

FAMILY INFORMATION

I WANT TO BE STREET-SMART AND STREET-SAFE!

Children are around moving vehicles on roads and streets to some extent every day of their lives. They may walk to and from school, wait for their bus at the street corner, and run to a neighbor's house to play. In rural areas children must learn to watch for not only cars and trucks but also tractors and other farm equipment.



Most young children cannot estimate road dangers or the consequences of their actions. Children under age six do not have the sensory development to judge whether a vehicle is coming toward or going away from them, the distance to the vehicle, or its speed. A child can say and may appear to “stop, look, and listen” when an adult is supervising but may nevertheless cross in front of an oncoming vehicle. To young children, the headlights on a vehicle appear to be similar to eyes. They may believe that if they can see the vehicle, then the driver of the vehicle can “see” them, yet this is not always true.

Supervise your child closely whenever he or she is playing near roads or streets, waiting for a bus, or crossing a street. Check all around your own vehicle before moving from your driveway.

SAFE PLAY AREAS

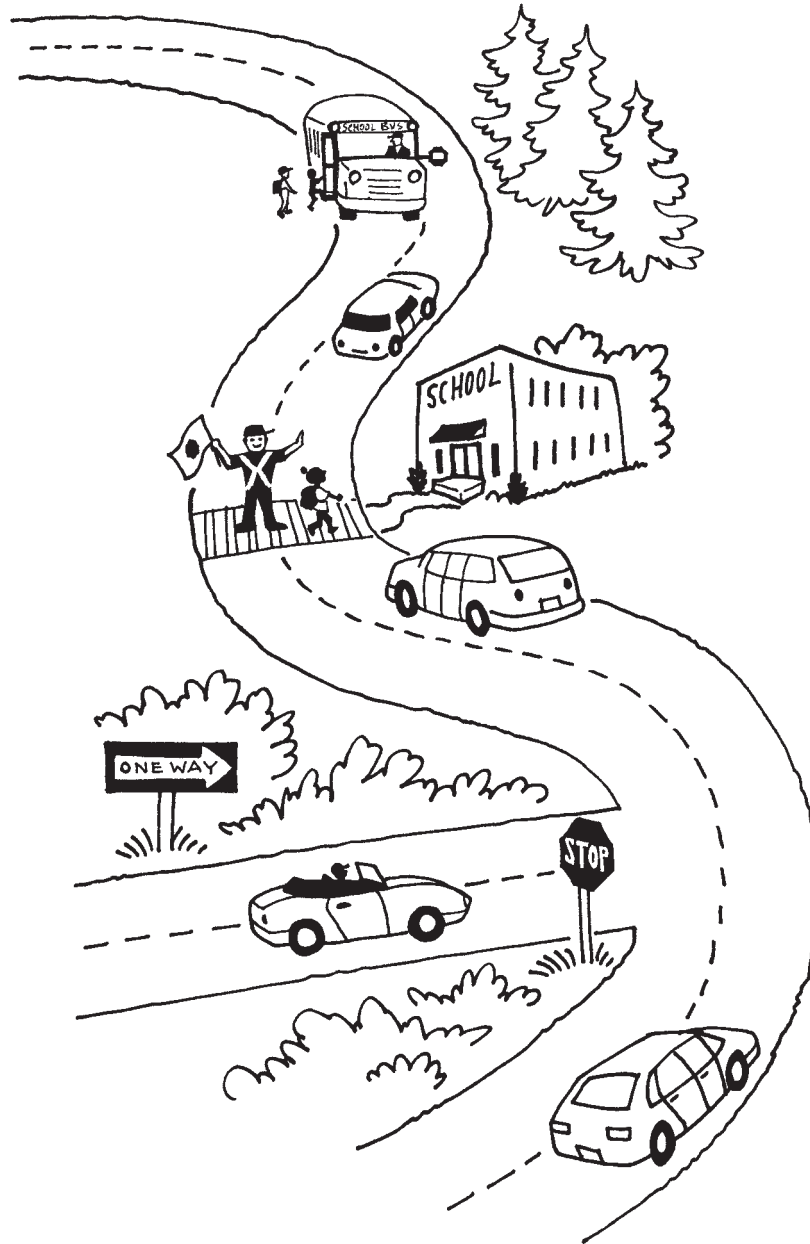
When your child is playing, she or he may not pay attention to what else is happening. If the ball rolls into the street, your child may run after it. If your child is drawing with chalk in a driveway or alley, he or she probably will not hear or see a car pulling in or out. A child learning to ride a bicycle may turn in front of a moving vehicle.

Look around your home to find the safest areas for your child to play. Your own backyard or driveway, or the sidewalk or cul-de-sac of a quiet neighborhood may prove to be the safest. Some communities have parks and other play areas. Porches and rooftops may also be play areas.

Wherever your child plays, she or he should have adult supervision. Even better, play with your child!

FAMILY ACTIVITY

Find the six people in this picture. What are they doing? Find the five vehicles in the picture. Discuss what happens when people and moving vehicles share the street/road, and what each of the vehicles in this picture will need to do for the safety of everyone.



FAMILY INFORMATION

BUCKLE ME UP!

It's a fact. Seat belts help save lives. Road injuries are the leading cause of preventable deaths and injuries to children in the United States. A collision at only five miles per hour can send an unbuckled child crashing into the dashboard or windshield. According to Safe Kids Worldwide, correctly used child safety seats and booster seats can reduce the risk of death by as much as 71 percent.



Protect your child by putting him or her in the right seat at the right time, and use it according to the manufacturer's directions. Choose one that fits your child based on age, weight, and height. Infants use rear-facing infant seats. Toddlers and young children use forward-facing child safety seats. Older children can use booster seats.

Be sure the car seat can be (or is) properly installed in your vehicle. When properly installed, the car seat should not move more than one inch side to side or front to back. Local Safe Kids coalitions host car seat inspections across the county. Visit www.safekids.org to find an event or assistance in your community.

Make sure your child is correctly buckled up every time she or he is in a vehicle.

THE BACK SEAT IS SAFEST

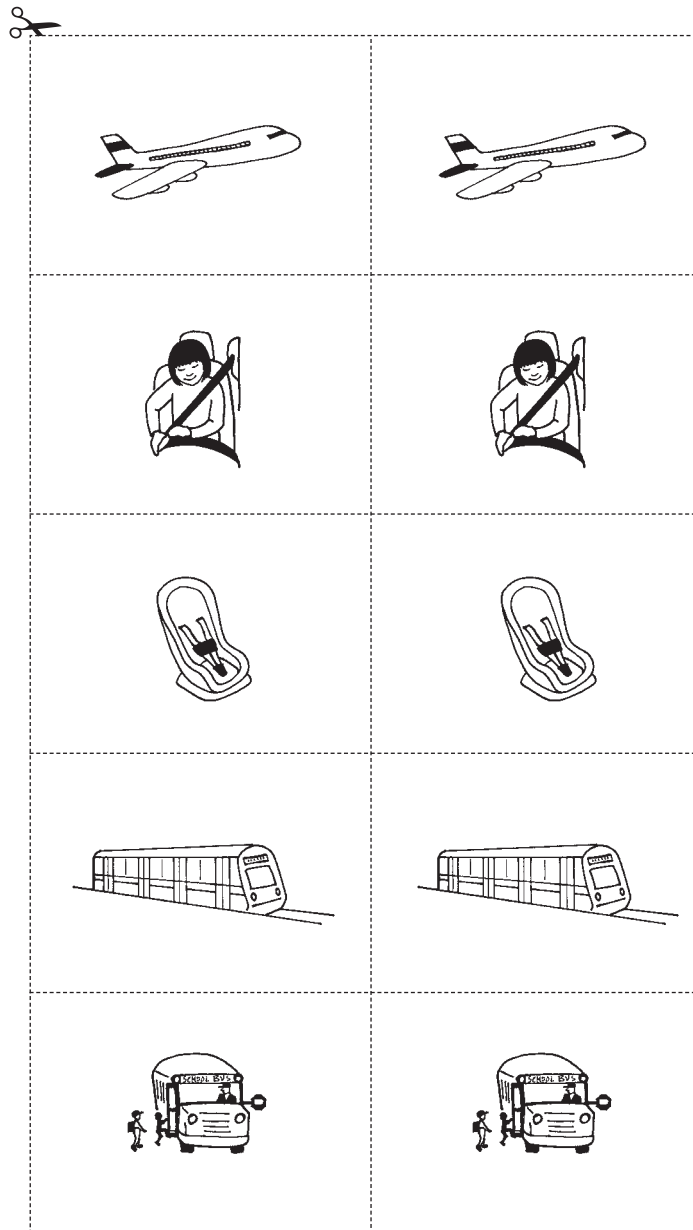
The safest place for all children to ride is in the backseat. Head-on crashes cause the greatest number of serious injuries. Children riding in the backseat are farthest away from the impact and less likely to be injured or killed. Also, most vehicles now have air bags in the front seats. Air bags inflate at speeds of up to two hundred miles per hour. The impact of an air bag can seriously injure a child in the front seat even if the child is buckled in a car seat or booster seat.

Remember, your child is more likely to buckle up if he or she sees you buckle up.

FAMILY ACTIVITY

Attach this sheet to an empty cereal box, making sure the glue/tape on each square is sufficient for allowing each one to be cut individually. Cut along the dotted lines to make game pieces. To start the matching/memory game, turn the game pieces upside down and distribute them randomly across a flat surface.

Assist your child as needed in choosing any two pictures and turning them right side up to see if they match. If there is no match, flip the cards back over, and allow your child to try again. As matches are made, remove those cards. You may also choose to allow the "seat belt" picture to be a "wild card" match to any other card turned over. As the game is played, discuss the importance of "buckling up" to remain safe.



FAMILY INFORMATION

MY RULES FOR EMERGENCIES!

Many types of emergencies can occur at home. One of the most common emergencies is fire. In just thirty seconds, a small flame from a dropped match can become a fire burning out of control. The smoke and heat can be deadly. If your smoke detector alarm sounds, you may have less than two minutes to get out of the house!



Install smoke detectors on the ceiling or high on the wall on each floor in your home. Place detectors close to bedrooms and at the top of stairs. Test the smoke detectors monthly. If the smoke detectors use batteries, change the batteries twice each year. Let children help you test the smoke detector so they know the alarm sound.

Teach your child to stay safe:

- If you see or smell smoke, or the alarm sounds, get out of the house!
- “Stop, drop, and roll” if your clothes catch on fire.
- If you see or smell smoke, “Get low and go, go, go!”

GO TO THE MEETING PLACE

Show your child how to get out of the house. This may mean going out a window. Practice opening a locked window. Show your child how to push out a screen. If the window is a few feet above the ground, show your child how to hang from his or her hands and drop to the ground.

Choose a safe meeting place outside where everyone should go.

FAMILY ACTIVITY

Ask your child what she or he thinks is happening in the picture below while coloring it. Talk with your child about what to do at home in an emergency such as a fire, flood, tornado, or earthquake.



FAMILY INFORMATION

I WANT TO HELP, NOT HURT!

Violence and the availability of weapons have created an issue that many young children face in our society. Children may find weapons at home, at a friend's house, or even on a playground. In communities near military bases, children may find explosives, such as hand grenades.

Children may play with what they think is a toy gun or hand grenade, only to learn too late that it is real. Teach your child that all weapons should be considered real and should not be touched. This includes guns, military weapons, hunting knives, bows and arrows, mace and pepper spray, and even BB guns.

Explain to children that it may be okay for adults to own weapons, but children can be hurt by weapons if they are not used safely.

WHAT TO DO

The rule is "Don't touch a weapon!" Teach your child that if he or she finds a weapon, she or he should not touch it and should go tell an adult, lead the adult to the location, and point to (not touch) the weapon.



If you have weapons in your home, store them in a locked cabinet or closet, and store ammunition separately. You may want to find out if there are weapons in other homes your child visits.

FAMILY ACTIVITY

Begin a discussion about what is happening in the picture. Consider discussing with your child what you would like your child to do when he or she gets mad at someone, what to do if she or he sees someone hurting or bullying someone else, and what to do if he or she sees someone with a weapon or finds a knife, gun, or other weapon that could be used to hurt someone. Be sure to answer questions such as where to go and who to seek help from.



Violence is not the answer!

FAMILY INFORMATION

WHAT GOES BETWEEN MY LIPS AND INTO MY MOUTH

Cleaning supplies, bleach, makeup, shampoo, insecticides, and many other products typically found in the home can be poisonous if swallowed. For example, cleaners such as dishwasher detergent, toilet cleaner, and drain cleaner can cause severe burns in the mouth, throat, and stomach.

Keep all cleaning supplies, insecticides, chemicals, and other products in the original containers. After using these products, secure the tops, and store them out of sight and out of children's reach. Never store potentially toxic products on shelves or in cabinets where children can reach them, even if you have safety latches.



KEEP MEDICINES OUT OF SIGHT AND OUT OF REACH

Medicines, vitamins, and herbal products can be harmful if taken inappropriately. Many products are colorful and may even taste good to children. Store these products in their original labeled containers and in locked cabinets.

PLANT SAFETY

Many plants are poisonous. Some cause swelling in the mouth and breathing problems. Many wild mushrooms are very poisonous. Berries on wild plants are pretty, but many such berries are dangerous.

Know the names of the plants in and around your home. Do not have dangerous plants in children's play areas.

CALL THE POISON CENTER

If you think your child has swallowed or breathed something potentially poisonous, call the National Capital Poison Center immediately. You can reach the closest center at 800-222-1222.



FAMILY ACTIVITY










Assist your child in determining whether the items in the column below are food or not food, and place a check mark in the correct column to the right.



EAT/DRINK



DON'T EAT/DRINK

FAMILY INFORMATION

WHAT ALCOHOL CAN DO

The alcohol in beer, wine, cough syrup, mouthwash, and other products can be very dangerous for young children. Alcohol lowers the body's blood sugar and can cause illness, coma, or even death for a young child. Just a few sips of an alcohol product can cause serious problems for children.

Keep all alcohol products out of children's reach. If alcoholic beverages are served, empty all glasses and containers when finished. Do not leave alcoholic beverages where children may find them.



SECONDHAND SMOKE

Secondhand smoke is smoke from someone else's cigarette. It has harmful effects on everyone, especially children. Breathing smoke can lead to asthma, sinus and ear infections, allergies, and respiratory problems.

Teach your child that smoking hurts the body. If you smoke, avoid smoking in your car, home, or other closed places when children are present. Encourage other people to avoid smoking in front of your child. It may be hard to stop smoking. Encourage your child never to start smoking.

HEALTHY DECISIONS

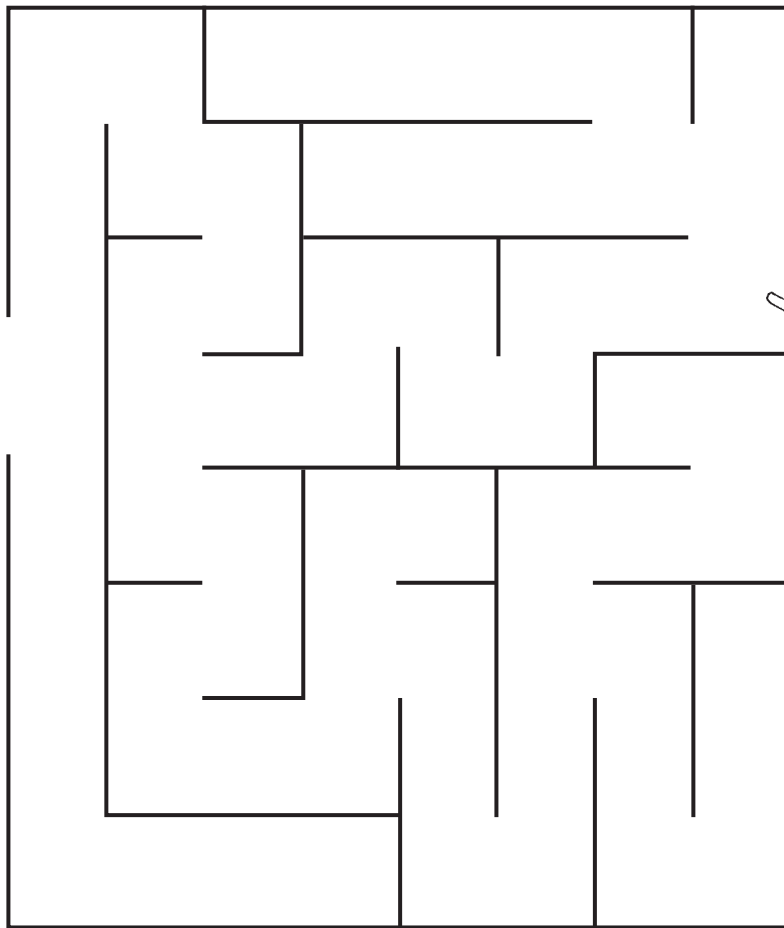
Healthy habits and decision-making skills begin in early childhood. Begin teaching your child now to recognize tobacco and alcohol products. Your child should learn how to respond to invitations to smoke a cigarette, chew tobacco, or drink alcohol. Explain to your child the appropriate responses to such invitations.

FAMILY ACTIVITY

Assist your child in navigating the maze from START to FINISH while discussing how grapes are grown in vineyards, tobacco is grown on farms, and each of those crops is picked or harvested, processed, and turned into drinks, smoke (or smokeless) products, fuels, medicines, vitamins, pesticides, and so on.



START



FINISH

