Child passenger safety guidelines are updated as new data tells us how we can best protect children in vehicles. Washington state has updated its law based on the latest recommendations from the American Academy of Pediatrics. Here are the new rules:

**Rear-facing until at least age 2.** Children under age 2 must ride in rear-facing car safety seats, and they should remain rear-facing as long as possible, until they reach the highest weight or height allowed by their seat. (Most convertible seats have limits that allow children to ride rear-facing up to 40 pounds or more.)

**Then, forward-facing seats with a harness for as long as possible.** Once they outgrow rear-facing seats, children must use a forward-facing seat with a harness until they reach the seat’s height and weight limits. (Many seats can accommodate children up to 65 pounds or more.)

**Then, booster seats for all kids under 4 feet 9 inches tall.** When children exceed the limits of a harness-style car seat, they must use a belt-positioning booster seat until they reach 4 feet 9 inches tall. Booster seats correctly position the vehicle's lap belt low across the hip bones and the shoulder belt across the center of the shoulder. In a collision, poorly fitting seat belts are associated with injuries to the spine, intestines, head and neck. Most kids will need a booster seat until age 10 to 12.

**Then, use the vehicle’s seat belt properly, and ride in a back seat until at least age 13.** When children are tall enough to use the vehicle seat belt alone, they must use both the lap and shoulder belts; they must never slip the shoulder portion behind their backs. All children younger than 13 should ride in the rear seats of vehicles for the best protection, even if they are as tall and heavy as an adult.

Keep in mind that it’s generally safest to transition a child to the next stage only when they become too big for the stage they are in. The new law officially goes into effect in 2020. However, it’s safest to adopt these rules immediately, and share the changes with others, too. It may seem challenging to keep up with the latest rules, but it’s worth it to keep your child as safe as possible!

**Better Babysitters: Offered in Seattle, Bellevue, Everett and Federal Way**

Do you know a tween or teen age 11 to 14 who is interested in babysitting? Taking the Better Babysitters class is a great first step. Students learn about responsible babysitting, basic child development, infant and child care, safety, handling emergencies, age-appropriate toys, business tips and parent expectations. The cost is $45 per person.

**TO LEARN MORE:**
View dates and locations at seattlechildrens.org/classes.
**Paddle Sport Safety**

Paddle sports like kayaking, canoeing and stand-up paddle boarding are growing in popularity. They’re all fun, physically challenging activities for families, and they’re fairly easy to learn — ideally in warm weather and calm waters. Whether you rent equipment on a local lake or while on vacation, or try it out while at a friend’s waterfront home, practice paddle-sport safety. Be sure the equipment is in good shape and you have the gear you need. Wear a life jacket with a whistle attached. Don’t go out in rough waters, and avoid areas with motorboat or jet-ski traffic. Finally, never paddle under the influence: you need to be at your physical and mental best to keep yourself and your family safe.

**TO LEARN MORE:**
Visit parks.state.wa.us/832/Paddlesports.

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**Tetanus Vaccines**

Tetanus bacteria exists naturally in soil, and it can enter the body through breaks in the skin caused by scrapes and cuts. A tetanus infection affects the muscles; it causes muscle pain and can trigger seizures and difficulty swallowing and breathing — and can even be deadly. Tetanus is also known as lockjaw, because it can cause jaw muscles to spasm and clamp the mouth tightly shut. It’s crucial that your entire family is up-to-date on their tetanus vaccines. There are a few different vaccines that protect against tetanus, and they all protect against other diseases, too. The DTaP vaccine protects babies and young children from diphtheria, tetanus and pertussis (whooping cough). Kids age 11 or 12 need one dose of Tdap, which also protects against tetanus, diphtheria and pertussis. Adults then need the Td vaccine every 10 years to stay protected against tetanus and diphtheria. Talk with your doctor to be sure you and your family are protected.

**TO LEARN MORE:**
Visit doh.wa.gov/YouandYourFamily/Immunization/DiseasesandVaccines/TetanusLockjawDisease.

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**Summer Mental Wellness Tips**

Most children feel happy and relieved when school lets out for summer. But as the days and weeks go by, they often miss the structure and built-in social time that school provides. This can cause kids to feel restless and bored — and sometimes lonely and sad.

As parents, we can help our kids avoid the ‘summer blues.’ We can provide them with comforting structure, keep them busy and socially connected, and promote healthy habits.

To create the structure kids crave, we can enforce bedtimes, provide age-appropriate chores, limit screen time and stay committed to regular family meals.

To help our kids stay busy and socially connected, we can arrange play dates with their friends, plan meet-ups at local parks and pools, and take advantage of community events and programs like festivals, camps and sports teams. Public libraries offer summer reading lists and enrichment programs. For older kids, a part-time job keeps them on a schedule, boosts confidence, builds a strong work ethic and allows them to earn their own money.

To support their overall health, we can be sure our kids get plenty of exercise and time outdoors. Summer is an ideal time for swim lessons, family hikes and bike rides. Simply taking the dog for a walk after dinner each night has a positive effect. And keep an eye on snacking; continue to avoid sugary drinks and keep lots of fruits and vegetables on hand.

If you suspect your child is dealing with something more serious than the summer blues — such as depression, anxiety or ADHD — talk with your child’s doctor.

**TO LEARN MORE:**
Quick Tip
Never leave a child alone in a vehicle, even for a minute! Set up a system to check the backseat of your car for your child every time you get out.

Device-Free Zones
It’s common for parents to feel frustrated or guilty that their kids are getting too much screen time with phones, video games, television, tablets and computers. The problem is often worse in summer, when kids have a lot of free time and there’s a lack of routine. For many families, the solution is to agree on device-free zones and device-free times of day. For example: no screens at the dinner table or during meals, in bed or after a certain hour, and when visiting grandparents or doing a family activity. Hold a family brainstorming session and start with some rules you all agree upon. Then, lead by example and embrace the change: less screen time results in more connected family time!

TO LEARN MORE:
Visit healthychildren.org/MediaUsePlan.

Primary Care Clinic
• Odessa Brown Children’s Clinic
Main Hospital Numbers
206-987-2000
866-987-2000 (Toll-free)

Online Resources
Visit seattlechildrens.org for the following:
• Child Health Advice
• my Good Growing email newsletter
• Doctor Finder
• Seattle Mama Doc, Autism and On The Pulse blogs
• Medical condition information
• Health & safety information
• Ways to help Seattle Children’s
• Research Institute information

Heather Cooper is the Editor of Good Growing, which is produced four times a year by the Marketing Communications Department of Seattle Children’s. You can find Good Growing in the January, April, July and October issues of ParentMap and on our website seattlechildrens.org. For permission to reprint articles for non-commercial purposes or to receive Good Growing in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child’s needs are unique. Before you act or rely upon information, please talk with your child’s healthcare provider. © 2019 Seattle Children’s, Seattle, Washington.
Classes and Events

These classes are popular and often fill up several months in advance, so please register early. Scholarships are available. If you would like to ask about a scholarship, call the number provided for the class you're interested in.

**PARENTING CLASSES**

**Autism 101**
This free 90-minute lecture is designed to provide information and support to parents and families of children recently diagnosed with an autism spectrum disorder. A portion of each session is dedicated to answering questions from the attendees.

Lectures are at Seattle Children's main campus in Seattle, once per quarter, on a Thursday, from 7 to 8:30 p.m. Lectures are also available via live streaming.

View dates or sign up for live streaming at seattlechildrens.org/autism101. Call 206-987-8080 if you have questions.

**Autism 200 Series**
Autism 200 is a series of free 90-minute classes for parents and caregivers of children with autism who wish to better understand autism spectrum disorder. Each class features a different topic.

Classes are usually offered on the third Thursday of the month, 7 to 8:30 p.m. at Seattle Children's main campus in Seattle. These classes are also available through live streaming.

View dates and topics, sign up for live streaming or view past Autism 200 lectures at seattlechildrens.org/autism200. Call 206-987-8080 if you have questions.

**Babysafe**
Babysafe is a 4-hour class for new and expectant parents and others who care for babies. Topics include infant development, baby safety, injury prevention and care of common injuries for infants from birth through 12 months of age. Infant CPR is demonstrated and practiced, but this is not a certification class.

This class is offered in Seattle. The fee is $75 and each registration is good for 2 people from the same family. View dates and locations at seattlechildrens.org/classes or call 206-789-2306 if you have questions.

**Heartsaver First Aid, CPR and AED**
This video-based class for parents and caregivers covers how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. Also includes infant, child and adult CPR and AED use. Students receive an American Heart Association Heartsaver First Aid, CPR, AED completion card that is valid for 2 years.

This class is offered at Seattle Children's main campus in Seattle for $75 per person. View dates at seattlechildrens.org/classes or call 206-987-2304 if you have questions.

**Youth Mental Health First Aid**
This 8-hour class is for adults who regularly interact with adolescents ages 12 to 18. Youth Mental Health First Aid will improve your knowledge of mental health and substance use problems and will teach you how to connect youth with care when needed.

This class is offered at the Sand Point Learning Center in Seattle for $20 per person, which includes class materials and lunch. View dates at seattlechildrens.org/classes or call 206-987-9878 if you have questions.

**CHILD, PRETEEN AND TEEN CLASSES**

**Better Babysitters**
See page 1 of Good Growing for details.

**CPR and First Aid for Babysitters**
For youth, ages 11 to 15. Topics include pediatric CPR, treatment for choking, and first-aid skills. Students receive an American Heart Association Heartsaver Pediatric First Aid, CPR, AED completion card, which is valid for 2 years.

This class is offered at Seattle Children's main campus in Seattle for $75 per person. View dates at seattlechildrens.org/classes or call 206-987-2304 if you have questions.

**For Boys: The Joys and Challenges of Growing Up**
This class is for boys, 10 to 12 years old, and a parent or trusted adult.

**For Girls: A Heart-to-Heart Talk on Growing Up**
This class is for girls, 10 to 12 years old, and a parent or trusted adult.

An informal, engaging format is used to present and discuss issues most on the minds of preteens as they begin adolescence: body changes, sex, and other growing-up stuff.

This class is offered in Seattle, Bellevue, Everett and Federal Way in partnership with Great Conversations. The cost is $90 per parent/child pair; $70 per extra child. A copy of the book “Will Puberty Last My Whole Life?” is included.

View dates and locations at seattlechildrens.org/classes or call 206-789-2306 if you have questions. Content outlines and short videos are available at greatconversations.com.

**Sibshops**
Sibshops are lively peer support groups for siblings of kids with special needs. Separate sessions are held for kids 6 to 9 years old and kids 10 to 13 years old.

Sessions take place at Seattle Children's main campus in Seattle at a cost of $25 per session.

View dates online at seattlechildrens.org/classes or call 206-987-4133.

**EVENTS**

**Free Bike Helmet Fitting and Giveaways**
WHEN: Saturday, July 27, 10 a.m. to 1 p.m.
WHERE: Seattle Children's North Clinic, 1815 13th St., Everett

WHEN: Saturday, Aug. 24, 10 a.m. to 2 p.m.
WHERE: Skyway Fire Station, 12424 76th Ave. S, Seattle

WHEN: Saturday, Sept. 21, 10 a.m. to 1 p.m.
WHERE: Pybus Public Market, 3 N Worthen St., Wenatchee

Come get your child properly fit for a new bike helmet. Kids must be 1 to 18 and present to receive a helmet. The person who will be using the helmet must be present for proper fitting. First come, first served. No appointments needed. Learn more at MakeSureTheHelmetFits.org.

**Low-Cost Life Jacket Sales**
WHEN: Saturdays, July 6 and Aug. 3, 10 a.m. to 2 p.m.
WHERE: Evans Pool, 7201 E Green Lake Drive N, Seattle

WHEN: Saturday, July 20, 10 a.m. to 2 p.m.
WHERE: Rainier Beach Pool, 8825 Rainier Ave. S, Seattle

COST: $10 for infant, child and youth sizes; $20 for adult sizes
CALL: 206-684-4961

Bring your family to purchase low-cost life jackets. The person who will use the jacket must be present for proper fitting. Children younger than 18 must be with a parent or guardian. Children less than 6 months or 18 pounds cannot be fitted at this sale.

**Free Car Seat Check**
WHEN: Saturday, Aug. 17, 10 a.m. to 12:30 p.m.
WHERE: Seattle Children's main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-5999

Come learn how to safely secure your child in the car. Child passenger safety experts will check your child in a car seat, booster seat or the seat belt and answer any questions you may have. First come, first served. We do not take reservations.