



Spring weather brings us outside to enjoy warmer days and activities, plus we tend to travel more often. Here's some tips from SeeMore so you can keep safe on the road.

Crossing the road

Teaching children about road safety starts at a young age. As a parent you can help make them safe road users, pedestrians, cyclists and even drivers of the future as they learn about road safety and their environment from the people around them. Teaching them how and where to cross a road safely is the first step.



Tips to help kids cross a road

- 1 Find the safest place to cross.
- 2 Each time you come to cross the road, take their hand and remember to stop every single time and say to them, "Let's cross here safely."
- 3 Tell them to open their ears and listen for traffic.
- 4 Teach them the "STOP SEE SAFE" saying: STOP to SEE if it is SAFE to GO. See by looking to the left, looking to the right and the left again. If it is safe to go, say to them, "Any cars?" Okay, "Now it's safe to go!"
- 5 Then walk straight across without running.
- 6 If it is at a crossing, get them to look at the signal, point out the person walking, and explain the red means it is not safe to go, so they stop and wait. The green person tells them when they can cross. But it is still important to get them to look left, look right, then left again. Say, "Any cars?" Okay, "Now it's safe to go!"

Staying safe in the car

Driving a car has its challenges without all the distractions we have around us. Car travel has become second nature to us all and sometimes we forget how many things are happening at once while we make our way to our destination.

Remember to stay focussed and get to the destination safely.



SeeMore's tips for drivers

- Obey the road rules.
- Keep your eyes on the road.
- Don't let your guard down when travelling at slower speeds.
- Make sure all passengers are in the correct seat and their seatbelt is adjusted correctly.
- Keep loose items in the boot or a bag.
- Keep your mobile phone on silent or "do not disturb" while driving.
- It is safer to get children out of the car on the left side away from the traffic.
- Watch out for children when backing out of driveways.
- Don't leave children unattended in the car.



Good weather and more daylight hours gives families time to play and enjoy nature.

Is your child's carseat installed correctly?

Many child restraints are installed incorrectly in vehicles which increases the risk of injury to children. It pays to have your car seat checked by an approved fitter to ensure your child is safe. Children aged up to four years must use a car seat with an in-built harness. Children who use an adult seatbelt too early are 3.5 times more likely to sustain a significant injury as a result of an accident*. Make sure your child is in the correct sized seat for their height and weight, not just their age.

Check the tension of the seatbelts so they cross your child's body in the correct position.

*<https://www.ama.com.au/media/child-car-seat-danger>

Is your child big enough for an adult seat?

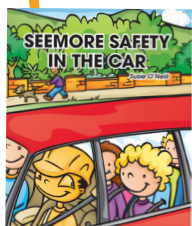
- Do the 5 step test to see which seat they need.

5 Step Test

- Lower back against the seat
- Sash belt against the shoulder
- Knees bend over seat
- Lap belt low against hips, touching thighs
- Child stays in position for whole trip



For more car seat information visit <https://kidsafe.com.au/crguidelines/>



If you would like a copy of our 'SeeMore Safety in the Car' book and/or hazard identification poster, please go to www.kidsfoundation.org.au/store



The Booster Tag is a collaboration between RACV and the TAC. Any child who fits clothes displaying the Booster Tag is likely to be still under 145cm tall and is safest travelling in a booster seat.

Go to <https://boostertag.com.au/> to find out more.

SeeMore's tips for fun car rides

On a long trip, it's important to take a break at least every two hours to get out and stretch your body. Children will enjoy the break from the car too. Keep your children entertained with their eyes on the road while you drive. Play simple games that will not distract yourself as the driver - or involve a passenger.

Fun car games to play

- **Car Cricket** - count all the cars of a certain colour until a bus or taxi passes by and then you're out. The person with the highest score wins.
- **Snap** - keep an eye out for two vehicles that are the same colour. Call snap and say the vehicle, "Snap! red car!"
- **Develop your child's language skills** - play eye spy, sing songs, recite nursery rhymes, or even describe the things you see as you drive. These activities stimulate the brain and develop thinking processes. *The wheels on the bus, Twinkle twinkle little star and Baa baa black sheep* are some ideas to get you started.

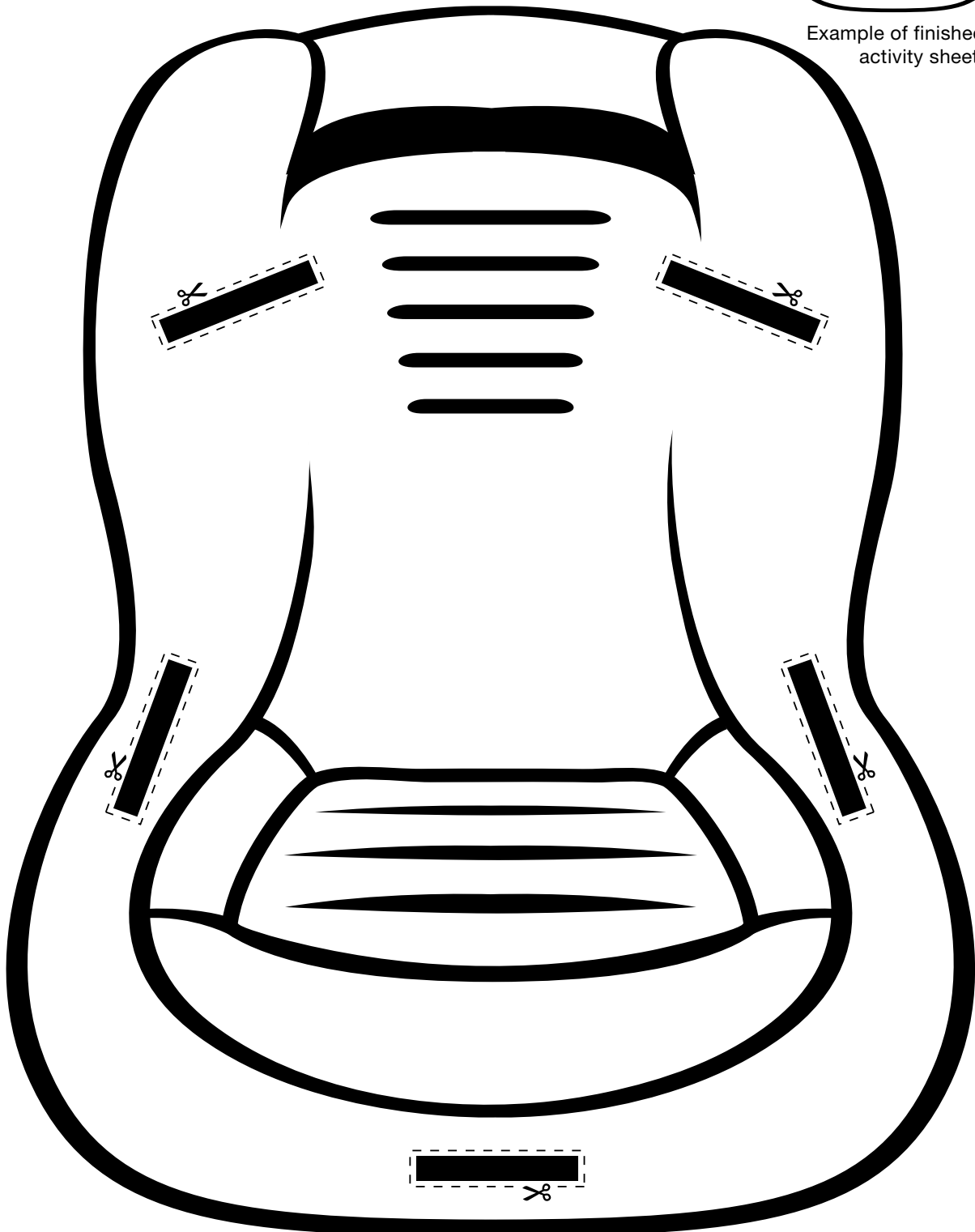
SEEMORE'S TIPS FOR CAR SAFETY



Cut out the five slots. Thread 3 strips of card through the slots to create a seatbelt. Cut out the buckle and stick in place.



Example of finished activity sheet.



SEEMORE'S TIPS FOR CAR SAFETY



Cut along the dotted lines and fold to create your own SeeMore Safety in the Car mini book, then colour in the pictures.



“Remember to always buckle up”. Example:



SEEMORE'S TIPS FOR CAR SAFETY



Cut out black paper and stick onto the sheet to create a seatbelt.

