

# FORGOT SOMETHING?

**LET'S NOT ADD TO THE STATISTICS!**

There are an average of 38 deaths per year, in the US, due to a child being left in a hot car. **This means every 9 days a child dies due to this dangerous mistake that anyone, even the best parent, can make.** Children overheat four times faster than adults so even at only 72° outside, the temperature in a car can rise more than 20° in less than 10 minutes! 11 children have already died this summer because of being left in hot cars and that is only here in the US!



## Reminders!



### #LookBeforeYouLock

Get in the habit of always checking the backseat every time you get out of your car. Use a visual cue as a reminder.

- Keep a stuffed animal in your child's car seat. Once you place your child in the seat, move the stuffed animal to the front passenger seat to remind you that your child is in the back.
- Place your child's diaper bag in the front passenger seat.
- Leave your cellphone, purse, wallet, or briefcase near your child's car seat.
- Place the car seat in the middle of the backseat rather than behind the driver's seat so it's easier to see and remember your child.
- Hang a small reminder tag on your dashboard mirror (e.g., "Don't Forget Baby!")



### Be Extra Alert

When there are changes to your daily routine, work schedule, or if it is not the "usual" parent or caretaker who is driving with your child, it is critical to always remain mindful of the child being in the car.

- Place a reminder sticker near the inside of your home's front door and at your office desk (e.g., "Don't Forget Baby!")



### Never Assume

Always take responsibility to remove the child from the car. Don't expect that your spouse, or older child, has remembered to take the child out of his or her car seat.

- Request that your child's babysitter/childcare center call you if you do not arrive when expected.
- Download a reminder app or purchase a car seat reminder device but don't rely on them alone and remember to still Look Before You Lock!

National Safety Council: [injuryfacts.nsc.org/motor-vehicle/motor-vehicle-safety-issues/hotcars/Kids and Car Safety: kidsandcars.org/how-kids-get-hurt/heat-stroke/](http://injuryfacts.nsc.org/motor-vehicle/motor-vehicle-safety-issues/hotcars/Kids%20and%20Car%20Safety)

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