



Getting to School Safely Parent Tip #11

We all know that what children do in school is important, but getting to school is important, too!

Important points for parents/guardians:

- Call the school if your child is going to be absent.
- Make sure the school has numbers where you can be contacted.
- Teach your child how to call "911" emergency and explain what it should be used for.
- Tell your child how to contact you in a hurry.
- Teach your child your work number.
- Teach your child how to call collect.
- Arrange with friends and family to provide emergency backup if you are going to be late picking up your child.
- Let your child know whom you have designated as emergency contacts.
- Teach your child a secret code word that he will recognize. If a stranger asks your child to come with them, all the child has to do is ask for the "code word". If the person doesn't know the correct word your child will know that you didn't send that person.

You can help your child get to school safely by discussing the following rules with her.

If your child will be walking to school, tell him to:

- Always walk with friends.
- Stay on the sidewalk and NO shortcuts.
- Cross the street safely.
- Follow the instructions of the crossing guard and school safety patrol.



If your child rides a bike, be sure to tell him to:

- Always wear a helmet.
- Wear bright or light colored clothing.
- Wear reflective markers in the early morning.
- Stay on the bike path.
- Listen to the crossing guard and to the safety patrol.



If you drive your child to school:

- Buckle up! Remember that most accidents occur within ten miles of home. According to the National Highway Safety Transportation Administration, children weighing 40-80 pounds should be in a belt-positioning booster seat.
- Have your child sit in the back seat to protect her from injury from airbag deployment. Even a minor accident can make an airbag deploy, and children under the age of 12 can be seriously injured by the airbag.

- Don't let your child wear



his backpack in the car. When children wear their backpacks on their back, they are not receiving the proper head support in case of an accident. They can receive a serious injury from a minor accident.



If your child rides the bus, tell your child to:

- Sit quietly in her seat so she can hear the driver.
- Not put any of his body parts outside the window.
- Stay away from the curb, while she waits for her ride.
- Not roughhouse at the bus stop.
- Remain in his seat until the bus comes to a complete stop.



Role play with your child what to do in the following scenarios:

- Someone asks for directions and wants you to get into his car or to come closer.
- Someone asks for help looking for a lost pet.
- Someone asks to take your picture for a TV ad and invites you into his house or apartment.
- Someone says your mother is sick and they are going to take you to the hospital to see her.