



Safety and Health:
Keeping Your Child Safe

Car Safety:

- Always wear your seatbelt and make sure your child is buckled in before the vehicle begins moving.
- NEVER leave a child alone in a car, not even for a minute.
- NEVER let a child ride on someone's lap. Every adult and child should be fastened securely in a seatbelt.
- Follow safety seat laws, provided by your state's Department of Transportation.

Water Safety:

- NEVER leave a child unattended in or around water.
- Read and obey all posted signs and swim only in designated areas.
- Pay attention to the weather conditions. At the first sign of bad weather, immediately get out of the water.
- The American Red Cross offers swimming classes for all ages.

Fire Safety:

- Teach children that fire is not a toy and that it's very dangerous.
- Keep matches and lighters out of your child's reach.
- Make sure smoke detectors are installed in each level of your home. Test them each month to make sure they work.
- Have an escape plan. Every family member in your home should know the plan in case there is a fire. Decide on a place your family could meet outside of your home, in case of a fire.

Walking Safety:

- Teach children to obey all traffic signs and signals and to walk facing traffic so they can see cars coming in their direction.
- Hold your child's hand while walking across the street, across parking lots, or on sidewalks.
- Always use a sidewalk or path away from traffic.

- Have your child wear bright or reflective clothing so that he or she can be seen when it is dark.
- Teach your child to be extra careful in parking lots and to not run or walk between parked cars.

Here are some tips for crossing the street:

1. Stop at the curb or edge of the street.
2. Look in all directions for traffic.
3. Cross only when no traffic is coming.
4. Keep watching out for traffic as you are crossing the street.
5. Walk, don't run, across the street.

Stranger Safety:

- Teach your child what a stranger is: someone your child does not know, even if your child has seen or talked to the person before, or if the person knows your child's name.
- Teach your child to never go with someone they do not know and to never give personal information to a stranger.
- Read books to your child about how to deal with strangers. Contact your local library for suggested books.
- Teach your child some common tricks that strangers may use and what they should do if they are in that situation.
 1. Asking for *Assistance*
 2. Claiming an *Emergency*
 3. *Bribing* with candy or toys

Wheels Safety:

- Children should always wear a helmet with a good fit. The helmet should fit securely, cover the forehead, and the chin strap should be securely fastened.
- Teach your child to obey all traffic signs and lights.
- Have your child wear bright or reflective clothing so that others can see him or her when it is dark.
- Teach your child to ride only in safe, level, well-lit areas.
- Teach your child to stay out of streets and off of busy sidewalks.

It's not only important to *talk* with your child about safety issues, but also to *model* responsible safety practices yourself. Be a good role model for your children and know that they are watching and learning from you.

For more information about parenting or relationships, please visit <http://ncfamilies.com/jitp/>.