

FOR PARENTS

ADDITIONAL RESOURCES

**Be Safe!
Be Alert!
Be Cautious!**

Understand your child's limitations.

Children are not small adults.

- It will take time and practice for a child to develop the ability to deal with lots of traffic.
- Over time, children develop the ability to accurately judge the speed and distance of oncoming traffic. Young children may think that a car is able to stop, when in fact, it is not.
- Children may think that if they can see a driver, the driver can see them. But, children are smaller and harder for drivers to see.
- Children should walk in groups for better visibility and driver awareness. When larger numbers cross a street together, it makes motorists more aware and increases driver compliance with obeying crosswalks.

Get down to a child's height to experience their perspective and see what they see.



parkview.com



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SAFE WALKING TO & FROM SCHOOL



We Are Your Schools

WALKING IS FUN

Walking is fun, but you need to be safe while doing it. Follow these tips to make sure you get to and from school safely:

- Wear bright-colored clothes, and carry flashlights or wear reflective gear if it is dark or hard to see.
- Look for traffic at every driveway and intersection. Be aware of drivers in parked cars that may be getting ready to move.
- Obey traffic signs & signals.
- Cross the street safely:
 - Cross only at safe corners, even if you have to walk farther.
 - Stop at the curb or edge of the street.
 - Look left, right, left, behind you and in front of you for traffic.
 - Watch for turning cars.
 - Wait until no traffic is coming to begin crossing.
 - Keep looking for traffic until you have finished crossing.
 - Walk, don't run, across the street.



WALKING IS SAFE

Choose the safest route

- Select a walking route with less traffic and fewer intersections.
- Pick places where there are sidewalks or paths separated from traffic.
- If there are no sidewalks or paths, walk as far from the motor vehicles as possible.
- Face traffic when walking on roads without sidewalks.
- Limit the number of street crossings. When available, cross at a location with an adult crossing guard or at an intersection with cross-walks.
- Avoid crossing busy or highspeed streets.
- Do not walk between parked cars.

WALKING IS HEALTHY

Walking is a great way to get exercise and a nice way to spend time with friends and family.

- Public health officials and scientists agree that everyone should participate in physical activity at least 30 minutes every day. A brisk walk tops the list of recommendations.
- On top of the daily 30 minutes of physical activity, children need another 20 minutes of vigorous activity several days per week.

Younger children should always walk with an adult. If your parents say that you can walk to school on your own, remember these tips:

- Walk with a friend when possible.
- Ask your parents to help you pick a safe route to school.
- Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that may be dangerous.
- When you are near the street, don't push, shove or chase each other.
- Never take rides from strangers.
- Talk to your parents or teachers if any bullying takes place during your walk.