

KIDS and TRAFFIC
Early Childhood Road Safety Education Program
Macquarie University



**Transport
for NSW**



Road safety

A guide for families and carers
of children 0 to 5 years



Expect the unexpected with young children – even at home. In traffic, this can have disastrous results. Young children can be killed or injured by cars and other vehicles – whether they are walking, playing or travelling as passengers.

Every year over 500 children are injured in road crashes in NSW.

However, there are many ways we can protect children in the traffic environment.

This booklet is for all adults who look after children aged between 0 and 5 years old. It will tell you:

- Why young children are often injured in traffic.
- How adults can keep young children safe from traffic injury.
- Why it is never safe for children to play in driveways – even in home driveways.
- Practical ways to help children learn about road safety.
- Where to go for more information.

Start road safety early

Establish road safety practices and routines

Expect the unexpected
... even at home,
because you never
know when a child
will do something new.



As soon as children can move, they are on the go, exploring.

This can lead them into danger.

Whenever cars and other vehicles are or could be around, adults need to:

- Hold children's hands until they are at least 8 years old.
- Closely and actively supervise children while they play to keep them out of danger.
- Talk with children about road safety in ways they understand.



Why are young children at risk?

These are only some of the reasons why young children depend on adults to keep them safe

Children ...

... are curious and love to explore. It is illegal to leave a child unattended in a vehicle.

... may be restless. They may not want to sit still in a car, but don't realise their behaviour can distract the driver.

... may hear and see traffic but are not yet able to understand how it puts their safety at risk.

... are all different, so what works with one child may not work with another.





Children ...

... want to be independent. They don't always want to hold an adult's hand when near traffic.

... are small. They can be difficult for drivers or riders to see in traffic.

... may be easily distracted. They need help to understand what to watch out and listen for.

... are fast and unpredictable. They can move from safety into danger in an instant.

As adults we need to ...

- Take every opportunity to help children learn about road safety by talking with them about what we are doing to keep safe around traffic.
- Use our knowledge and experience to predict when a situation might become dangerous for children.
- Ensure children hold an adult's hand, buckle up safely in the car, or wear their bike helmet, even if they resist.
- Use the road safety information and activities in this booklet and ask the other adults in children's lives to do the same.





pedestrians



passengers



playing



Above all, we need to be with them and keep them safe.

Children are most likely to be injured close to home, often in their own street or driveway.

- Children often talk about keeping safe long before they can behave safely.
- Injuries can occur anytime, anywhere and to anyone.

As adults, we are responsible for young children's safety around traffic whether they are:

- pedestrians
- passengers
- or playing.



Pedestrian safety

Their safety is in our hands

When out walking with children, hold their hand or hold them close. This is the most effective way of keeping children safe from traffic injury.



Sometimes a child doesn't want to hold hands or be held. What do you do?

Don't worry – all children complain about holding hands at one time or another. Sometimes they don't understand how this will keep them safe or they may just want to do it their way.

Make family rules about safe walking, explain how they will keep you all safe and then stick to them.

Use these road safety messages:

- "Whenever we are out walking, we hold hands."
- "If we can't hold hands, you can keep close by holding onto me, the bag or the stroller."



Explain family rules about safe walking and then stick to them



When holding your child's hand, use the opportunity to talk together about:

- Where it is safe to walk and cross the road, car park or driveway.
- When it is safe to walk and cross.
- Why we need to stop and wait before crossing.
- What to look for.
- What to listen for.
- Why we have to keep checking until we are safely across the road, car park or driveway.

For activities about pedestrian safety to use with your children, look inside the back pocket.



Passenger safety

Buckle up for safety

For more information on the correct restraint for your child or to find your nearest Authorised Restraint Fitter, call **13 22 13** or visit **www.rms.nsw.gov.au**.

The brochures '*Child restraint safety ratings*' and '*Choose right buckle right*' provide information on how to choose the right restraint to suit your child's age and size. These brochures can be downloaded and ordered from **www.rms.nsw.gov.au** and are available at any motor registry.

Find the right restraint for your child:

0 – 6 months: Approved rearward-facing restraint.

6 months – 4 years: Approved rearward or forward-facing restraint.

4 – 7 years: Approved forward-facing restraint or booster seat.



Children must NEVER be left alone in a car, even for short periods. They are in danger of:

- Heat stress and dehydration – parked cars can heat up very quickly, even with windows wound down slightly.
- Burns from hot seatbelt buckles and vinyl fittings.
- Playing with car controls – such as hand brakes, gear levers, cigarette lighters, power windows and the ignition.
- Car thieves.

It is illegal to leave a child unattended in a vehicle.





The Safety Door is the rear door, closest to the kerb, footpath or gutter and away from the road.

Sometimes children won't want to buckle up. They may not understand the safety reasons, or they may be restless or just want to do it their way.

In these situations, it is important to have family rules about safe driving, to talk about them with the children and then stick to them – every time you are in the car.

Use these road safety messages with young children:

- “I will buckle you up safely.”
- “When everyone is buckled up, we can go.”
- “If anyone isn't properly buckled up, we stop.”

- “You must stay buckled up, awake or asleep.”
- “I will help you unbuckle when we get there.”
- “I will help you out through the Safety Door of the car.”

When buckling children up, or driving them around, talk with them about:

- Child restraints and booster seats and how they keep us safe.
- The Safety Door and why it is the safest door to get in and out of the car.
- Why children can never stay in the car alone.

For activities about buckling up safely, look inside the back pocket.



Playing safely

Stay close, stay alert



For young children to be able to play safely, an adult needs to supervise them closely and actively.



You need to make sure children are in a safe place to play, such as a backyard, fenced park or recreational area.

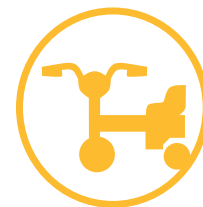
A young child's skull is soft and easily injured. So whenever children ride wheeled toys or bicycles, it is important that they wear a correctly fitted and fastened approved helmet that meets the Australian and New Zealand Standards (AS/NZ2063). This is an adult's responsibility.



Young children who wear helmets from the moment they start riding their first wheeled toy will be safer from head injury, and are more likely to continue the practice throughout their lives.

When buying a helmet:

- Take the child to the shop with you, to make sure the helmet fits properly.
- It should fit two child finger widths above the child's eyebrows (a young child may require your help here), and be neither too tight nor too loose.
- It should not be too heavy for the child's head and neck to carry.



Make some family rules about safe play, talk about them with the children and then stick to them – every time they are using bikes, trikes or scooters.

Make these family safe play rules:

- “No helmet, no bike.”
- “When everyone has their helmet and shoes on, we can ride our bikes.”
- “If anyone isn’t wearing their helmet or shoes properly, we’ll put the bikes away.”

When supervising children, use these opportunities to talk with them about:

- How helmets and enclosed shoes keep us safe.
- Why we must ride and play away from traffic – for instance, in the backyard or at the bike track.
- Why footpaths and driveways are never safe places to play.
- Why it is never safe for young children to ride their bikes, scooters or skates without an adult closely supervising them.

Safe Play

Where possible children should play in a fenced yard or park and be closely and actively supervised by an adult at all times.

Roads, car parks, footpaths and driveways are never safe places to play.

Share these safe play messages with children:

- “Always ask a grown-up where it is safe for you to play.”
- “Always wear your helmet when riding your bike or wheeled toy.”

For activities about safe play to use with your child, look inside the back pocket.



For more information



To find your nearest
Authorised Restraint Fitting
Station call **13 22 13** or visit
www.rms.nsw.gov.au

To order more copies of this
booklet, general road safety
brochures, or child restraint
brochures call **1800 060 607**.
You can also download
and order copies of road
safety publications from
www.rms.nsw.gov.au

www.rms.nsw.gov.au

Kids & Traffic website

www.kidsandtraffic.mq.edu.au

For information on road
safety activities in your
local community, contact
your local council and
ask to speak to the
road safety officer.



© Transport for NSW

The information in this brochure is intended as a guide only and is subject to change at any time without notice. It does not replace the relevant legislation.

For further enquiries

www.rms.nsw.gov.au | 13 22 13 | 8.30am – 5pm Mon-Fri 8.30am – 2pm Sat



BLEACHING PROCESS



ENVIRONMENTAL
MANAGEMENT SYSTEMS



FOREST MANAGEMENT



CERTIFICATION



RECYCLED CONTENT

Printed on Monza Recycled. Monza Recycled is Certified Carbon Neutral by The Carbon Reduction Institute (CRI) in accordance with the global Greenhouse Protocol and ISO 14040 framework. Monza Recycled contains 55% recycled fibre and is FSC Mix Certified, which ensures that all virgin pulp is derived from well-managed forests and controlled sources. Monza Recycled is manufactured by an ISO 14001 certified mill.

Printed in compliance with an ISO 14001 Environmental Management System and an ISO9001 Quality Management System. The printing process is 100% alcohol-free and uses vegetable-based inks.

June, 2012

TRANSPORT 12.032 Cat No. 45094482



Driveway safety



Transport
for NSW

The responsibility of the adults in your child's life

Tragically, young children can be run over in their own home driveway.

- The **CHILDREN** are usually under 3 years old.
- The **DRIVERS** are usually parents, family members or friends and are unaware that the child is on the driveway.
- The **VEHICLES** are usually moving slowly and reversing.

Hold their hands or hold them close to keep them safe.



Young children are extremely vulnerable on driveways because they:



- Are small and hard for drivers to see.
- Can be unpredictable and suddenly dart away without adults realising.
- Love to explore but don't know they have to move out of the way of a moving vehicle.
- Want to be where the action is – and run to greet the driver or to wave goodbye.

- Can quickly run from safety into danger without the driver even knowing.
- Are fast, so drivers don't know the child is now behind or near the car.



It only takes a second for a tragedy to happen!



Always expect the unexpected!



- You've said goodbye.
- You've checked your mirrors and reverse camera.
- You're on your way.
- And you think your child is safe.

**BUT ...
YOU MAY BE
WRONG**



When cars are about, young children need an adult with them.

To protect young children from driveway injury or death

- Hold their hand or hold them close to keep them safe.
- Always expect the unexpected – it takes just a second for a tragedy to happen.
- Make sure another adult is protecting your child before you start or move your car – or buckle up your child safely in the car with you.
- Separate play areas from home driveways wherever possible.
- Stay alert – reverse cameras and parking sensors can help you detect objects – including children – near your vehicle. But children move fast and you may not be able to stop in time!
- Nothing can replace close adult supervision.

Talk with all the adults in your children's lives about your family rules to prevent driveway injury or death.





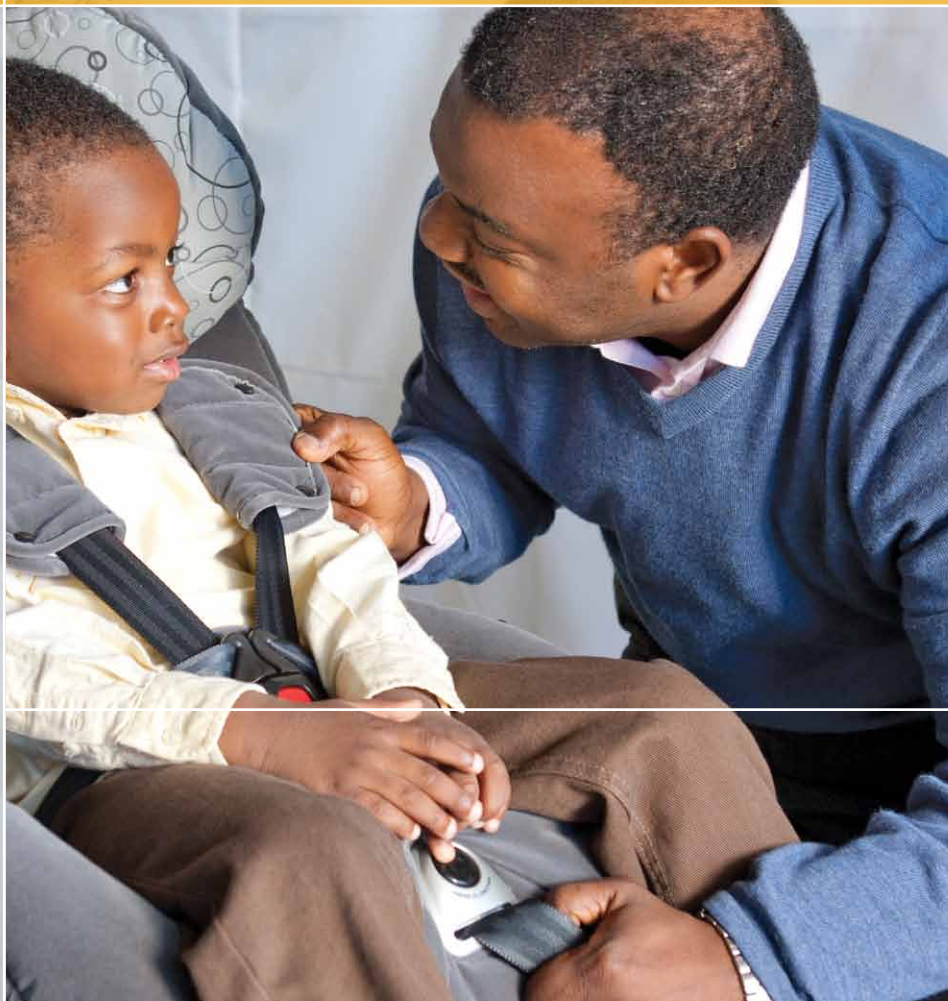
Transport
for NSW

Buckle up for safety

An activity sheet for you and your child to use together

Use these passenger safety messages

- "I will buckle you up safely."
- "When everyone is buckled up, we can go."
- "You must stay buckled up, awake or asleep."
- "I will help you unbuckle when we get there."
- "I will help you out through the Safety Door."



While in the car...

- Sing together or play some 'I spy' games.
- Talk about your journey and where you are going.
- Play CDs of songs and stories.
- Make toys, games and books easy for children to reach by using velcro, suction caps or key rings.
- Encourage your child to buckle up a favourite doll or teddy.



**Twinkle twinkle I'm a star,
Buckled up safely in the car.
Over my shoulder, across my lap,
Click clack front 'n' back.
Twinkle twinkle I'm a star,
Buckled up safely in the car.**

Place the Safety Door sticker on the left hand rear window of your car and use this as the door for children to get in and out of the car.

Lachlan and Thomas buckle up for safety

Read this story with your child and talk about being buckled up safely



1.
“We’re going to school to pick up my big brother Thomas. Mummy is buckling me up in my car seat.”



2.
“We parked the car and Mummy is helping me out through the Safety Door.”



3.
“After we picked up Thomas from school, we all walked back to the car holding hands. We both got in the car using the Safety Door. Mummy buckled me into my car seat and helped Thomas into his booster seat. When I go to big school I will sit in a booster seat just like Thomas.”

Spot the difference

Before you go on a journey, help your child spot the six differences in these photos. Talk about how important it is for everyone to stay buckled up on the journey.



Answers:
Boy's T-shirt colour; Girl's hair clip;
Toy bunny; T-shirt emblem;
Wrist watch; Safety Door sticker.



Hold my hand



Transport
for NSW

An activity sheet for you and your child to use together

Use these pedestrian safety messages

- “Whenever we are out walking, we hold hands.”
- “If we can't hold hands, you can keep close by holding onto me, the bag or the stroller.”
- “If you don't hold hands or stay close, we'll have to go home.”



Talk with your child about:

- Where it is safe to walk and cross the road, car park or driveway.
- When it is safe to walk and cross.
- Why we need to stop and wait before crossing.
- Why it is important to hold a grown-up's hand when crossing.
- What to look for when crossing.
- What to listen for when crossing.

Activities to do when you're out and about and at home.

- Sing this song: 'Here we go walking'
(To the tune of 'Here we go round the mulberry bush')

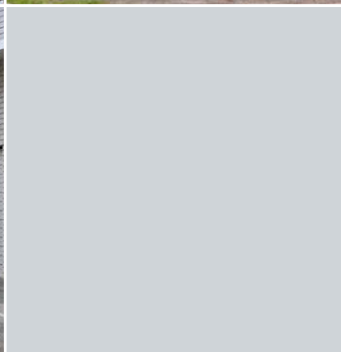
Here we go walking holding hands,
Holding hands, holding hands,
Here we go walking holding hands,
Whenever we're out and about!

- Make up your own songs using the pedestrian safety messages on the front of this activity sheet.
- Visit the *Kids and Traffic* website www.kidsandtraffic.mq.edu.au to download more road safety songs.



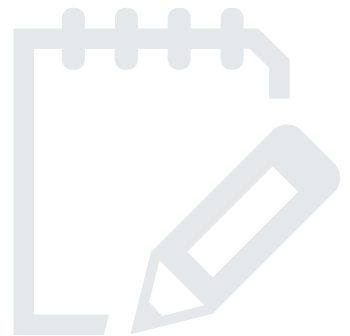
Watch out cars about

Talk with your child about all the different places where cars might be and where children always need to hold a grown-up's hand. Also talk with them about safe places that grown-ups use to cross the road.



Draw a picture of your family holding hands

Tell your story about holding hands with a grown-up.





Playing safely



Transport
for NSW

An activity sheet for you and your child to use together

Use these safe play messages

- “Always ask a grown-up where it is safe to play.”
- “When everyone has their helmets and shoes on, we can ride our bikes.”
- “If anyone isn’t wearing their helmet or shoes properly, we’ll put the bikes away.”
- “Don’t play in the driveway.”



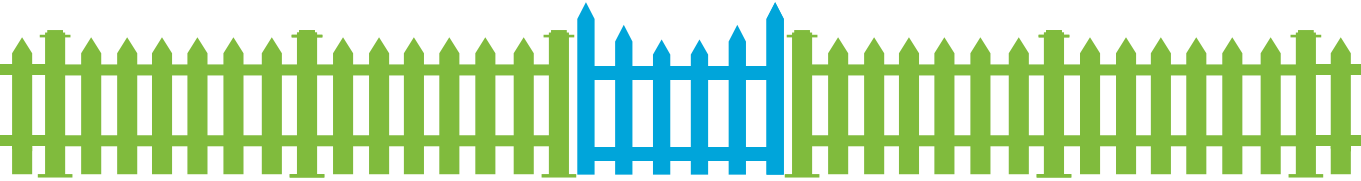
When I ride my bike, trike or scooter, a grown-up checks that ...



- I always wear my helmet.
- I always wear closed-in shoes.
- My helmet is firmly buckled up.
- I play and ride in a safe place, away from the road, driveways and cars.
- I am always supervised.

Talk with your child about why these things help keep them safe.

Draw a picture of you playing safely away from the road



Jessica is riding safely

1.

"Mum is putting on my helmet so I can ride my bike. She puts the helmet on my head, making sure it fits."



2.

"I put just two fingers above my eyebrow to check my helmet is in the right position on my head. Then Mum makes sure the straps are around my ears and not twisted."



3.

"The buckle is done up tightly under my chin. Mum checks that the helmet doesn't slide back and forward and fixes the straps so it fits perfectly."



4.

"Now I'm ready to go. I always wear my helmet when I ride. I got this new pink helmet for my birthday. Mum and I went to the shops and tried them all on and I picked this one."