



October Walk to School Month

Safety Tips for Parents

Driving Your Child Safely to School

- Allow enough time to get your child to school so that you do not rush getting there.
- Know and obey the speed limits in the school zone.
- Pay attention and yield to children walking and biking around the school.
- Look right before you turn right to make sure a child isn't crossing the street.
- Do not text or use your hand held mobile phone while driving. It is the law.
- Avoid backing up in the school zone. Young children are small and hard to see.
- Don't keep your car engine running in the school zone. It is bad for the air and for children's lungs.
- Drop off your child on the school side of the street so that your child doesn't have to cross the street.



Park and Walk to School

- Consider parking a few blocks from the school and walking with your child the rest of the way. This will help make a safer place for those who choose to walk and bike to school.

Walking Safely with Your Child to School

- As you walk with your child to school, take time to teach your child safe walking skills.
- Children under age 10 should be supervised by adults when crossing streets.*
- Look left, right, and left again before crossing.
- Cross streets at a corner. Use signals and marked crosswalks if possible.
- Make eye-contact with drivers before crossing in front of them.
- Walk across streets. Don't run.
- Walk on sidewalks or paths. If there are no sidewalks, walk in the opposite direction of oncoming traffic.
- Avoid crossing the street between parked cars.



* You know your child best. However, parents tend to overestimate their children's ability to make safe choices. Younger children often assume that they are visible to drivers when walking, when in fact they are not.



Biking Safely with Your Child to School

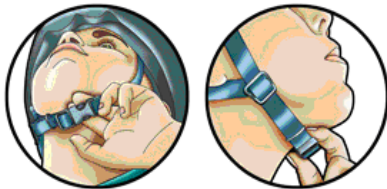
- As you bike with your child to school, take time to teach your child safe biking skills.
- Children under age 10 should be supervised by adults when biking.*
- Make sure the bike is the right size for your child.
- Wear helmets. When you wear a helmet, your child is more likely to wear one.
- Establish the rule: No helmet, no bike. It is the law for anyone under 18 years old, and it is the safest way to ride.
- Let your child pick out the helmet so he/she is more likely to enjoy wearing it.
- Ride bikes on the right side of the road: bikes travel with traffic, not against it.
- Look over your left shoulder to see what is coming behind you, especially when turning left.

Make sure your child's helmet fits

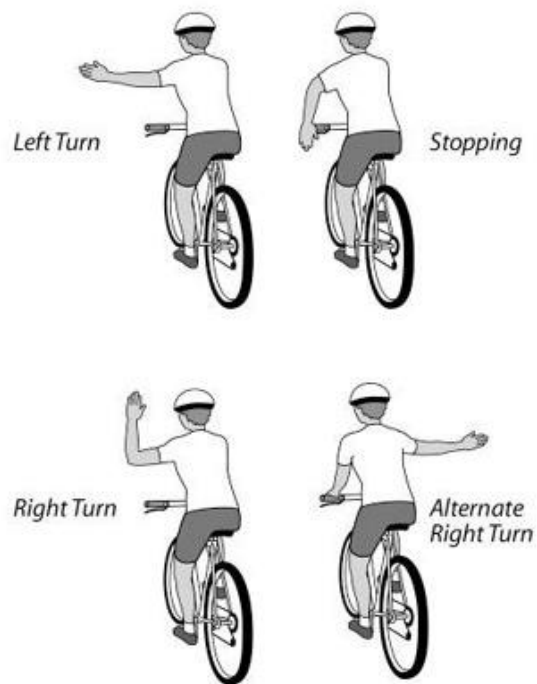
- It should be worn squarely on top of the head so that it is level.
- It should cover the top of the forehead.
- The helmet should not move from side-to-side or front-to-back.
- The side-straps should go under the ears.



- The chinstrap should always be fastened.
- The chinstrap should fit snugly. You should be able to snugly fit a finger between the chinstrap and the chin.



Signal before turning



- After signaling, look to make sure your signal has been seen by drivers.

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