SADLY, MANY KIDS get hit by cars during Halloween. A little planning before the big night can go a long way toward keeping your children injury-free. Safe trick-or-treating begins with your little ones’ costumes. “Parents may think buying costumes that are too big allow children to wear the costumes for several years, but outfits that are too big can cause falls,” said Dana Walraven, CCLS, CPSTI, manager of Community Health Outreach at Cook Children’s and coordinator of the Safe Kids Tarrant County Coalition.

Everyone that interacts with or works with children, including school and recreational personnel, must be trained to respond to a cardiac emergency.

Most kids don’t show warning signs prior to sudden cardiac arrest. Early recognition is critical; call 911, begin cardiopulmonary resuscitation (CPR) and use the automated external defibrillator (AED). Survival rates decrease by 10 percent with each minute of delay.

What can you do as a parent?
Make sure the individuals working with your child are prepared. They must be educated to recognize sudden cardiac arrest and be trained in CPR and the use of an AED.

Project ADAM, sponsored by Cook Children’s, prepares schools and community organizations for cardiac emergencies. Ensure your child’s school is heart safe. Ask your child’s school if they know about Project ADAM.