

# Don't Forget...

## Regular Health Check-ups are important for your child!

The American Academy of Pediatrics recommends preventive health screens for children and adolescents. This means regular appointments to see the doctor ***even though they aren't sick!***

Your children should receive regular check-ups from their physician at the ages listed below. During these exams children will receive a physical exam, hearing and vision screens, lab tests, immunizations (if appropriate) and other services that help make sure your child stays healthy.

### Recommended Ages for Check-Ups

These appointments need to be scheduled with your child's primary care physician in advance.

#### Newborn

3 - 5 days;  
By one month

#### Infancy

2 months;  
4 months;  
6 months;  
9 months;  
12 months;  
15 months

#### Early and Middle Childhood

18 months;  
24 months;  
30 months;  
And every year  
between ages  
3 and 10

#### Adolescents

Every year between  
ages 11 and 21

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Tennessee Chapter

P.O. BOX 159201 NASHVILLE, TN 37215 615.383.6004 TNAAP.ORG



This project is funded under an agreement with the State of Tennessee.

# Got a Head?



Olivia and Isabelle, Nashville, TN

# Get a Helmet!

Besides, It's the Law.

## Parent's Guide to Helmet Safety

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Tennessee Chapter

# Helmets are the Law!

Did you know only 1/3 of children in the United States wear a helmet when riding a bicycle? Yet, if children across the country wore bicycle helmets, as many as 45,000 head injuries could be prevented each year.

Children ages 14 and under are five times more likely to be injured in a bicycle related crash than older riders.<sup>1</sup> **Helmets save lives!** Head injury is the most important determination of permanent disability and accounts for more than 60% of bicycle-related deaths, more than 2/3 of bicycle-related hospital admissions, and about 1/3 of hospital emergency room visits for bicycling injuries..

**In 2000, the Tennessee legislature passed a law (TCA Title 55, Chapter 52, Section 103-106) making it *mandatory* for all children under 16 years of age to wear bicycle helmets while riding on all public roads in Tennessee.**

## Choosing the Right Helmet

Helmets should fit snugly and sit level on the head. The forehead should not be exposed. Without the strap buckled, tilt your head down and wiggle it. If the helmet falls off, it is too loose or too big.

For a proper fit, carefully measure the circumference of the head about one inch above the eyebrow (where the helmet should sit) and use the table below to determine an appropriate helmet size.

Head Circumference (inches)	Helmet Size (approximate)	Age / Life Stage
20 1/2"	Toddler	Toddler
20 3/4"	Small	5 or 6 years
21" - 22 3/8"	Medium	6 to 15 years
22 3/4"	Large	Teenager / Adult
25 7/8"	Extra Large (or Kinghead)	Teenager / Adult



Nate, Nashville, TN

## Prevent Injury and Save Lives With a Correct Helmet Fit

- Make sure the helmet fits the head snugly. Unbuckle the strap. Tilt head down. Wiggle.
- A helmet that stays on the head is snug! But be sure it's comfortable and not too tight.
- Place two fingers flat against the forehead just above the eyebrows. The helmet should sit right at the top finger (about one inch from the eyebrows).
- Adjust the straps to make a nice V under each ear. The inside point of the V to the bottom of the ear should be about one thumbprint.
- Buckle the strap under the chin.
- Tighten the strap. Allow room for two fingers to slip flat between the chin and strap.
- Mom and Dad, set an example for your kids. Wear a helmet too!

**Correctly wearing a bicycle helmet can reduce the risk of head injury by as much as 85%**



**Incorrect**



**Correct**

## When To Replace a Helmet

***I crashed and hit my head, but my helmet looks fine...***

Replace your helmet. Helmet foam crushes internally upon strong impacts with pavement or other hard surfaces. Protect your head with a new helmet.

***I've had my helmet for a long time...***

Foam is a fiber and does break down over time, especially if you sweat a lot. Replace your helmet every 3-5 years, depending on how often you ride.

***But helmets are so expensive...***

A helmet from a discount store is just as good as a helmet from a high-end bike shop. All helmets must meet the same standard. Just look for the US Consumer Product Safety Commission (CPSC) sticker.

## Need Help Measuring?

Ask your child's physician or contact your local injury prevention program:

**Chattanooga:** 423-778-6691; **Knoxville:** 865-541-8622

**Nashville:** 615-936-1869; **Johnson City:** 423-431-1014

**Memphis:** Mid-South 901-287-6730