

Safer Steps

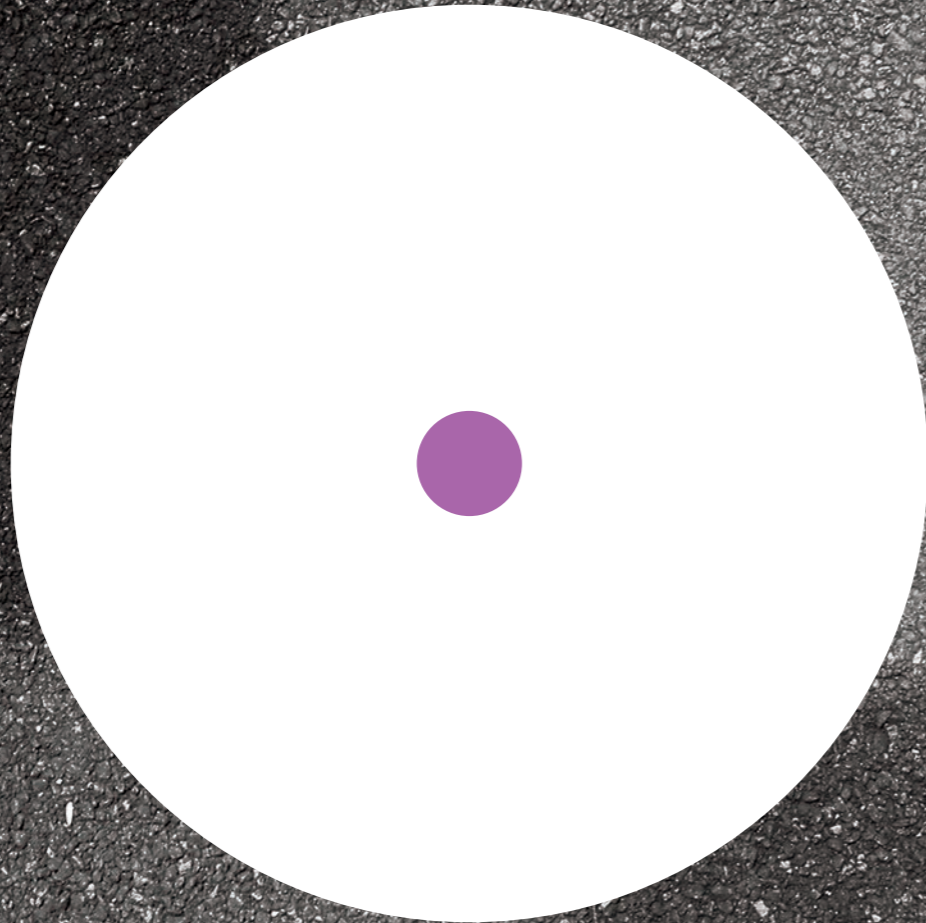
A Parent and Carer Guide to Road Safety for the Under-Fives



Directions
This DVD can be played on any set top box DVD player.

To play this DVD on a PC or Apple Macintosh:

Minimum specification : 1 GHz processor or greater, 256mb of memory, 8x DVD optical drive, 16 Bit screen resolution, sound card & speakers,
DVD playback software required.



Introduction

Too many children under 5 are killed or injured crossing the road and more than half of them are very near to home when this happens.

Every parent wants to keep their children safe and out of danger, Safer Steps has been developed to help parents and carers teach their children the basics of road safety. The earlier children begin to understand, the more likely they are to continue learning as they grow and develop.

But this is always easier said than done and what suits one parent and child may not always suit another. So we have included as much practical and realistic advice as possible in this resource.

Contents

- Going Out
- Crossing the Road
- Going by Car
- Safer Parking
- Safer Places to Play

DVD

The enclosed DVD contains a guide to the basics of road safety for pre-school children. Designed by parents for parents, we hope you find it a useful and interesting resource.

The DVD can be watched in a modular format or as a whole programme and contains information on good pedestrian practices, crossing the road, going by car, safe parking and safer places to play.

If you require any further information please visit www.childroadsafety.derby.gov.uk

DVD Instructions

Insert the DVD disc and follow the on-screen options.

Going Out

Before going out with your child tell them where you are going and how you are going to get there. Always try to dress them in something bright that will help them be seen by motorists, especially if the weather is bad or it is dull or dark outside. Talk to them while you are helping them get ready and explain to them why they are wearing something bright.

Nearly every journey involves walking on the pavement, even if it is just to get into the car, so the importance of holding hands can't be stressed enough. Tell your child why it is so important, that they are very special and that you want to keep them safe.

It is advisable that wherever possible, a child under the age of 5 should not be allowed to walk on the pavement or across car parks unless they are holding hands with an adult as they are not aware enough to cross the road on their own, even if sometimes they think they are!

We all know how easily children can be distracted and it only takes a split second before they act on their impulse. If they are holding your hand, you have a better chance of keeping them out of danger. So if it's possible, holding hands is the best option.

Whether you have one, two, three or more children, there are lots of ways that you can reduce the stress of getting them safely out and about. When holding hands, if you have one child with you, make sure they always walk on the inside of the pavement furthest from the road. If you are pushing a buggy or you are carrying shopping, always ask your child to help you by holding onto the handles of the buggy or shopping bags. Children like to feel important so tell them that they are a big help.

Three children can walk safely with you with the eldest on the outside but stay as far away from the kerb as possible. If you have to move over to let people pass, always move to the inside of the pavement furthest from the road. Reins and wrist straps can also be useful.

In a car park, holding hands is vital as motorists can not see a small child through their rear windows or mirrors. Explain that car parks are very dangerous and holding hands when crossing a car park is very important. Cars are big and children are only small and are hard to see.

Remember : the car parks at nursery and playgroup are just as dangerous as any other car park so don't let your children run ahead or lag behind. If you're having a chat with other parents, make sure your children are in a safe place if they are not holding your hand. The same caution should be taken when crossing drives and alleyways.

Crossing the Road

Children learn by example - you will have noticed how they often copy the everyday things you do and say! So choosing the right place to cross the road will set them a good example for when they are older and more independent.

Explain to your children that where there is a pedestrian crossing or crossing patrol, this is the safest place to cross. Pedestrian crossings include Puffin, Pelican and Zebra crossings. The Puffin and Pelican crossings use a system of red man and green man lights to indicate to pedestrians when it is safe to cross and a traffic light system to control the traffic. Explain to your children that it is only safe to cross when you are sure that all the traffic has stopped and the green man light is on. Never start to cross the road if the green man is flashing. Talk through your actions and ask your children to concentrate on what you are doing as it is important for them to learn.

Remember : the red man and green man lights can be situated either across the road or at your side.

When using a Zebra crossing with your children, explain that you all have to stop on the pavement near to the kerb and wait until all the traffic coming from both directions has stopped. Only then is it safe to cross and you must keep looking and listening as you cross.

Major roads sometimes have traffic islands to allow you to cross to the middle of the road and then stop and wait before crossing to the other side. Each stage of the crossing should be treated the same way as crossing a smaller road. You need to explain that when you are waiting on a traffic island that it's much smaller than a pavement and your children should stand very still until you tell them it is safe to continue to cross.

School crossing patrols (or Lollipop women and men as they are usually called) will help you and your children to cross the road; they will stop the traffic and indicate to you when it is safe to cross. Make sure your children become familiar with the uniform the Lollipop person wears so they will be able to identify them in the future as an adult who it is safe to cross the road with. Police Officers and Traffic Wardens will also stop the traffic and assist you to cross the road safely. Again your children should become familiar with the uniform they wear.

Remember : to keep looking and listening for traffic as you cross.

Crossing between parked vehicles is always difficult but sometimes there's no avoiding it. If you have to cross between parked vehicles, always try to find the largest gap. Check they are not about to move and stand closest to the vehicle where you can see the oncoming traffic more clearly.

Crossing the road is never without its challenges but following the Green Cross Code is always advisable.

Acknowledgements

This Guide for Parents and Carers has been developed by families and staff from Sure Start, Clayton, Manchester. They have devised the content for the programme and contributed to the filming of the resource with the assistance of families from Audley and Queens Park Children's Centre, Blackburn.

SureStart

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Department for
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