

# Safety Tips:

## Parents of 3<sup>rd</sup> – 5<sup>th</sup> Graders (8-10 Years)



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Childhood Injury Prevention

### Safety In and Around Cars

- Children may not ride in the front seat until they are 13.
- 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 for playing or hiding. Lock your car doors and trunk when not in use.

### 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, skating or scooting.
- Actively supervise children until you're comfortable that they are responsible to ride on their own. Limit riding to sidewalks only to avoid collisions with cars.

### Preventing Burns

- Do not 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 and 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.
- Make sure your child applies sunscreen before going outside and reapplies every two hours and after swimming.

### Avoiding Falls

- Do not allow your child to play on high porches, decks, stairs, balconies, or on top of furniture.

### Traffic Precautions

- Children under 10 should cross the street with an adult. But, 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.
- Make sure children stop walking and find a safe place to talk on their cell phone when walking near the street.
- Children should remove headphones when crossing the street.

## Water Safety

- Teach your child to swim.
- 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 activities.

## 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.
- Make sure your child wears proper protective sports gear.



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