

A Million Messages (AMM) Case Studies Answer Key for Facilitators

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As a supplement to the A Million Messages (AMM) Online Learning Modules, the AMM case studies provide an opportunity for a level of learning that is key to best practice: the application of knowledge, critical thinking and communication skills in a real-world context. **Suggested answers to the case studies are provided below.** Though not exhaustive, these give ideas to spark discussion and enrich the groups' understanding of injury prevention in practice.

Coping with Infant Crying Case Study - Ethan

Rachel is 22 with a son, Ethan. Rachel brings him in for his 2-month immunization visit. She looks tired. She says she didn't realize Ethan would cry so much. He cries every day, sometimes for an hour or more and doesn't seem to settle. She tries to comfort him but finds it frustrating when she can't get him to stop crying, she thinks maybe Ethan doesn't like her. She and Ethan live with her boyfriend, Cody, 19, in a one-bedroom apartment. Cody works days and it seems all Ethan does most evenings is cry. She's worried he cries too much, or she's doing something wrong but doesn't chance a babysitter and doesn't want people to think she's too young to be a good mom. Her parents live in the city.

1. What challenges does Rachel face with Ethan's crying? Developmentally, how does crying change through infancy?

Answer:

- Rachel has difficulty coping with Ethan's crying. She is tired, gets frustrated at not being able to comfort Ethan, and he cries most evenings. Rachel said she thinks Ethan does not like her or that she is doing something wrong. She hasn't asked for help with Ethan from a babysitter or her parents. Her self-confidence wavers and she doesn't want people to think she is too young to be a good mom. Ethan's father, Cody, is a young man who works full-time and may struggle to provide a break to Rachel by caring for Ethan in the evenings, especially since Ethan cries a lot at that time of day.
- Development factors related to crying are:
 - All babies cry.
 - There are times when infant crying cannot be soothed.
 - Crying typically peaks around 2 months of age, then gradually decreases.
- Normal infant crying follows a predictable pattern:
 - It is universal and similar peak pattern of crying exists across many different circumstances.
 - **Not typically a sign** that a baby has a medical problem or that a parent is not doing a good job.
 - Crying normally starts to increase about 2 weeks of age, peaks in intensity during the second month and decreases and stabilizes about 5 months of age.
 - Average amount of crying is between 1-2 hrs/day at the peak of crying.
 - Some babies cry less than that, some cry more e.g. for almost 6 hrs/day during the peak of crying.
 - Period of PURPLE crying: Peak pattern, unpredictable, resistant to soothing, pain-like face, long bouts, evening crying.

2. What key messages from AMM can you discuss with Rachel to help reinforce her existing skills and develop other ways to cope with Ethan's crying?

Answer:

- **Key Messages:**

- **All babies cry.** Babies cry for many reasons. Your baby might cry to let you know that he is hungry or thirsty, needs a diaper change, needs to be cuddled, doesn't feel well, or is sleepy. Your baby might also cry to release tension. When your baby cries, try to make him feel more comfortable. Remember that there will be times when your baby can't stop crying, no matter what you do.
- **It is more important to stay calm than to stop the crying.** It is normal to feel tired, alone, sad, or frustrated when you can't comfort your baby. If you feel angry or frustrated, put your baby in a safe place (like his crib) and let him cry for a few minutes. This is not harmful. When you are feeling calmer, try again to soothe him.
- **It's OK to ask for help.** It's important to plan ahead. Think about what you will do if the crying gets to be too much, like listen to music or go for a walk with your baby. Write down the phone numbers for friends and neighbours you can ask for help if you need it. You can call Health Link at 811, 24-hours a day, to talk to a Registered Nurse.
- **Take a break, don't shake.** You must NEVER SHAKE A BABY. Even a few seconds of shaking can cause a baby permanent brain damage or death. Tell everyone who takes care of your baby to never shake your baby for any reason.

3. What resources are available to Rachel about coping with infant crying? Where would you suggest she get these resources?

Answer:

Infant Crying Resources can be found in the following places:

Healthy Parents Healthy Children - The Early Years

- [Your Baby's Crying](#)

MyHealthAlberta.ca

- [The Crying Plan](#)

Coping with Infant Crying Case Study - Garrett

Josh, 23, brings six-week-old Garrett, into the clinic to get weighed and stays for the Parent Drop-In. Josh says Garrett is always fussy, cries a lot, and he just doesn't know how to deal with him. He says he feels bad because Garrett's crying sometimes makes him angry when the things he's doing don't seem to help. Josh is currently unemployed and his girlfriend, Julia, went back to work so they'll have some money. He's happy to be a stay-at-home dad but says he didn't think it would be like this. He says that when Garrett is screaming he sometimes doesn't know if he can stay sane. Josh's older sister, Andrea, and her husband live in the same apartment building as Josh, and Julia's mom lives across town.

1. What risk factors may increase the risk of Garrett becoming a victim of Abusive Head Trauma? What strengths within the family could you focus on to provide support?

Answer:

Risk Factors: Garrett's crying sometimes makes Josh angry and he does not know how to cope with it. Crying typically peaks around 2 months of age, then gradually decreases, so the amount or duration of six-week-old Garrett's crying may continue to peak. At 23, Josh is a young father, and he says Garrett cries more than he expected a baby to cry. Garrett's mom, Julia, works so Josh may be alone when Garrett's crying is inconsolable.

Strengths: Josh is happy to be a stay-at-home dad. He has family living close by, his older sister and her husband are in the same apartment building, and Julia's mom is a phone call away. Julia is working and home in evenings to assist with parenting, to serve as a sounding board for Josh, and give Josh a break.

2. What key messages and resources from AMM about coping with infant crying might be useful to help Josh and his family? What might you say or ask to open the conversation?

Answer:

- Acknowledge/validate Josh's feelings of anger/frustration (e.g. "It must be so difficult for you to experience this crying everyday..."). Normalize his experiences - many parents face similar stressors with crying babies.
- Ask open ended questions to assess and reinforce Josh's coping skills; review and validate Josh's strengths and highlight possible supports he can use if the crying gets too much to handle on his own.
- Review the key messages for coping with crying:
 - **All babies cry.** Babies cry for many reasons. Your baby might cry to let you know that he is hungry or thirsty, needs a diaper change, needs to be cuddled, doesn't feel well, or is sleepy. Your baby might also cry to release tension. When your baby cries, try to make him feel more comfortable. Remember that there will be times when your baby can't stop crying, no matter what you do.
 - **It is more important to stay calm than to stop the crying.** It is normal to feel tired, alone, sad, or frustrated when you can't comfort your baby. If you feel angry or frustrated, put your baby in a safe place (like his crib) and let him cry for a few minutes. This is not harmful. When you are feeling calmer, try again to soothe him.
 - **It's OK to ask for help.** It's important to plan ahead. Think about what you will do if the crying gets to be too much, like listen to music or go for a walk with your baby. Write down the phone numbers for friends and neighbours you can ask for help if you need it. You can call Health Link at 811, 24-hours a day, to talk to a Registered Nurse.
 - **Take a break, don't shake.** You must NEVER SHAKE A BABY. Even a few seconds of shaking can cause a baby permanent brain damage or death. Tell everyone who takes care of your baby to never shake your baby for any reason.

3. How could you use the Crying Plan resource in this situation? Work through the Crying Plan as you would if you were facilitating the Parent Drop-In session that Josh may attend.

Answer:

- [The Crying Plan](#) is a pro-active tool to help parents/caregivers plan ahead for the times when a baby's crying is too much. Reviewing the crying plan gives parents a chance to talk about, think about and plan ahead to deal with infant crying.

- Encourage Josh to keep the [Crying Plan](#) in a place that he can find easily. Suggest he talk about or share the Crying Plan with Julia and other caregivers/babysitters who may help with Garrett.
- You could work through the [Crying Plan](#) with Josh as you might if you were facilitating a Parent Drop-In session. Key areas to review include:
 - Soothing strategies that might work for Garrett.
 - Self-calming strategies that Josh thinks might work best for him
 - Who of Josh's family or what friends he could call to give him a break when Garrett's crying gets to be too much.
 - Health Link as a 'call anytime' resource, and other community supports he or his family may find valuable (e.g. financial help, food bank, Children's Cottage, respite care).

Crying Resources for newborns (birth - 2 months) and young babies (2 - 6 months) are found in the following places:

Healthy Parents Healthy Children - The Early Years

- [Your Baby's Crying](#)
- [Crying](#)

MyHealthAlberta.ca

- [The Crying Plan](#)

Transportation Safety Case Study - Liam

During a December postpartum home visit, you meet Jon, Melissa and their newborn son, Liam. Liam was born at 34 weeks gestation with a birth weight of 2.5 kg (5 lbs. 8 oz). In the foyer you see a rear-facing-only car seat with a bunting bag added. Jon volunteers that he added the bunting bag for warmth, but mainly because Liam slouched so much without it and didn't stay centred. He eagerly puts Liam in the car seat to show you. Once Jon buckles his son up, you see that the shoulder harnesses are loose, and they are not staying on Liam's shoulders.

1. What risks exist for Liam's safety in the vehicle? How can Jon and Melissa improve Liam's position and safety in the seat, particularly now when he's a smaller newborn?

Answer:

- Risks include:
 - Liam's size - low-birth weight, pre-term and newborn babies have small shoulders.
 - Bunting bags, bulky clothing or blankets can re-route the shoulder straps away from the baby's body.
- To improve Liam's position:
 - Jon and Melissa will need to make sure the shoulder straps are close to the baby's body and snug enough to hold him for every ride. Loose or out-of-position shoulder straps increase the risk of the baby moving dangerously or being ejected from the seat when a crash occurs. Encourage them to visit ahs.ca/carseats to find both the [Infant \(rear-facing only\) car seat](#) and [Rear-facing car seat](#) resources.
 - Additional tips from [Preterm or low birth weight babies and rear-facing car seats](#) include:
 - If the baby slides down in the car seat, a small, rolled up receiving blanket or towel can be placed between their legs and the crotch strap.

- If the baby needs help staying in the centre of the car seat, a small, rolled up receiving blanket or towel can be placed on either side of their body.

2. What information could you give them about keeping Liam warm during travel? Is there any difference in safety if the bunting bag came with the car seat compared to if it was purchased as an after-market product?

Answer:

- Use as few layers as possible between the child's body and the shoulder straps. Check that the straps are snug each time.
 - A blanket or cover can be placed on top of a child once they are properly secured in the car seat.
 - In the winter, use thin, warm layers like fleece or a light snowsuit. If using bulky or puffy winter clothing, compress the material to make sure that the harness system is tight. 'Car seat friendly' jacket designs are available that aim to both keep the child warm while having the harness straps snug and close to the child's body. See [Keeping your child content in a car seat](#).
- Any accessories that came in the box with the new car seat can be used according to the manufacturer's instructions.
- Although add-on products like padded bags are available and popular, they can be a safety risk. The priority is to ensure that the harness straps are snug, routed correctly, and stay close to the baby's body. Transport Canada issued [this notice](#) to address aftermarket car seat products. Key points include:
 - **"Padded Car Seat Bags:** Child seat manufacturers state in their instructions not to use bulky clothing and never add anything between the shell of the restraint and the child. The padded car seat bag can re-route the harness system and add slack and increase compressibility. Check with the car seat manufacturer before using and ensure that the product does not compromise the harness routing path."
 - **"Winter Clothing:** ...When using bulky winter clothing ensure that the harness system is tight, compressing the material to ensure a snug fit. Check with the car seat manufacturer for alternative methods of clothing during the winter."

3. What key messages and resources from AMM about the use of Liam's car seat are important for Jon and Melissa? How could you continue the conversation to address the key messages? Where can they get the resources?

Answer:

Key messages

- The main things to check when using any car seat are:
 - that the harness straps are flat and snug: you should not be able to pinch the harness at the shoulder, and
 - that the car seat is secured tightly. It should move less than 1 inch (2.5 cm) in any direction.

To continue the conversation, the PHN could:

- Ask whether Jon and Melissa are familiar with the [Infant \(rear-facing\) only car seat](#) resource, and the supplementary [Preterm or low birth weight babies and rear-facing car seat](#) resources.
- Check that Jon and Melissa can find the [Infant \(rear-facing only\) car seat](#) resource, either in the *Healthy Parents Healthy Children - The Early Years* book or on ahs.ca/carseats and use it to check Liam's seat in their vehicle.
- Remind Jon and Melissa that reading their vehicle owner's manual and the car seat instructions that came with Liam's seat is the best way to know what to do.

- Reinforce that when they check their car seat regularly, they can be confident Liam is riding safely for every ride.

Rear-facing Car Seat Resources can be found in the following places:

Healthy Parents Healthy Children - The Early Years

- [Car seats and booster seats](#)

Car Seat Guidelines in Alberta (ahs.ca/carseats) - Resources

- [Infant \(rear-facing only\) car seat](#)
- [Rear-facing car seat](#)
- [Preterm or low birth weight babies and rear-facing car seats](#)

Other Car Seat Information on MyHealth.Alberta.ca (ahs.ca/carseats)

- [Keeping your child content in a car seat](#)
- [Tips for buying a car seat or booster seat](#)
- [The tether strap and universal anchorage system \(UAS\)](#)

Transportation Safety Case Study - Amina

Amina, a public health nurse (PHN), was seeing a four-month-old baby and her mother in clinic for a regular immunization appointment. The baby was brought to the clinic in an infant car seat and Amina could see that the straps were far too loose. Despite attempts to engage the parent about car seat safety, the mom made no attempt to adjust or tighten the car seat straps. Amina felt she was in a difficult position and worried about potential concerns if she, as a PHN, made the car seat adjustments. Primarily Amina was worried about the infant's safety. Once the baby was back in the car seat, Amina tightened the car seat straps herself. Based on her concerns, Amina reported the incident to her manager. The clinic manager wondered whether a referral to a car seat inspection might have helped.

1. How could you respond in a similar situation?

The legal responsibility for correct use of the car seat for a child under 18 kg (40 lbs.) in Alberta **belongs to the driver**. The law says the driver needs to:

- use the right seat
- install the seat correctly in the vehicle, and
- secure the child safely with the car seat straps/harness.

A PHN or health professional's role is to provide information to parents on the correct use of car seats or booster seats as time allows. The "*Is your child in the right seat?*" series of resources on ahs.ca/carseats includes videos and information on car seats, booster seats and seat belts for children in multiple languages. All parents/caregivers of young children in Alberta should be encouraged to visit ahs.ca/carseats to learn about correct car seat use.

Even with access to the resources, there are parents/caregivers who feel better getting their car seat inspected or checked. Car seat inspection services are available in many parts of the province. These are external to AHS and there is often a fee for service.

2. What car seat inspection services are available in your area? Are they recommended?

Many or most parents and caregivers can install and use their car seat safely and correctly, using the car seat instructions, the vehicle's owners' manual and the car seat videos and print resources available on ahs.ca/carseats.

Car seat inspection services are increasingly available to parents. The [Child Passenger Safety Association of Canada \(CPSAC\)](https://cpsac.ca/) provides a standardized and nationally recognized training and certification program for child passenger safety technicians. If someone is looking to have their car seat inspected, CPSAC certified technicians offer car seat inspection services to parents/caregivers for a fee. To find a certified technician in their area, parents/caregivers can use the ['Find a tech'](#) search on the CPSAC site.

Transportation Safety Case Study - Mikaela

At her six-month immunization visit, Mikaela weighs 9.5 kg (21 lbs.) and is 71.5 cm (28 in.) long. Her mom, Vania, tells you she'll soon need a new car seat because the current one only takes her baby to 10 kg (22 lbs.) and 74 cm (29 in.). Vania asks for information about choosing the next car seat and wants to know how she can keep Mikaela safest. She has seen several used seats available locally on-line and wants to buy second-hand to save money.

1. How long should a child remain in a rear-facing car seat? What challenges might PHNs encounter when providing this information to parents and caregivers?

Answer:

- For rear-facing car seat use, the evidence-based recommendations are:
 - A rear-facing seat provides the best protection for a child's head, neck and spine in a sudden stop or crash.
 - Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
 - When your baby outgrows their infant seat, move them into a larger rear-facing seat.
 - Your child is safest riding rear facing until 2, 3 or even 4 years old.
- See ahs.ca/carseats and [Tips for buying a car seat or booster seat](#) for more information on the types of rear-facing car seats for a child Mikaela's size.
- PHNs provide information to help parents/caregivers make an informed decision. One challenge can be whether parents decide to leave their child rear-facing after the child reaches the maximum weight or height of a rear-facing only (infant) car seat.
 - A child is safest riding rear-facing as long as possible. Parents can move their child to a larger car seat yet keep them rear-facing if their child is within the rear-facing weight or height limits for the larger seat.
 - The decision of when to turn the baby forward-facing is up to the parent/caregiver. Every situation is different and is based on factors including: the age, weight, height and physical development of the baby, the type of car seat, and the weight/height limits of the seat.

2. What types of car seats are available for this child? If you're unsure, refer to *Tips for Buying a Car Seat or Booster Seat* for more information. Are second-hand seats safe to use? Why or why not?

Answer:

- Refer to [Tips for buying a car seat or booster seat](#). Three types of car seats are available for this child:

- **Rear-facing only (infant) with base** – this is the type of seat Mikaela is riding in. Other models of the same type may have higher rear-facing height/weight limits. This type **would not** be the best replacement for Mikaela as it can't be used forward-facing once she grows.
- **Rear-facing/forward-facing (convertible)** – this type can be used as a rear-facing seat and then changed to a forward-facing seat. Many models have higher rear-facing weight/height limits than rear-facing only seats. Vania should check the weight/height limits for rear-facing use before buying a convertible seat to ensure that Mikaela will be able to stay rear-facing longer.
- **Rear-facing/forward-facing/booster (3-in-1 or 4-in-1)** – these models combine all three types of seats, with the 4-in-1 seats including both a both high back and backless booster option. Many models of this type also have higher rear-facing weight/height limits than infant (rear-facing only) seats. Vania should check the weight/height limits for rear-facing use before buying a 3-in-1 or 4-in-1 seat to ensure that Mikaela will be able to stay rear-facing longer.
- **It is not a good idea to buy or use a second-hand safety seat.** Used seats may be missing parts, damaged or recalled, and may not meet current safety standards.
 - A parent/caregiver may ask about a used seat given to them by a close friend or family member. They may also wonder if they can re-use a car seat they used for an older child. In these situations, knowing the history of the car seat, having all the original parts including a copy of the instructions, and checking for any recalls are necessary steps prior to choosing to re-use the car seat.
 - Under Health Canada's Consumer Product Safety Act, the car seat must meet the latest requirements set out by Health Canada and Transport Canada and the seat must not be expired.
 - Car seat and booster seat manufacturers say to replace **any** seat involved in a crash. There may be no signs of damage but small cracks or weakened areas may make the safety seat fail to protect a child in the next crash.

3. What AMM resources could you provide to Vania about car seats? Where would you suggest she get these resources?

Car Seat Resources can be found in the following places:

Healthy Parents Healthy Children - The Early Years

- [Car seats and booster seats](#)

Car Seat Information on MyHealth.Alberta.ca

- All car seat resources are on ahs.ca/carseats, including:
 - [Infant \(rear-facing only\) car seat](#)
 - [Preterm or low birth weight babies and rear-facing car seat](#)
 - [Rear-facing car seat](#)
 - [Forward-facing car seat](#)
 - [Booster seat](#)

Other Car Seat Information on MyHealth.Alberta.ca (ahs.ca/carseats)

- [Keeping your child content in a car seat](#)
- [Tips for buying a car seat or booster seat](#)
- [The tether strap and universal anchorage system \(UAS\)](#)

Transportation Safety Case Study - Macy

Monica, a mother of three, comes in for routine immunization appointments for her 18-month-old, Macy, and five-year-old, Emma. Monica's oldest child, Ben, is eight. Monica says Macy has reached the rear-facing height limit so it's time to turn the seat around and use it forward-facing. She would like to know where she could go to have Macy's car seat installed as a forward-facing seat. She says doesn't feel confident and her husband works full-time. She tells you the family bought a new minivan two years ago. She's not sure about using the UAS or seat belt to secure the seat, wonders if it's best to use both. Emma and Ben are in booster seats, which she says are easy.

1. Based on what you learned in the AMM Online Learning Module, how would you approach this question with Monica? How could you use the AHS car seat resources in this situation?

Answer:

- Acknowledge Monica's abilities to keep her children safe in a variety of circumstances. She uses Macy's car seat every day and can most likely do what's needed to re-install it in the forward-facing position and use it correctly.
- Encourage Monica to watch the *How to choose and use your child's car seat* videos on ahs.ca/carseats. She can also use the [Forward-facing car seat](#) resource to check the car seat in their vehicle. Other key resources she'll need include:
 - the instructions that came with the car seat
 - the instructions in her vehicle owner's manual
- AHS supports and encourages parents and caregivers to build skills to use their car seat correctly. The role of health professionals is to support parents and caregivers to learn about car seats and booster seats.
 - the [Forward-facing car seat](#) and car seat video resources available on ahs.ca/carseats help parents and caregivers make sure they have the right seat and are using it correctly every time.
- Car seat inspection services ARE available to parents through the [Child Passenger Safety Association of Canada \(CPSAC\)](#) for a fee. Parents/caregivers can find a child passenger safety technician in their area using the ['Find a tech'](#) search on the CPSAC site.

2. Is it safer to use the UAS (Universal Anchorage System) or the seat belt to secure the base of the forward-facing car seat?

Answer:

- Using the UAS is not any safer than using the seat belt, but it may be easier to use than a seat belt to get a tight fit. It is your choice and should be based on whichever you find easier to use correctly.
- Vehicle or car seat manufacturers give guidelines about the maximum weight allowed for the UAS. Check your vehicle and the car seat manufacturer's instructions to find information on the UAS limit.
 - If a UAS limit isn't given in your vehicle or the car seat manufacturer's instructions, once your child reaches 18 kg (40 lb.), use the UAS, seat belt and tether to install your car seat.
- Refer to [The Tether Strap and Universal Anchorage System \(UAS\)](#).

3. What other resources could you provide to Monica about installing Macy's car seat? Where would you suggest she get these resources?

Car Seat Resources can be found in the following places:

Healthy Parents Healthy Children - The Early Years

- [Car seats and booster seats](#)

Car seat & booster seat information on MyHealth.Alberta.ca

- All car seat resources are on ahs.ca/carseats, including:
 - [Forward-facing car seat](#)
 - [Booster seat](#)

Other Car Seat Information on MyHealth.Alberta.ca (ahs.ca/carseats)

- [Keeping your child content in a car seat](#)
- [Tips for buying a car seat or booster seat](#)
- [The tether strap and universal anchorage system \(UAS\)](#)

Transportation Safety Case Study - Jet

James comes to clinic with his son, Jet, for his 4-6-year immunization appointment. Jet is 4 1/2 years old, up to date on his immunizations, weighs 18.5 kg (41 lbs.) and is 113 cm (44.5 in.) tall. When you ask James about how Jet is buckled up in the vehicle, James says Jet's too big for their forward-facing seat, but the seatbelt doesn't fit him.

1. What is a safe restraint for Jet?

Answer:

There's more than one seat choice for Jet: a forward-facing/booster seat with a harness would be the safest choice, but a high-back booster or a backless booster seat would also work. Refer to [Tips for buying a car seat or booster seat](#) for more information.

- A car seat with a harness is the safest option for any child. There are models of forward-facing/booster seats that can be used with the harness for children up to 30 kg (65 lb.) or 137 cm (54 in.). Jet still would have lots of room to grow in that type of seat with the added safety of the harness.
- When a child outgrows their forward-facing car seat with a harness by height or weight, they should move to a booster seat. Jet will be safe in a booster seat until either he reaches the maximum height or weight limit of the booster seat, or the vehicle lap and shoulder belt fits properly.
- The lap and shoulder belt usually fit without a booster when a child is at least 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.

On ahs.ca/carseats, the [Booster seat](#) resource helps families choose a booster seat and use it correctly for every ride.

2. The use of booster seats is not required by law in Alberta. In fact, Alberta is the only Canadian province without booster seat legislation. Discuss the following in your small group:

Should booster seats be required by law in Alberta? Why or why not?

Answer:

Evidence shows that:

- Booster seat legislation increases the use of booster seats and lowers the injury and death rates for children 4 - 7 years of age.

- The use of booster seats for children 5 – 9 years of age improves their safety and decreases child motor vehicle injuries.
- Parents of children between 4 and 9 years of age lack awareness of the important role booster seats play in keeping children safe during vehicle travel.

What role, if any, could parents and/or PHNs have in the introduction of booster seat legislation?

Answer:

- Concerned parents who know the importance of booster seats could advocate for booster seat legislation in Alberta. They could:
 - Talk to other parents and children who are under 145 cm (4 foot, 9 inches) tall in the school and neighbourhood to raise awareness about booster seats effectiveness.
 - Start a community 'booster seat initiative' to help make booster seats the norm in their area for kids under 145 cm (4 foot, 9 inches) tall.
 - Write letters to their MLA, the Minister of Transportation and the Premier to raise awareness of booster seat effectiveness and ask for booster seat legislation.
- PHNs can play a role in advocacy and education to help inform and influence parents, community members, decision and policymakers about booster seats and the evidence supporting booster seat legislation.
- Collective nursing actions through nursing research, professional nursing associations, and health service providers could help support government policies/legislation related to mandatory booster seats use (e.g. research, position papers, reports, media campaigns). This could include collaborative initiatives/campaigns between public health nursing and professionals from other disciplines (e.g. transportation, injury prevention coalitions, enforcement agencies, the Canadian Paediatric Society).

3. What resources could you provide to James about booster seats and/or forward-facing car seats? Where would you suggest he get these resources?

Answer:

Car Seat and Booster Seat Resources can be found in the following places:

Healthy Parents Healthy Children - The Early Years

- [Car Seats and Booster Seats](#)

Car seat & booster seat information on MyHealth.Alberta.ca

- All car seat resources are on ahs.ca/carseats, including:
 - [Forward-facing car seat](#)
 - [Booster seat](#)

Other Car Seat Information on MyHealth.Alberta.ca (ahs.ca/carseats)

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- [The tether strap and universal anchorage system \(UAS\)](#)

Falls Prevention Case Study - Hannah

At the one-year immunization visit, Adrian brings in his 12-month-old daughter, Hannah. Adrian says he and his wife, Mira, live with Hannah in a two-storey townhouse. There is a long set of stairs from the main floor to the second level, and another set going down to the basement. He says Hannah is always on the go, loves to climb and it's tough to keep track of her. If he or Mira turn their back for a second, Hannah bolts away and is heading up the stairs. Adrian says he's scared Hannah is going to fall as she climbs. When she started to crawl, he installed a stair gate at the top of the stairs. He's not worried about the basement stairs since they keep the door closed.

1. What developmental factors contribute to falls among toddlers? Would you consider Hannah at risk for a fall down the stairs in her home?

Answer:

- Early childhood is a period of rapid development. As older babies and toddlers learn to crawl and walk, they are at risk of falling on the stairs. As toddlers learn to climb, they are at risk of falling out of windows and from furniture like bookcases.
- Falls are the leading cause of injuries to babies/toddlers. Hannah is at risk for a fall down the stairs in her home because of her age, developing physical skills and active exploration. The home doesn't have a gate at the bottom of the stairs, so Hannah can climb up then fall down the stairs from the height she reached. Although there's a door, a gate at the top of the basement stairs would provide extra safety.

2. What key messages and resources can you provide to Adrian to help prevent Hannah from falling in their home? Where would you suggest he get these resources?

Answer:

- Key Messages:
 - Install sturdy, wall-mounted gates at the top of stairs.
 - Install either wall-mounted or pressure-mounted gates at the bottom of stairs.
 - Secure heavy furniture like bookcases and televisions to the wall.
 - Move furniture away from windows and install window safety devices.
 - As your child grows and can sit, move the crib mattress to its lowest position.
 - Move your child to a toddler bed before she is tall enough to climb over the crib rails.

Fall Prevention Resources can be found in the following places:

Healthy Parents Healthy Children - The Early Years

- [Toddlers \(1 – 2 years\)](#)
- [Preschoolers \(3 – 4 years\)](#)

Fall prevention information on MyHealthAlberta.ca

- [Keeping your toddler and preschooler safe from falls](#)