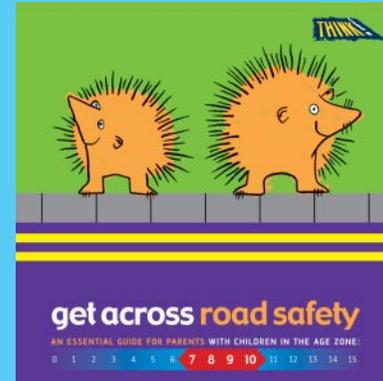




To order further copies of this guide call 0870 1226 236 or e-mail dft@twoten.press.net and quote T/INF/803. To get the next guide in the series – Get Across Road Safety for 7-10 year olds call or e-mail on the above number and quote T/INF/804.

The 'Get Across Road Safety' guides are also available in dual language in Punjabi, Urdu, Bengali and Gujarati. Large print, Braille, audio cassettes and other languages are available on request. Call 0870 1226 236 for details.



more information

For more information on child car seat safety call the above number and quote T/INF/697 for a free leaflet or visit www.think.dft.gov.uk/childcarseats

To get more information about child road safety visit www.think.dft.gov.uk



Department for
Transport

Published by the Department for Transport. Crown copyright 2002.
Printed in the UK in December 2002 on paper comprising 75% post consumer waste and 25% ECF pulp in a water soluble machine varnish.



get across road safety

AN ESSENTIAL GUIDE FOR PARENTS WITH CHILDREN IN THE AGE ZONE:

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15



did you know?

Children have difficulty judging speed or distance until they are at least 8.

This booklet will give you lots of advice on how to keep your children safe near roads and will show you how to teach them basic road safety.

Children under the age of 8 have difficulty dealing with traffic, so never let them out alone or let them cross the road by themselves. Your main aims at this stage are to make sure they are safe and teach them about traffic. Parents are the best people to teach children road safety. Only you can show them what to do right from the start.

Explain to your child what traffic is. Tell them that the road is for traffic and the pavement is for people. Chat to them about what you are doing when you are out and about.

- Show your child where the kerb is. Make sure they understand it's the edge of the pavement.
- Make sure they understand "Stop" and "Go".
- Tell your child to always stop at the kerb.
- Ask them to help you decide where to stop.

on the pavement

1

When you go out, make sure your child walks on the side of the pavement that is away from the traffic. Always hold their hand, put them on reins or strap them into a buggy.

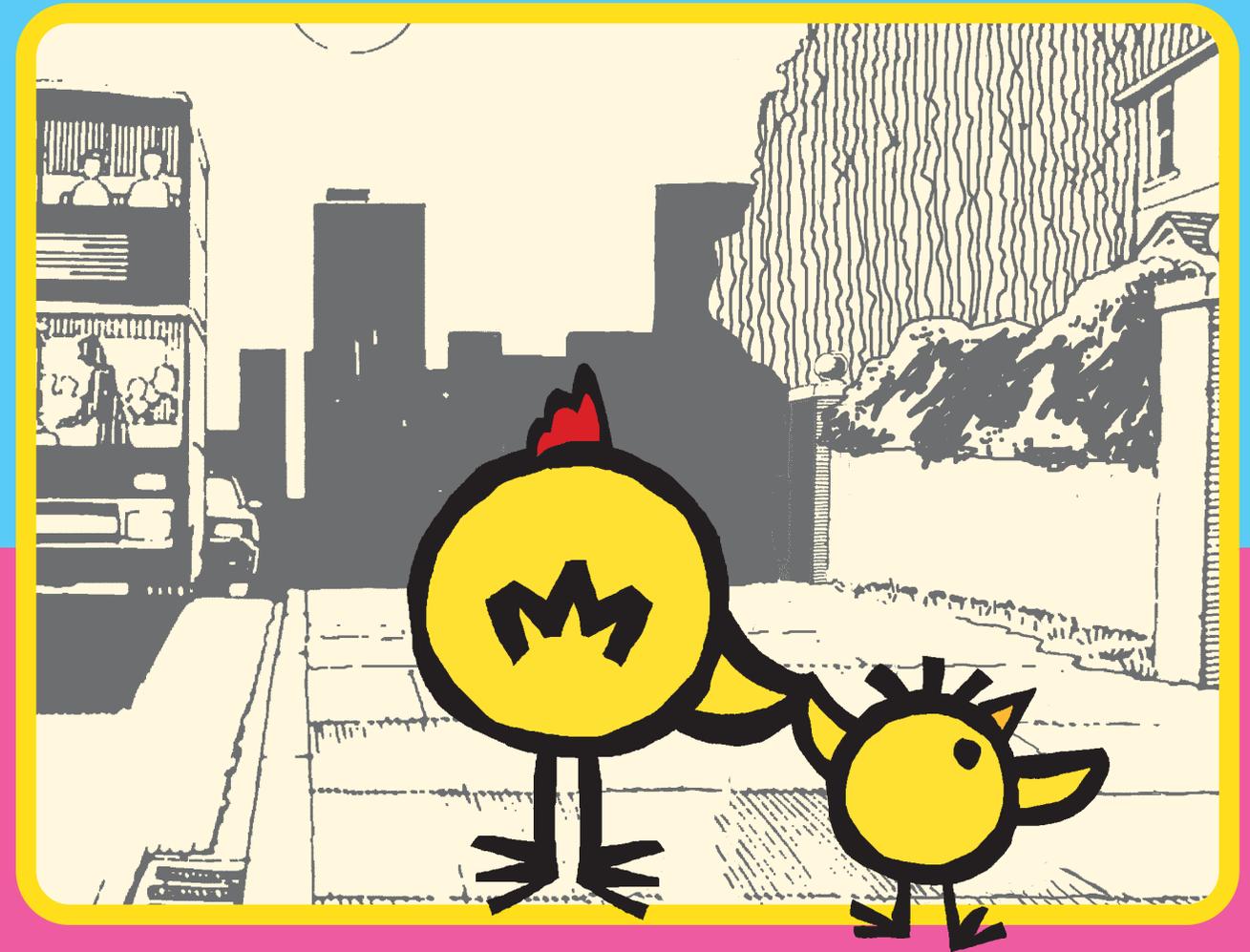
Remember that children are much smaller than cars. This makes it hard for them to see the road clearly. It also makes it hard for motorists to see them.

- Don't let your child run ahead. There may be hidden entrances or driveways crossing the pavement.
- Don't let your child out alone, even with an older child.
- Drivers cannot always see small children. Be very careful when reversing your car or driving in a driveway. Make sure there is no child behind you.

"always hold my hand when I am on the pavement or road"



- If there is no pavement and you have to walk on the road, always face the oncoming traffic.
- Never let your child ride a bike on the road.



2

activity

right or wrong?

Is Little Chick walking on the right side or the wrong side of the pavement? Which side of the pavement do you walk on?

remember! Walk as far away from the traffic as possible!





did you know?

24 children in the 0-6 age range are injured on the roads every day and one dies every week.

The best way to teach children how to cross the road safely, is by setting a good example yourself. If you always look for a safe place to cross the road and cross carefully, they will do the same. Tell them that it is safest to cross where there is a pedestrian crossing or a crossing patrol.

Let your child help you decide when and where it is safe to cross the road. You need to have a clear view of the road in both directions. Explain that you have to stop at the kerb, then look both ways and listen for traffic before crossing. When it is safe to cross, walk straight across the road and keep looking and listening out for traffic.

crossing the road



- Tell your child not to cross where drivers can't see them, or where they can't see far along the road.
- Explain that if possible they shouldn't cross the road from between parked cars. The cars might start moving.
- Remind your children to concentrate. They are easily distracted and may forget what they have learnt and dash out into the road.
- Children starting primary school, need to be accompanied by an adult as they are not ready to cross roads on their own.



press the button

Some pedestrian crossings have a red and green man. You should only cross when the green man is showing. If it is not, press the button and wait where you can see the signal and the traffic. When the green man shows and the traffic has stopped, you can cross. Never start to cross the road if the green man is flashing



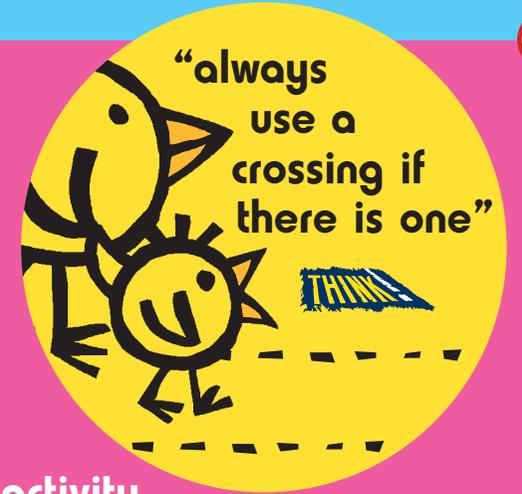
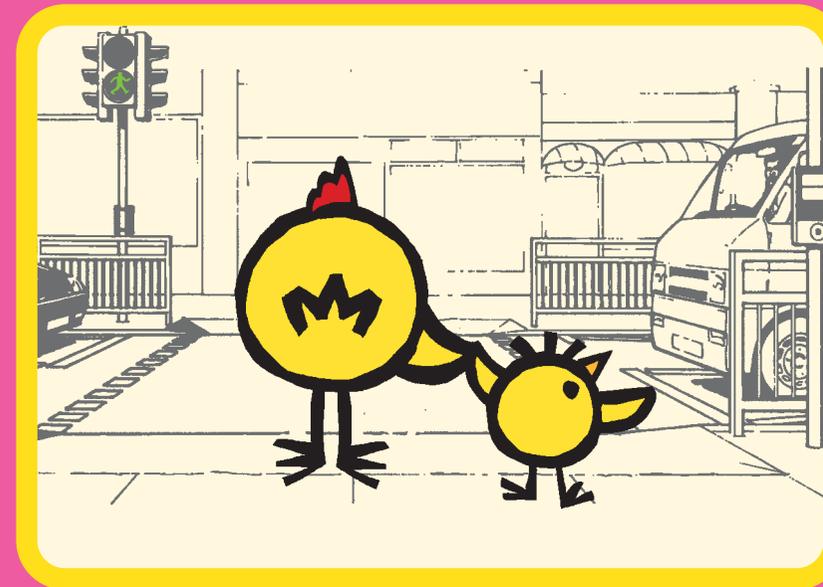
3



zebra crossings

Show your children what a zebra crossing is. Explain that pedestrians have to wait on the pavement near the kerb until all the traffic coming from both directions has stopped. Only then is it safe to cross.

- Explain that if there is an island in the middle of the road, they should treat each half of the crossing as a separate crossing.
- Tell them it's important to keep looking and listening while crossing, in case a driver hasn't seen you.
- Warn them to watch out for cyclists or motorcyclists who might not have seen them.
- Make sure your child can be seen easily. Bright or fluorescent clothes are best during the day and reflective materials work well at night.



4

activity

is it safe to cross?

Is it safe for Little Chick to cross the road now? How do you know?

remember! Stop! Look! Listen! before crossing any road.





did you know?

Every year over 14,000 children are injured while travelling in cars.

Children aren't big enough to travel without a child seat of some sort until they are about 5ft (150cms) tall. Until then the adult belt will not fit safely and they are safest using a suitable child seat. There are several different types. Choose the right seat for your child's age and weight and make sure it is fitted properly every time your child uses it.

Child seats are designed for various weights of child. As a general guide:

- baby seats are for babies aged 0-9 months or until they can support their own head. They face backwards and are fitted into the front or rear of the car with a seat belt. They should never be used in the front where a front seat is protected with a frontal airbag
- child car seats are for children aged 9 months to about 4 years and have their own straps. They face forwards and are usually fitted in the back seat of a car with a seat belt
- booster seats or cushions are for children aged about 4-11. They are designed to raise them so they can use an adult seat belt safely across both their chest and hips.

child seats

5



belts on

It is just as important to be careful about car safety as it is about crossing the road. Always make sure your children's seat belts are properly adjusted and fastened before setting off in the car, even on the shortest trips. And set a good example by fastening your own belt. Wearing a seat belt can protect your child from injury and even save their life.

By law, you have to wear a seat belt if one is fitted. No child can sit in the front seat without a seat belt. Children under three can only sit in the front if they are strapped into a proper child seat.

If there is a suitable child restraint or seat belt in the front of the car, but not in the back, children between 3 and 11 must use the front seat restraint or seat belt.

"always put my seat belt on every trip"



6

safety tips

- It's best if there is a seat belt for every passenger.
- Lap- and diagonal belts are safer than lap-only belts.
- Use the rear child locks if you have them.
- Never drive or travel in a car with a child on your lap.
- Never put the same seat belt around two children or around yourself and another passenger.
- Make sure your children get out of the car on the pavement side, rather than next to the road and explain why this is important.



activity

travelling safely

This child is sitting safely in a car seat, wearing a seat belt properly. Now colour in the picture, using your favourite colours.

remember! Wearing seat belts saves thousands of lives each year.

