



Dear Parents:

Today a representative from The Children's Hospital at Bronson presented "Healthy Living Series II— *Take Control – Protect Your Brain*" to your child's class. This interactive presentation informs children about the parts of the brain, what each part does, how the brain can be injured and how to prevent head injuries. As a Level I Trauma Center, Bronson is committed to helping you and your family prevent head injury trauma.

DID YOU KNOW?

The brain is the most important organ in your body:

- It controls thinking, learning, language and memory.
- Your ability to move, breathe, see, speak, hear and feel is also controlled by the brain.
- It even affects your emotions and personality.

Every year, more than 1.5 million Americans sustain a traumatic brain injury.

- Motor vehicle accidents are the #1 cause of brain injuries
- Falls are the second leading cause of brain injuries
- Sports and recreational activities account for 13% of brain injuries
- Most brain injuries occur in May, June and July—often referred to as "trauma season".

BRAIN INJURIES CAN BE PREVENTED:

- Buckle up in all vehicles!
- Wear a helmet every time you get on your bike!
- Make sure there is a "good" surface around the playground equipment!
- Know the risks involved with sports!
- Look before you leap into pools, lakes or at the beach!
- Look both ways before crossing the street!
- Stay away from guns!
- Don't drink alcohol, take drugs, or use cigarettes and tobacco
- Eat healthy and nutritious meals!

Please review the information in the parent packet. Discuss the Helmet / Seat Belt Pledge with your child and encourage her/him to make a promise that will reduce the risk of brain injury. Keep in mind that children learn by example, so remember to buckle up and wear your helmet, too!

For more information on Services provided by The Children's Hospital at Bronson, visit our website @ www.bronsonhealth.com.

Sincerely,

Deb Carpenter
Childhood Injury Prevention
School Liaison