

- ✓ Safety as a pedestrian
- ✓ Safety on the road
- ✓ Fire safety at home



Your **family's safety** at home and on the roads

department for
education and skills

Department for
Transport



AT A GLANCE



How to help keep your child safe on the road and at home

- Always set an example of good road safety when out and about with your child.
- Talk to your child about what's safe and dangerous in the traffic and always hold the hand of younger children.
- Explain to your child what a zebra crossing is and tell them to wait until traffic from both directions has stopped before they cross.
- Encourage your child to learn the Green Cross Code and use it properly.
- Make your home safe for your children by fitting a smoke alarm, making an escape plan and following the other advice in this booklet.
- Teach your children what to do if there is a fire.
- Teach your children the important list of fire safety rules.

Did you know?

The best way to teach road safety is to practise it in real life situations.

Making road and fire safety part of everyday life

Do you worry about your child when they're around traffic? Or when they're crossing the road on their way to school? Do you wonder if they'd know what to do if there was a fire?

If the answer to these questions is yes, it's understandable. In 2004, 2,339 children under 16 were killed or seriously injured crossing the road. It's also true that around 20 children are killed and more than 900 injured in house fires every year.

The best people to teach children about safety, both on the road and at home, are their parents. By following the example you set them and the advice you give them, they will be better equipped for safety in both situations.

That's what this booklet is about. It will help you to:

- teach your child to be safe as a pedestrian**
- teach your child to cross the road safely on the way to school**
- protect your home against fire**
- teach your child the fire safety rules.**

Encouraging road safety

Always try to set a good example to your child. As you are out and about with them, practise good road safety by:

- explaining the rules of road safety
- letting your child make decisions with you, so they learn to take responsibility for their own safety
- letting your child plan safe routes to school and to the shops
- making sure other members of your family and carers set the same good example.

Taking the children to school safely

When your child walks to school, there are some simple rules to follow to help keep them safe as a pedestrian on the pavement and when crossing the road.

- Show your child where the kerb is and make sure they understand it's the edge of the pavement.
- Make sure they understand 'stop' and 'go'.
- Tell your child always to stop at the kerb.
- Ask them to help you decide where to stop.

Remember...

...always hold your child's hand when they are on the pavement or road.

Crossing the road

- Always look for a safe place to cross the road and your child will do the same.
- Tell them it is safest to cross when there is a pedestrian crossing or crossing patrol.
- Explain you have to look both ways and listen for traffic before crossing.

Practical tips

- Tell your child not to cross where drivers can't see them or where they can't see far along the road, for example near a bend or between parked cars.
- Explain that if they have to cross between parked cars, they should take extra care and check that the cars won't start moving.
- Explain what a zebra crossing is and tell your child to wait until the traffic's stopped before crossing.

The Green Cross Code

Once children reach the age of seven, they need to learn the Green Cross Code, though they probably won't be ready to cross the road alone until they are eight or nine.

Remember...

...Just knowing the code is not enough. Your child also needs to understand why each stage is so important.

1. THINK FIRST
Find the safest place to cross, then stop.
2. STOP
Stand on the pavement near the kerb.
3. USE YOUR EYES AND EARS
Look all around for traffic, and listen.
4. WAIT UNTIL IT'S SAFE TO CROSS
If traffic is coming, let it pass.
5. LOOK AND LISTEN
When it's safe, walk straight across the road.
6. ARRIVE ALIVE
Keep looking and listening for traffic while you cross.



Encouraging fire safety

Young children are curious about fire and flames so it's important to teach them how dangerous fire can be and how quickly it can get out of hand.

How to make your home safe for your children

- Fit smoke alarms on each level of your house. Keep them free from dust and test them once a week.
- Make a fire action plan so that everyone, including your children, knows how to escape if there is a fire.
- Keep the exits from your home clear so that you can escape if there is a fire. Make sure everyone in your home can easily find keys for doors and windows.
- Take care when cooking. Never leave young children alone in the kitchen.
- Take extra care when cooking with hot oil.
- Never leave lit candles on their own in rooms that nobody is in or where your children are on their own.
- Make sure cigarettes are stubbed out properly, disposed of carefully and never smoke in bed.
- Don't overload electric sockets. Remember one plug for one socket.
- Keep matches and lighters where children cannot see or reach them.

Teaching your child what to do if there's a fire

A fire can start in moments, and you and your children will have to think quickly.

- If they see smoke or flames, tell them to raise the alarm and tell a grown-up straight away.
- Tell them to get out of the building as soon as possible. Go to a neighbour's house and tell them to call 999 and ask for the fire service.
- If there is smoke, tell them to crawl along the floor where the air is cleanest.
- Never let them hide in a cupboard or under a bed.
- If their escape route is blocked, tell them to go into a room with a window. Put blankets and towels around the bottom of the door to stop the smoke getting in. If there is a phone in the room, call 999. If there isn't a phone open the window and shout for help.

Fire safety rules – just for children

- You can never play safely with fire – it can get out of control really fast.
- Never play with matches or lighters or a lit candle. If you see matches or lighters lying around, tell a grown-up.
- Don't play close to a fire or heater or leave your toys near a fire or heater.
- Don't pull on electric cables or fiddle with electric appliances or sockets.
- Never switch the oven or hob on.
- Don't touch any saucepans on the hob or be left alone in the kitchen when a grown-up is cooking.
- Don't put anything on top of a heater, lamps or other lights.
- If you see a fire, tell a grown-up immediately.



Want to find out more?

If you'd like to find more help on road safety for parents and guardians, check out the following guides available from the Department for Transport:

Get across road safety for parents of 0 to 6-year-olds (TINF/803)

Get across road safety for parents of 7 to 10-year-olds (TINF/804)

To order a copy of the guides,

 **0870 1226 236** or email **df@twoten.press.net**

All the information contained in the guides can also be found at the website:

www.thinkroadsafety.gov.uk

If you'd like to find more help on fire safety for parents and guardians, check out the following websites:

www.firekills.gov.uk

The Office of the Deputy Prime Minister

www.odpm.gov.uk

The Department of Trade and Industry

www.dti.gov.uk

Fire safety for parents and childcarers is one in a series of fire safety leaflets available from your local Fire and Rescue Service.

Can't get onto the internet at home?

Visit your local library which will have computers and internet access.

Copies of this publication can be obtained from: DfES Publications, PO Box 5050, Annesley, Nottingham NG15 0DJ.
Tel: 0845 60 222 60 Fax: 0845 60 333 60 Email: dfes@prolog.uk.com Please quote ref: PKHFM17

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