

Resources for More Information

www.safekids.org – The National SAFE KIDS Campaign – 202-662-0600

www.nhtsa.dot.gov – National Highway Traffic Safety Administration 1-888-327-4236

www.pedbikeinfo.org – Pedestrian and Bicycle Information Center 919-962-2202

www.bikefed.org – National Center for Bicycling and Walking 1-800-860-NBPC

www.walktoschool-usa.org

www.americawalks.org – Walking Coalition

Information for this booklet compiled from the National SAFE KIDS Campaign, the National Highway Traffic Safety Administration, and the Migrant and Seasonal Head Start Quality Improvement Center.



The University of South Dakota.

**HEAD START
PRE-BIRTH THROUGH FIVE**

PEDESTRIAN SAFETY INFORMATION



Head Start Pre-Birth through Five



Protect Your Child Around the Bus . . .

- Be on time to prevent running for the bus.
- Wait for the bus on the sidewalk, and avoid horseplay.
- Make sure the bus comes to a complete stop before getting on and off.
- Never walk behind the bus. Always cross the street at least 10 feet in front of the bus and watch for cars. The driver has a blind spot of 10 feet around the bus where he/she cannot see your child.
- Never reach under the bus to get something – ask the driver for help.
- Hold the handrail while getting on and off the bus to avoid falling.



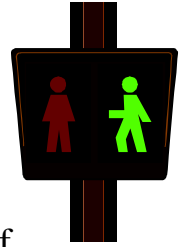
Preschoolers are most often hit when running across a street near their home.

- National Highway Traffic Safety Administration

Protect Your Child On the Way . . .

Teach your child to:

- Understand and obey traffic signals and signs.
- Cross at corners, using traffic signals and crosswalks
- Stop at the curb, or at the end of the road if there is no curb, before crossing the street.
- Look left – right – and left again before crossing the street. Cross when the street is clear and keep looking both ways while crossing.
- Walk, don't run, across the street.
- Walk facing traffic, on sidewalks or paths. Walk as far to the left as possible if there are no sidewalks.
- Watch for cars that are turning or backing up.
- Try to make eye contact with drivers before crossing in front of them. Tell your child that even though she can see the driver, the driver might not see her.
- Always hold a grown-up's hand in parking lots.
- Wear bright colored clothing in daytime and retroreflective materials at dawn and dusk.



We Are Safe

(sung to the tune of "Mulberry Bush")

This is the way that we are safe

We are safe, we are safe

This is the way that we are safe

Every day of the year.

This is the way we cross the street

Look left, then right, left than right.

This is the way we cross the street

Look left, then right for safety.



This is the way we ride on the bus
(or in a car)

Sit up straight, buckle up.

This is the way we ride on the bus

(or in a car)

Buckle your belt for safety.

Crossing Streets with an Adult

At the curb before we cross

We stop our running feet (POINT TO FEET)

And look both ways to left and right (LOOK LEFT AND RIGHT)

Before we cross the street

Lest autos running quietly

Might come as a surprise

We don't just listen with our ears (POINT TO EARS)

But look with both our eyes (POINT TO EYES)

Protecting Your Family

Your children want to be just like you . . . they imitate the way you talk, the way you perform everyday household chores, and even the way you walk. The most important thing you can do to teach your children safe pedestrian behavior is to practice it yourself.

***Children ages 4 and under
are at greatest risk of traffic-related
pedestrian death and injury.***

- National SAFE KIDS Campaign

Protect Your Child at Play . . .

- Watch your child at all times.
- Make sure your child plays in safe places such as yards, parks, and playgrounds - never in the street.
- Fence off play areas from the driveway and street.
- Teach your child never to run or dart out into a street for a ball, pet, or any other reason.
- Check frequently for children playing when backing out of a driveway or parking lot. (Know where your child is when you are backing up.)

Why Kids Are At Risk

Asserting independence is a natural part of children's development, and parents often want to support their growing self-reliance. However, very few children under the age of 10 can deal safely with traffic. Here's why:

- Children have difficulty judging how fast cars are moving, how far away they are, and which direction traffic sounds are coming from.
- Young children often have mistaken beliefs about cars. They think cars can stop instantly, or that if they can see the driver then the driver can see them.
- In general, children have trouble recognizing and reacting to danger.
- Young children are easily distracted.

Toddlers (1 and 2 year olds) are most often hurt by a backing vehicle.

- National Highway Traffic Safety Administration



Twinkle, Twinkle Traffic Light

(sung to "Twinkle, Twinkle Little Star")

Twinkle, twinkle traffic light

(OPEN & CLOSE FINGERS QUICKLY)

Shining brightly day and night.

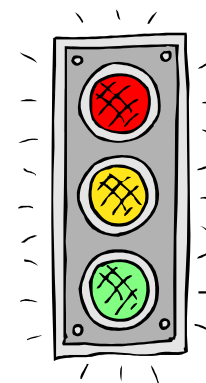
When it's green we can go (WALK FORWARD)

When it's red we stop you know

(STOP WALKING)

Twinkle, twinkle traffic light

Shining brightly day and night.



Traffic Light

The red light means stop

The green light means go

The yellow light means caution

This you should know.

Fun Activities

- Make vehicle snacks. Use cheese slices, carrot wheels, and crackers to make a vehicle.
- Play "Red Light, Green Light" – make traffic signals with red and green circles and popsicle sticks.
- Listen for the sounds you hear while on a walk.
- Make a picture book of traffic signals