

## Tate Woods First Grade Students Participate In Central DuPage Hospital's *ThinkFirst* for Kids

First grade students at Tate Woods School participated in Central DuPage Hospital's injury prevention program, ThinkFirst for Kids. Following an assembly, every first grade student received a free bicycle helmet after being individually fitted by Central DuPage Hospital (CDH) staff members. The bicycle helmets were made possible through a grant from Exelon.



ThinkFirst was created to help children in grades 1-3 learn to “think first” in order to prevent brain and spinal cord injuries, which can have devastating and long-lasting effects. Since most brain and spinal cord injuries can be prevented, education is essential in helping children make safe choices. The program was founded by neurosurgeons and has been researched for effectiveness. It also helps to accomplish Illinois learning standards in the area of health promotion.

During the interactive program, CDH nurses provided safety information through visuals on the following:

- Understanding the brain and spinal cord
- Bicycle, skateboard, scooter and in-line skating safety
- Vehicle safety (seat belts, booster seats and bus safety)
- Water safety
- Playground and recreational safety