

Resources Shared by the Presenters and Moderator During Children's Safety Network's Preventing Injuries in Children with Autism Webinar

Tuesday, July 23, 2024
2:00PM-3:00PM ET

Drowning Prevention

- [Drowning Prevention | Drowning Prevention | CDC](#)
- [Drowning Prevention Resources | Drowning Prevention | CDC](#)
- [Drowning Prevention Campaign Toolkit \(aap.org\)](#)
- [Swim and water safety | Autism Speaks](#)
- [Drowning Prevention & Facts | American Red Cross](#)
- [Water Safety for Kids - YMCA](#)

Child Passenger Safety

- We recommend that people take a look at the **American Academy of Pediatrics** guidance around transportation children with special needs: [Transporting Children With Special Health Care Needs | Pediatrics | American Academy of Pediatrics \(aap.org\)](#). It has several good tips and recommendations, depending on the needs of the child.
- **Indiana University** also has some great info on this. Their School of Medicine put out a brief guide developed by the National Center for the Safe Transportation of Children with Special Health Care Needs (funded by NHTSA and NSC) on car safety for children with autism that has more specific guidance (nothing on helmet use though): <https://medicine.iu.edu/-/media/Prevent%20Injury/Brochures/2024%20Children%20with%20Autism%20Car%20Safety.pdf>
- A little tangential but so you have it: There is also some good work coming from our partners at **Children's Hospital of Philadelphia** that looks into how to approach driving readiness among adolescent and young adult drivers with autism—they've published on the role medical providers can play in assessing driving readiness in autistic patients (<https://pubmed.ncbi.nlm.nih.gov/34853958/>).

General tips, summarized from these resources (to have on hand):

For young kids who experience sensory issues, traveling in a car seat may be uncomfortable for them. There are a few things that might help.

- First, make sure the harness or seat belt is snug, flat, and not twisted against the child's body. Also, make sure the harness is touching your child's clothes and not skin. Tight fitting underclothes may help prevent irritating light touch.
- Second, if possible, make sure your child has a chance to move around throughout the day before getting in the car and consider taking frequent stops to give them breaks. If there is any type of toy or distraction that might make the experience of being in the car fun, use them.
- Finally, although regular car seats are preferred and can often accommodate diverse needs, some children will require other options like adaptive vests or specially designed seats. Adaptive restraints are designed for children who are unable to use conventional harness systems or who are prone to severely challenging behaviors like escaping or unbuckling the car seat. Adaptive restraints tend to be more expensive than regular restraints, often require a therapist evaluation and letter of medical necessity, and may be available through hospital loan, purchase, give-away programs, or through a prescription for a medical car seat.