

# Preschool

## Make Your Home and Vehicle Safe for Your Baby

### Pedestrian Safety

Children under 9 years of age should not cross the street without direct adult supervision. A child's sight, hearing and mental development are not the same as that of an adult's. Children can be easily distracted and are not aware of the dangers when crossing a street.

Teach your child how to cross the street safely:

- Only cross at a crosswalk and never run into the street.
- Do not come out into the street from behind or between parked cars.
- Look left-right-left and only cross when there are no vehicles in either direction.

Make sure your child wears the right helmet and safety equipment when biking, roller-blading, skateboarding, ice skating, snowboarding or scooting.



Be a positive role model as a parent and always wear your helmet.

This resource may be photocopied. This program was revised with permission from Alberta Health Services.

### Playground Safety

#### Equipment

- Allow your children to only use equipment that is the right size for them. Children under 5 years of age should not play on equipment higher than 1.5 m (5 ft.).
- Make sure the equipment is in good shape; no splinters or cracks, no bolts sticking out, and with handrails on ramps and platforms.
- Spaces in or between equipment should be smaller than 9 cm (3.5 in.) or larger than 22.5 cm (9 in.).



#### Surface

- The ground should be covered with rubber, dry wood chips, pea gravel, or sand that is at least 15 to 30 cm (6 to 12 in.) deep to protect your child if he falls. Grass and dirt are too hard to protect your child.

#### Clothing

- Children should not wear clothing with hoods, strings, scarves or other parts that can get caught on equipment.
- Children should remove bicycle helmets and backpacks before going on playground equipment.

#### Supervision

- Always be an arm's reach away of children under 5 years of age when they are using equipment such as swings, slides, climbing equipment or are at heights above the ground.

### Booster Seats

Once your child has reached the weight limit of his or her forward facing car seat (minimum of 18kg {40 lbs.}), he needs to use a booster seat to ensure proper placement of the seat belt.

To check when your child fits a seat belt and no longer needs a booster seat, have him sit with his back straight against the vehicle seat and answer the following three questions:

1. Does the shoulder belt go over your child's collar bone and the middle of the chest without touching the neck or face?
2. Does the lap belt lie low over the child's hip bones, without riding up on her stomach?
3. Do your child's knees bend comfortably at the edge of the vehicle seat?

If the answer to any of the above questions is NO, then your child needs to continue using a booster seat.