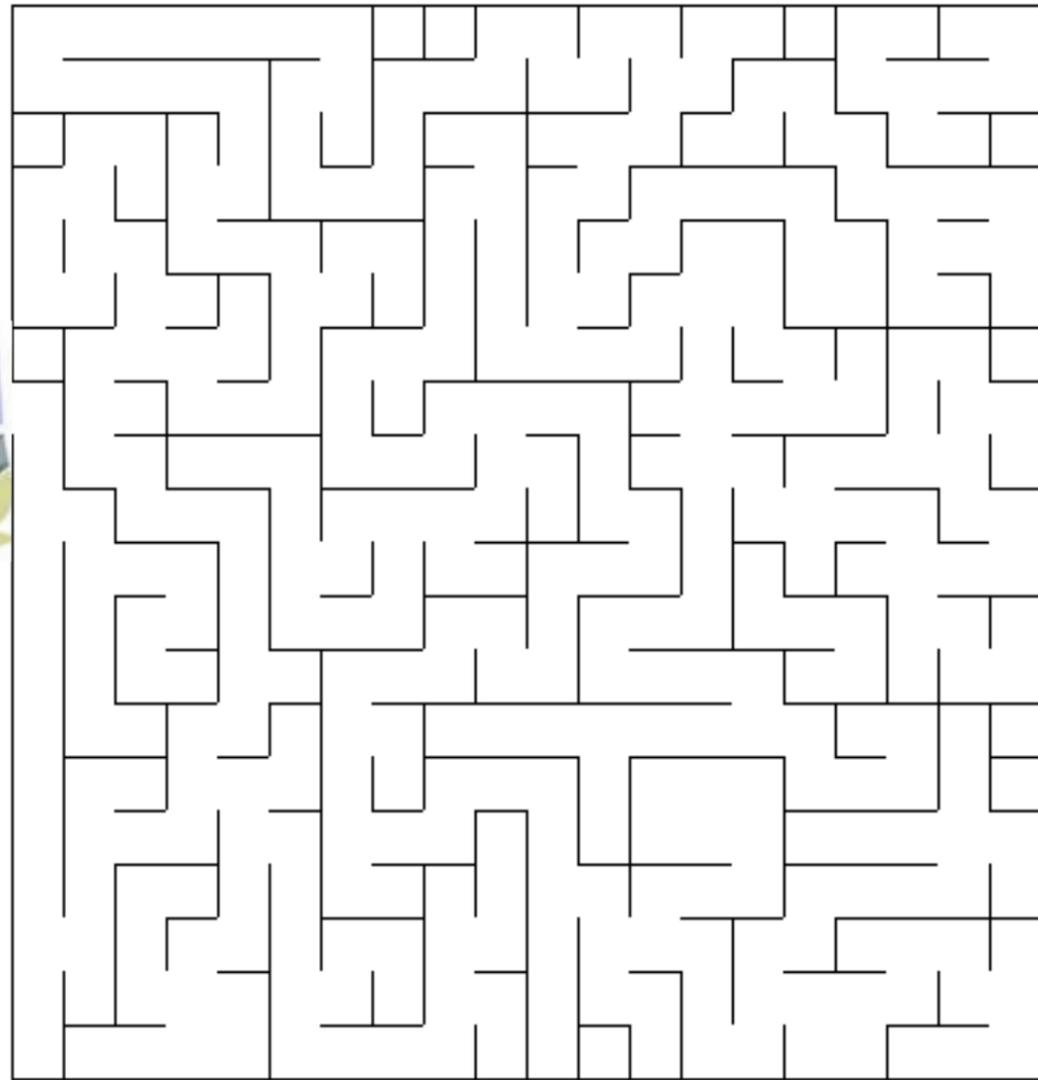


**Help this Super Kid make his way to the Finish Line**



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www.headsinhelmets.com

# SUPER KIDS



**Brought to you by the Justice for Children Foundation**

## A Message from JFCF Director Howard Spiva

Most parents know the importance of making sure your child wears a helmet when biking, skating, or scooting. But as a personal injury attorney, I have seen too many brain injuries received by children in car wrecks that could have been easily prevented by a helmet. Even when in a child safety seat, a child's head can strike the back of seat in front of them or the window beside them, often crushing in the skull and causing a brain injury. **Justice For Children Foundation, Inc.** is a non-profit primarily concerned with preventing brain injuries in children. We provide FREE helmets to families to protect children not only on their bikes, skates and scooters, but in the car as well.



May is National Bike Month!

### UPCOMING EVENTS

- May 17th Spring Fling #1
- At Georgetown Elementary. Sponsored by the PTA.
- Helmet Giveaway and BMX show. 10am - 1pm.
- May 19th Helmet Giveaway
- Helmet giveaway to students at Largo-Tibet Elementary School.
- Coming Fall 2014 Annual Chili Cookoff Fundraiser
- Open to all Teams, including individuals. Date TBD



Helmets can reduce the risk of severe brain injuries by **88 percent!**

**Helmets are Cool!**

More children **ages 5 to 14** are seen in emergency rooms for injuries related to biking than **any** other sport.



## Don't Flip Your Lid!

adjusting your helmet for the perfect fit

- 1. Position the Helmet:** The helmet should rest on your head so that only two fingers width can fit between your eyebrows and your helmet.
- 2. Adjust Side Straps:** Helmet adjustment straps should look just like a "Y" shape, with the adjustor clasp sitting right below your ear.
- 3. Tighten Straps:** The chin strap should fit snugly enough so you can only fit two fingers between the strap and your chin.
- 4. Check Your Fit:** To test if your helmet fits properly, unclasp the straps and tilt your head forward. If the helmet doesn't move, you're set!

1



2



3



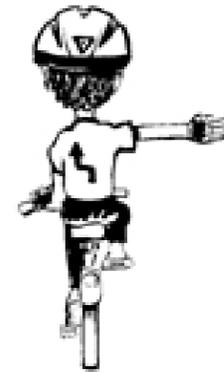
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## BIKING HAND SIGNALS



LEFT TURN



RIGHT TURN



SLOW DOWN OR STOP



## Parent's Corner

### Bike Safety Tips for you SUPER KID

- Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Also, ensure proper bike fit by bringing the child along when shopping for a bike. Select one that is the right size for the child, not one he or she will grow into.
- Tell your kids to ride on the right side of the road, with traffic, not against it, and to stay as far to the right as possible, and to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street. Also, teach children to use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights.
- Dress young children appropriately to ensure a safe ride. Long or loose clothing can get caught in bike chains or wheel spokes. When riding at dusk, dawn or in the evening, use a light and make sure your bike has reflectors. It's also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.
- Actively supervise children until you're comfortable that they are responsible to ride on their own. Developmentally, it can be hard for kids to judge speed and distance of cars until age 10, so limit riding to sidewalks, parks or bike paths until age 10. No matter where you ride, teach your child to stay alert and watch for cars.

