

Footsteps

Child Road Safety and Awareness Training Programme



Parents' guide for children

Here are some ideas to help you teach your child to become more confident in road safety, one of the most important life skills a child needs to learn!

- Encourage your child to make their own decisions safely when you are out and about together. Ask lots of open questions and involve your child in the decision making.
- Always be a good role model as your child will copy your behaviour. Even if you are in a hurry, never do anything you wouldn't want your child to do.
- Bend down to your child's height to get a better understanding of their experience of the world and what they can and cannot see.



Stop at the roadside, ask your child where it is safe to cross the road where to get the best view (not near a junction, bend, or brow of a hill).

Discuss why they need to stop and wait. Ask why they need to hold your hand. Ask what your child can see. Remember you have more experience of judging traffic and speeds, but your child has not yet learnt those skills.

Name parts of the road, for example 'a kerb,' or 'driveway'. Ask questions such as why do they think the road dips down in front of a house or shop? And why should we walk on the pavement and not run?



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Look at the traffic. Discuss which direction the vehicles are coming from and explain that traffic can come from several directions. Remind them to look into drives and other vehicle access points.

It is important to make sure that children look with their eyes, very often they just shake their heads from side to side. Let them know how important it is to look all around, not just left to right.

Ask them if the vehicles are moving towards them or away from them.



Listen and ask if they hear a vehicle before they can see it.

Explain that some electric vehicles make little sound or no sound at all! Explain how emergency vehicles who have a blue light or siren, may not always behave as you would expect. For instance, they may travel on the

opposite side of the road to bypass traffic and not adhere to red lights at signalised junctions or crossings.



Think - how will you cross the road?

Walking or running? Why? Which is the safer option when crossing the road, straight across or diagonally? Why?

Ask your child where it is safe to cross the road (not near a junction, bend, or brow of a hill).



Zebra crossings

Where do you stand to wait? Why must you wait until the traffic has stopped? Remind your child to continue looking all around whilst crossing with you in case a driver has not seen you.

Pedestrian light-controlled crossings

What will pushing the button do? Which vehicles may not stop at a pedestrian light-controlled crossing or a zebra crossing – emergency vehicles on blue lights or a driver not concentrating!



For more information please contact:

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