



September, 2009

**Re:** Parental Vehicle Idling

Dear Parents and Guardians:

As you know, your child care centre wants the healthiest environment for your children – both indoors and out. On behalf of the New Brunswick Lung Association, I am happy to inform you that the \_\_\_\_\_ Day Care Centre has agreed to introduce a no-idling policy as part of the Healthy Child Care Program. The overall aim of this particular initiative is to reduce vehicle emissions, which are harmful to everyone's health, but especially to that of young children.

With your help, we want to stop vehicle idling in and around the centre by the simple action of turning off your vehicle when dropping-off and picking-up your children. We have attached some additional information for you on the value of not idling.

Please remember that this is a policy of the pre-school centre and is a year-round (all seasons) program.

Thank you for your cooperation in helping to improve and protect the health of your children's environment! Remember,

**“When You Can't Breathe, Nothing Else Matters”**

Sincerely,

Barbara MacKinnon  
President and CEO

BM/eps

## VEHICLE IDLING

**Vehicle Idling by parents and delivery vehicles is a common problem at child care facilities.**

**Did you know...**

- Vehicle emissions are the largest contributors to outdoor air pollution.
- They also contribute to climate change.
- One in five New Brunswickers suffer from respiratory ailments.
- Because of their size, children are more vulnerable to the affects of air pollution than adults.
- No more than **30 seconds** of idling is needed on winter days to circulate oil through an engine. Once a vehicle is running, the best way to warm it up is to **drive** it. Many parts of a vehicle, including wheel bearings, tires and suspension system warm up *only* when the vehicle is moving.
- Driving a vehicle cuts warm-up times in half. At -20°C, the average engine needs at least five kilometers of **driving** to fully warm up.
- Avoid high speeds and rapid acceleration to allow the whole vehicle to reach peak operating temperature as quickly as possible without wasting fuel.

**What parents can do to help....**

**At Home**

- Use a timer to switch on your block heater one to two hours before you plan to drive. A warm engine means easier starting, fewer emissions and less need for idling.
- Avoid using a remote car starter. It encourages you to start your car before you are ready to drive, which means unnecessary idling.
- Get the whole family to dress for the weather.

**At the Child Care Facility**

- Turn off your engine when you arrive at your child care facility.
- Reduce your arrival time at the facility.
- Go for a walk while you wait.
- Help your child care facility introduce and maintain a no-idling policy.

**Resources and Links**

New Brunswick Lung Association

[www.nb.lung.ca](http://www.nb.lung.ca)

New Brunswick Climate Change Hub

<http://www.nbhub.org/>

Natural Resources Canada (NRCAN)

<http://oee.nrcan.gc.ca/transportation/personal/idling.cfm?attr=8>

Pembina Institute (Climate Change Solutions)

<http://climate.pembina.org/science-overview>

<http://climate.pembina.org/take-action>

Environmental protection Agency

[www.epa.gov/otaq/actions.htm](http://www.epa.gov/otaq/actions.htm)