Parents:

Family Fun Day

Grant County Health Fair Booths



Saturday, June 26th **Grant County Fairgrounds**

NO CHARGE for wristbands this year!



- Arts, Crafts & Activity Booths
- Hamburgers and Hotdogs \$1
- Kid's Bike Helmet Exchange: bring your old one or purchase one for \$6 each
- FREE Train, Waterslide, Bounce House, Mechanical



165 NW 1st St., John Day 541-575-0363

DrJ@B

ntic 7-17

CREEK < Clinic

541-575-1263

235 S Canyon Blvd. John Day, Oregon 97845

Accepting new Patients! Go to: www.canyoncreekclinic.com



Strawberry Wilderness Community Clinic

Zachary Bailey, MD Janessa Sickler, DO Emily Lieuallen, DO Nora Healey, FNP

Erika Adams, FNP-C $Caitlin\ MacCoun,\ MD$ Brian Jennings, MD Robyn Jennings, MD



GC Fairgrounds * Local Community Advisory Council * Frontier Early Learning Hub

HUB

Harney & Grant Counties

573 6461 | 541 620 0622

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DEMI THE HEAT!

bring and drink water, wear hats, seek shade, and check for ticks if in the woods 541-575-0710

PARENT RESOURCE CENTER

Is Your Child in the Right Car Seat?

How to know for sure:



Babies and toddlers need to ride rearfacing as long as possible.

Keep children rear-facing until they are at least two years old, or until they reach their car seat's height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.



Use a forward-facing seat with a harness when your child outgrows the rearfacing seat.

When you child outgrows the rear-facing seat, he/she should ride in a forward-facing seat with a harness up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer's instructions. The tether (and harness) limit



Children are ready for a booster when: · They reach the limits for the forward-facing car seat with

a harness, or

Their shoulders grow above the car seat top harness slot, or · Their ears are at the top of their car seat.

Boosters help keep the seat belts in the safest position. The lap belt stays low, touching the tops of the legs. The shoulder belt is centered on the shoulder and chest, so children don't put it behind their backs or under their arms.



Is your child ready to ride on the seat?

- · Can your child sit with his hips against the back of the seat?
- Do her knees bend comfortably at the edge of the seat?
- Does the belt cross the center of your child's shoulder and is the lap belt low, touching the tops of your child's legs?

 Can your child sit like this the entire trip? If you answered "no" to any

needs to keep using a booster.

ride in the back seat until they are 13 years old.

n the right seat and the seat is installed correctly





WEAR A HELMET!

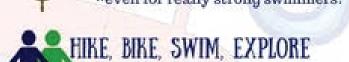
every bike ride, every time

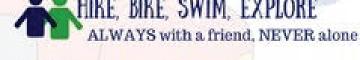




when helping with yardwork or mowing









bring and drink water, wear hats, seek shade, and check for ticks if in the woods

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Seat belts do not usually fit until children re 4'9" tall and between 8-12 years old. instructions to be sure your child's car seat is installed 1541-573-6461 | 541-620-062**2**