

# in and out of **CARS**

## Walking to school

It's a great idea to get children into the habit of walking all, or at least part, of the way to school. It's not just good exercise but also helps them to become familiar with the roads as a pedestrian. For some children the first time they walk to school, without the supervision of an adult, is when they start secondary school.

## School gate parking

If you drive your children to school, it's too easy to try and park as near to the gates as possible. However, if everyone does the same it can cause major problems.

So let's all work together to keep our children safe by keeping our speed down and not parking or dropping off children at the school entrance. Please look out for other children crossing and think about the school's neighbours who often find they cannot access their own driveways during the busiest times.



## Why not park and stride?

Have you ever thought of driving part of the way to school and walking the rest? This means you can avoid the congested areas around school and also enjoy some time walking and talking together.



# Starting **SCHOOL**

## The journey begins

As your child is now starting school, we're taking this opportunity to send you some information and a great poster to work on together. It's all about road safety and getting to school.

Children seem to grow up in no time! It's important to remember that the skills they learn with you today, on their journey to school, will help keep them safe for the rest of their lives.

## Protect them

Starting school is a major event in every child's life. Unfortunately, being safe on the roads isn't the first thing that will be on their minds.

- When you're out together, keep them away from traffic and always walk with the road on your side whenever possible.

- Always hold their hand when you're out together and

don't let them run ahead or lag behind. Many drivers don't even notice young children at the roadside.

- Children need to learn to look out for dangers including cars starting up or reversing, pulling out of driveways and crossing at junctions or bends in the road.

- Young children cannot judge the speed and distance of traffic.

- They are easily distracted and may act impulsively near roads without warning.

- School car parks can be dangerous. Children may feel safe but drivers can't always see them, especially when reversing.



# **BELT UP** in cars

Children must be restrained in the correct car seat on every journey. By the age of four to five years, most children should be in a high backed booster seat fastened by an adult seat belt. Make sure it's fitted correctly and the seat belt is comfortable and isn't slack or twisted.

Let them see that you always fasten your seat belt so that they understand that it is part of the routine for every journey.

Whilst child locks are often inconvenient, they need to be switched on as they stop children opening the door while the car is still moving or dashing out unsupervised.

It's also important to always get the children out of the car on the pavement side.

For information on child restraints:  
[www.childcarseats.org.uk](http://www.childcarseats.org.uk)



## **FUN activity poster inside!**

The poster on the other side is for you and your child to complete together as they start primary school.

There are lots of fun activities covering important road safety topics for you both to think about. Why not pin it up at home so that you can talk about it together?



# stop, look and **LISTEN**



Young children like routine so it's important to **Stop, Look and Listen every time you cross the road together. When it becomes a habit, they will do it automatically for the rest of their lives.**

## Stop

Many accidents happen when children either run into the road or walk out from behind parked cars so it's important to always find the safest place to cross. Children need to learn that **roads are for traffic and pavements are for people** so they must always stop at the kerb before they even think about crossing the road.

## Look and listen

Encourage your child to look all around and listen with you before you start to cross. Ask them the question "Is it safe to cross yet?" This will help them to think about safety for themselves. They must also keep looking and listening as they cross as traffic can appear unexpectedly.



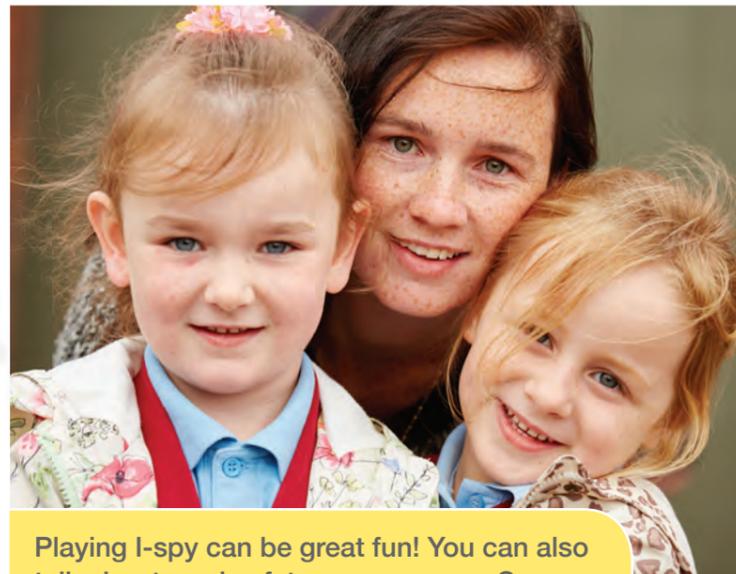
# take a look **AROUND**



Children love to tell you all about what they can see and what they can hear! So talk about what's going on around you when you're out together. This will help them to become more observant and to develop their own road safety knowledge and skills.

## It's good to talk

We know it's all too easy to get engrossed in our mobile phones. So it's probably a good idea to put yours away when you're out together. This provides the opportunity to talk about what's going on around you and also sets a good example for the day when they will inevitably own a mobile of their own!



Playing I-spy can be great fun! You can also talk about road safety as you go e.g Can you hear the bicycle? Why must you be careful at the bus stop?

# small steps **BIG STEPS**



## Making a promise

This promise gives you the opportunity to find out what your child understands about Stop, Look and Listen and why we do it. By signing it, you are both promising that you will always Stop, Look and Listen before you cross the road.

## **SAFER CROSSING PLACES** Plan a safe route

It's important to plan a safe route to school with your child in mind. This may not be the fastest but it should always be the safest and make as much use as possible of any safer crossing places such as zebra, pelican and puffin crossings or the school crossing patrol.

Children love to copy their parents so you are the best person to teach them how to be safe on the roads.

You can set a good example even when you're in a hurry. If your child sees you crossing without looking or ignoring the safer crossing places, they will assume that it's ok for them to do the same.

Older brothers or sisters can also be invaluable role models but shouldn't be allowed to supervise young children on their own.



## Use the crossing places

Show your child how to use the safer crossing places, for example, let them push the button on the pelican or puffin crossing. Never cross until the green man is lit. Where there is a school crossing patrol, always wait until they have called you on before starting to cross.

Remind them that they must still hold hands and Stop, Look and Listen every time they cross the road.

Point out the dangers of crossing between parked cars, at junctions, roundabouts etc.



Cut out  
this great  
bookmark!

**ALWAYS  
HOLD  
HANDS**



Hang this  
up in your  
car or inside  
your front  
door!



**BELT  
UP**  
in the  
car





# Starting school



Cut out this great bookmark!

## The journey begins!

Starting school is a big adventure! Here's a picture of me in my new uniform...

Draw or stick your picture here!



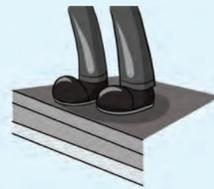
## BIG hands, little hands

Always hold hands with a grown-up when you go out.

DRAW ROUND YOUR HAND AND COLOUR IT IN

- Always hold your child's hand when you go out together.
- Don't let your child run ahead.
- Watch out for cars appearing from driveways.

## Always STOP, LOOK and LISTEN



Where do we stop before we cross the road?  
Why do we look and listen?

- Practise the rules for crossing the road.
- Stop, Look and Listen is the first step to learning the Green Cross Code.

## How about singing this little song?

It goes to the tune of "Three Blind Mice"

Stop, look and listen,  
Stop, look and listen,  
Before you cross the road,  
Before you cross the road,  
You use your eyes,  
You use your ears,  
You use your eyes,  
You use your ears,  
And if no bus or car appears,  
Well then you cross the road!



## Small steps, BIG steps

Let's make a promise to always be careful near roads...

Can you write your own name?

We promise to always **STOP, LOOK and LISTEN**

..... (grown up)

..... (child)

- Children will copy what you do
- So set a good example whenever you cross the road!



## What can you SEE?



Do you see any of these on your way to school?  
Write how many you see.



- Make your journey more interesting by talking about what you see and hear on the way.
- Can you play "I spy with my little eye" as you walk to school? What about "I hear with my little ear"?

## Small feet BIG feet

Who do you walk to school with?  
Draw them here!



Can you put on your own shoes and coat?



## SAFER crossing places



- Take the safest rather than the fastest route!
- Help them make decisions with you about where to cross.



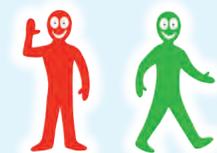
## Colour in the lollipop lady!

Can you make her look the same as the little picture?

What does the lollipop lady or man do?



What is this crossing called?  
Can you guess why?



Have you seen these two funny little men anywhere?  
What do they tell you to do?

## IN and OUT of cars

Can you draw a seat belt onto each of the children to make them safe?



- Always fasten your seat belts before you set off.
- Make sure your child gets out of the car on the pavement side.

## STOP LOOK and LISTEN



Before you cross the road



And a reminder for your car!

## BELT UP in the car

