

Dear Parents,

Help prevent injury. Teach your children how to 'stay safe on the go.' When riding in a car, on a bus, or on a tricycle, children should learn and follow safety rules. Have fun talking with children about ways they can stay safe.

Page 2 - Play safe! Make sure your child's play area is safe.

Children should not play in or near streets or driveways. Always check behind your vehicle before backing.

Page 3 - Always wear a helmet! Children and adults should wear helmets when on a tricycle, bicycle, skateboard, skates, or roller blades. Helmets help prevent head injuries, broken noses, cut faces, and lost teeth. The helmet should fit snugly and straight so it covers the forehead.

Page 4 - Drive safely. Battery-operated vehicles are fun for young children, but they can be dangerous. Children should ride on level areas, away from streets or vehicles. Toy vehicles should never be ridden on porches or decks with stairways. Supervise children closely.

Page 5 - School busses. Many young children ride a bus or van to school or childcare. Young children should not wait alone at the bus stop. An adult should stay with children until they get on the vehicle. Be sure an adult is waiting for your child when he or she gets off the vehicle.

Page 6 - Ride the safe way. Motor vehicle crashes are the number one killer of children. A crash at just 5 miles per hour can send an unbuckled child into the dashboard or windshield. Infants and young children should use car seats approved for their age and size. Older children can use a booster seat with the lap belt and shoulder harness. Adults should buckle-up, too!

Page 7 - Stop, look, and listen. Young children should not cross a street alone. Although they may seem to cross streets carefully, children do not develop the necessary "stop, look, and listen" skills until at least 6 years of age. Hold your child's hand and be a good role model. Cross streets at the corner. Wait until all traffic is past before stepping into the street.

Healthy Childcare Consultants, Inc.

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Be careful when riding.



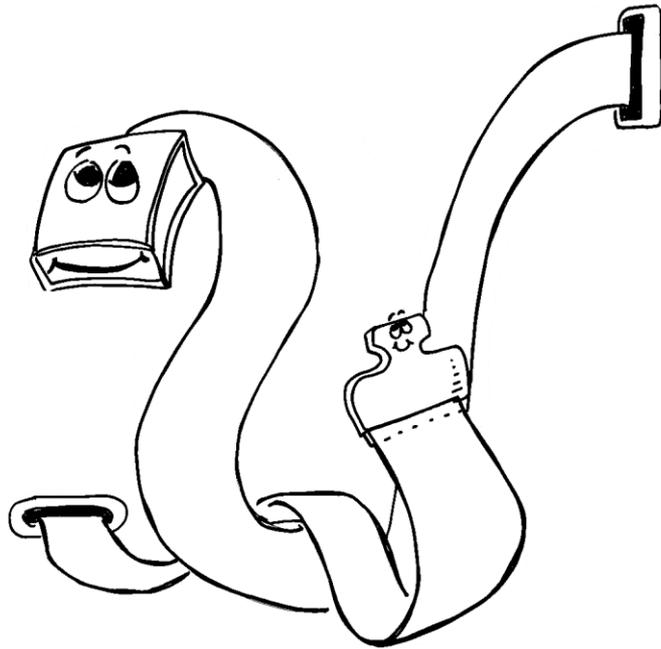
**Do not ride or play
near cars or trucks.**

**Stop, look, and listen
before crossing.**



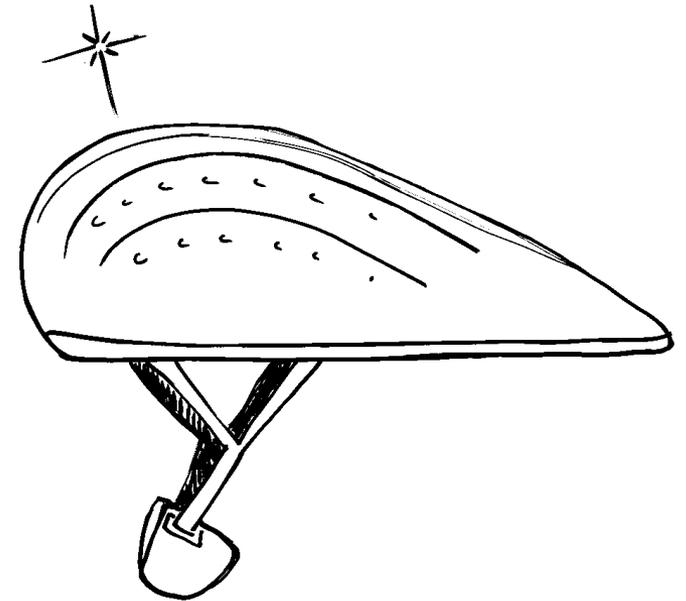
**Young children should not
cross a street alone.**

**Friends for Life...
Your life!**



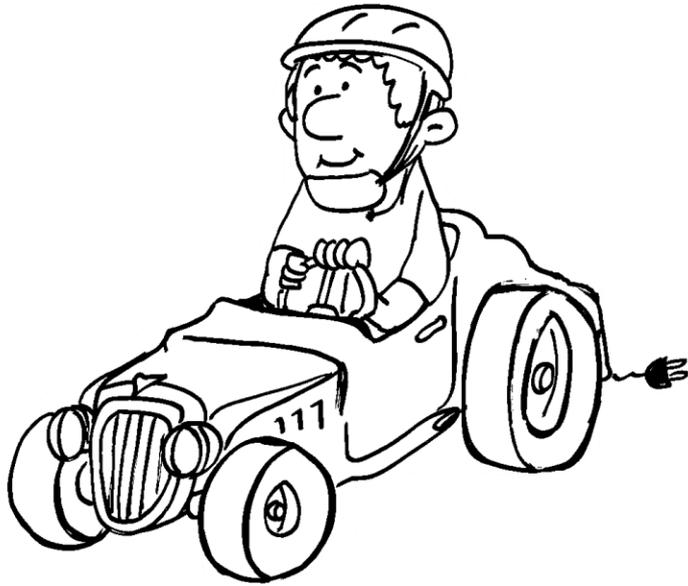
**Ride the safe way.
Always buckle up!**

**Is it a bird or a plane?
No, it's a helmet!**



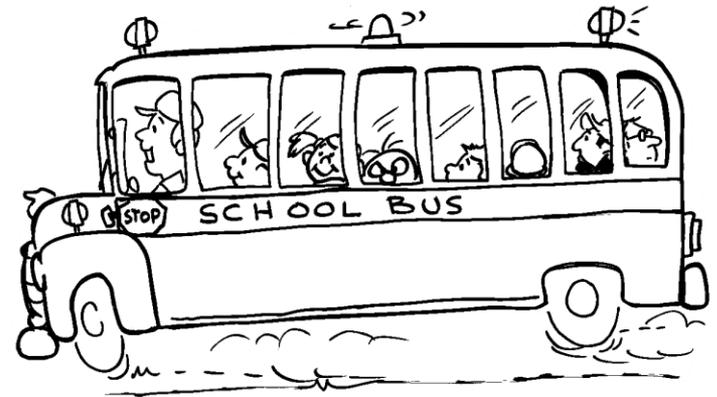
Always wear a helmet!

Watch out for other people. They may not see you.



**Only ride in areas where there are no big cars.
Helmets required!**

Stay seated when riding in a moving bus.



Do not put anything out the windows, including your nose!