



**Make**

**Back to**

**School**

**Cool &**

**Safe**



# Safety Tips

**Parents: Review these back to school safety tips with your children**

## Riding the Bus

- ✎ Have a safe place to wait for the bus, away from traffic and the street.
- ✎ Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- ✎ When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. The bus driver can see you best when you are back away from the bus. Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!

## Riding in a Car

- ✎ You might have heard before that most traffic crashes occur close to home ... they do.
- ✎ Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45%.
- ✎ Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child safety seats.
- ✎ All children under 13 years of age should ride in the rear seat of vehicles.

## Walking and Biking to School

Young pedestrians face a wide variety of dangers while walking to and from school. Here are a few basic safety tips to follow:



- ✎ Obey all traffic signals and/or the crossing guard -- never cross the street against a light, even if you don't see any traffic coming.
- ✎ Always wear your bike helmet. Helmet use can reduce the risk of head injury by up to 85 percent.
- ✎ Walk your bike through intersections.
- ✎ Walk with a buddy. Never accept rides with strangers.
- ✎ Parents: Be realistic about your child's pedestrian skills. Small children are impulsive and less cautious around traffic. Carefully consider whether or not your child is ready to walk to school without adult supervision.

## Don't Forget This Tip!

- ✎ Drawstrings on Jackets & Sweatshirts Can Be Dangerous - There should be no drawstrings on hoods or around the neck. Drawstrings at the waist or bottom of jackets should extend no more than 3 inches to prevent catching in car and/or school bus doors or getting caught on playground equipment.



## Making Back To School—COOL!

### **Imagine a new job every year, a new desk, boss & co-workers.**

This is what children experience as they begin a new school year.

As parents, you play an important role in making back to school more relaxed & enjoyable for everyone. Your attitude & expectations shape your child's approach & outlook about school.

### **Establish a Routine**

A routine for activities such as bathing, mealtime, homework & nighttime rituals is important to help you & your child adjust to the new schedule. It can reduce stress & be a time saver.

### **Avoid the Morning Rush**

Place all items needed for school in one place. Keep backpacks & papers that are to be signed near the door. A petty cash fund is handy for those last minute school activities.

### **Choose Clothing for the Next Day**

Help your child lay out clothes, accessories & shoes the night before to help make getting dressed hassle-free.



### **Your Child Needs to Know Their Address and Phone Number**

This is especially necessary if you have just moved! Keep this information in their backpack with your emergency contact numbers.

### **After School Care**

Be sure your child knows where they are to go and what they are to do after school. Inform the teacher if these plans change. Follow the school's rules for dropping off & picking up your child.

### **Create a Homework Center**

Provide a clean & quiet area with good lighting to do homework. Stock it with extra crayons and supplies. No television & few distractions will make it easier to study.

### **Good Nutrition Gets an A+**

Healthy, well-balanced breakfasts, lunches, snacks and dinners can help your child succeed in school. Studies have shown that good nutrition helps keep children focused, their energies high, and their moods balanced—all of which are factors that promote learning.



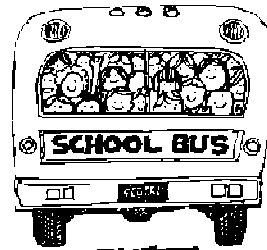
### **Plan Ahead for Emergencies**

What if your child is sick? You are late getting home from work? School is cancelled? Have a backup plan for the unexpected.

### **Parents & Teachers: A Team for Success!**

Supporting teachers through involvement & communication tells your child that the parents & teacher are a team. Children are more motivated to learn when they see their parents involved in school.

### **Relax! Enjoy Your Child's New School Year!**



**The Place to Go...When You Need to Know!**

For answers to Questions from A-Z...

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