS! There is an app for this!

The Phoenix Children's Hospital Injury Prevention Center unveiled its free "Car Seat Helper" smartphone application in October to aid parents and caregivers in selecting age-appropriate car seats.

The Car Seat Helper uses American Academy of Pediatrics car seat recommendations — based on the height and weight of a child — to help parents choose the correct car seat for their infants and children. The app helps users find local resources for correct car seat installation and offers information about car seat types with instructional videos and eye-opening car seat facts.

As many as 75% of car seats are improperly installed, according to the National Highway Traffic Safety Administration. When in use, properly installed child safety seats reduce fatal injuries by 71% in infants and 54% in children ages 1 to 4.

The app can be downloaded at www.phoenixchildrens.com/carseat

Spring Sports – Is your child up for the challenge?

My child has been taken to his/her doctor for a pre-participation physical evaluation (PPE) this year.

My child's coaches have his/her emergency information (contact numbers, doctor info., and allergy info.)

I know the signs and symptoms of concussion, and make sure that my athlete and his/her coach know them as well.

I make sure my child and the coach understands the value of rest during games and practices.

I send my child to practice and games with a water bottle or sport drink. My child knows the importance of drinking plenty of water before practices and games.

My child's coach has mandatory water breaks in place so that the kids

are drinking plenty of fluids during practices and games.

I've reviewed the signs and symptoms of dehydration with my athlete; I know and look for the signs and symptoms, and I've ensured the coach knows them too.

My child has properly fitted equipment for his/her sport. I have also talked to the coach about making sure my child is wearing it for both practices and games.

My athlete takes at least 10 weeks off from any one sport during the year; playing different sports throughout the year is okay. And, I encourage her/him to get a good amount of rest and sleep during the week.

I know to go to www.safekids.org/

sports for more tips and resources on how to keep my young athlete healthy and injury free. ●



**Morristown
Medical Center**
ATLANTIC HEALTH SYSTEM



Calling all teens 14-16 years of age (and your parents)!

Don't miss the teen driving event of the year!

Good Driving for Life 2012 Teen Safe Driving Summit



Saturday, May 12, 2012
9 a.m. - 3 p.m.
(Registration at 8 a.m.)
110 Schanck Road (off Route 9)
Freehold

You'll soon be eligible to obtain a driver's license which fosters independence, freedom, access and

responsibility! Join with teens from across the state to get the facts about NJ's Graduated Driver License program so you and your friends are building skills that ensure Good Driving for Life!

Summit highlights include:

- ▶ **Teen-led interactive workshops including a hands-on distracted driving course**
- ▶ **GDL, driver coaching, insurance & vehicle selection workshops for parents**
- ▶ **Marilyn Abbate, whose story is told in the feature film "The Fifth Quarter"**
- ▶ **Lunch, giveaways and raffles**
- ▶ **Discount admission to iPlay America indoor theme park (after the summit)**

Admission is \$15 per teen and one parent; \$25 per family

Don't delay, registration is limited and closes May 4

Visit www.njteendriving.com/good-driving-for-life

Northern NJ Safe Kids Safe Communities Steering Committee 2012

Our new steering committee members were announced at our December General Membership Meeting. We thank our past members for their assistance. With limited resources our new committee members will bring a strong sense of commitment and expertise to our coalition.

Coordinator: **KJ Feury RN APNc – Morristown Medical Center**

CPS Educator: **Sgt. Gary Moore CPSI – Randolph Police Department**

CPS Stations: **Patty Difilippo RN, CPSI – Morris Essex Station**
Jackie Leach EMT, CPSI – Chester Station

Sport Safety: **Mike Prycibien ATC, NJ Athletic Trainers Association**

Communication: **Pam Garrison – Atlantic Health System**

Community Advocate: **Bob Conte – Harding Township**

Bicycle & Pedestrian Safety: **PO Joe Hale & Ivan Rodriguez – Jefferson Twp. PD**

Scrap Book



Northern NJ Safe Kids / Safe Communities Outstanding Individual Vicky Best (center) for her dedication to the Chester CPS Station. KJ Feury right, Jackie Leach left.



Northern NJ Safe Kids Safe Communities Outstanding Organization is the Jefferson Township Police Department. Ivan Rodriguez (center) is the driving force of the injury prevention efforts. KJ Feury right, Jackie Leach left.



Madison High School's Every Fifteen Minutes Program made an impact on the students and the local community. Air One takes a mock patient in the air.

Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact

Karen Jean Feury, RN Phone: 973-971-4327 Fax: 973-290-7350 email: karenjean.feury@atlantichealth.org.