Safety Tips:
K – 3rd Grade (5-8 Years)

Safety In and Around Cars
• Children who grow out of car seats still need a booster seat. A child should only go without a booster seat when:
  • The child’s knees bend at the edge of the seat when his or her back and bottom are against the vehicle seat back.
  • The vehicle lap belt fits across the upper thighs.
  • The shoulder belt should fit across the shoulder and chest (Children are usually between 8 and 12 years old when the seat belt fits them properly).
• Trunks are not meant for playing or hiding. Lock your car doors and trunk when not in use.
• Do not ever place your child in the front seat with a passenger airbag.

Bike and Skate Safety
• Ensure proper bike fit by bringing the child along when shopping for a bike. Select one that is the right size for the child, not one he or she will grow into.
• Make sure your child has the right size helmet and wears it every time when riding a bike, skateboard, or scooter.
• Actively supervise children until they are responsible to ride on their own. Limit riding to sidewalks to avoid collisions with cars.

Traffic Precautions
• Children under 10 should cross the street with an adult.
• Teach children to look left, right and left again when crossing the street and to never dart out into the street or cross between parked cars.
• Only cross streets at corners, using traffic signals and crosswalks.
• Walk on sidewalks or paths whenever possible. If there is no safer option, walk facing traffic as far to the left as possible.
• Do you want to learn more and become an advocate for safety on the way to school? Visit http://saferoutespartnership.org/ for resources.

Preventing Scalds/Burns
• Don’t allow children to use a microwave by themselves until they are both tall enough to reach it safely and able to understand that steam can cause burns.
• Actively supervise kids in the kitchen and around electrical appliances and outlets. Teach them how to act responsibly.
• Place matches, gasoline and lighters in a safe place, out of children’s reach. Avoid novelty lighters or lighters that look like toys.
• Apply sunscreen before going outside and reapply every two hours and after swimming.

Avoiding Falls
• Don’t let kids play on high porches, decks, stairs, balconies, or on top of furniture.
• Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch.

InjuryPrevention.StanfordChildrens.org
Sport Safety

• Make sure your child has a pre-participation physical exam (PPE) before playing in organized sports.
• Encourage children to drink water before, during, and after athletic activities.
• Children should always warm up and stretch before play to prevent injuries.
• Make sure your child’s coach is trained in first aid and CPR and knows how to prevent, recognize, and respond to concussions and overuse injuries.
• It is recommended that children get 10 consecutive weeks off for rest from any one sport every year.
• Wear proper protective sports gear.

Water Safety

• Teach children never to enter or go near water without an adult near by and to always swim with a partner.
• Make sure your home pool has a proper drain cover or shut-off function to prevent body parts, clothing, or hair from getting trapped.
• Install a window or door alarm to alert you if a child wanders into the pool area.

For Extra Peace of Mind

• Teach your child important emergency phone numbers.
• Make sure your child has safe and engaging afterschool care.