

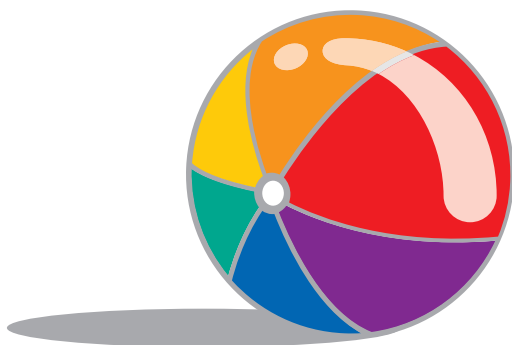
# 4 safety & 5 builders



# What Do You See?

**A**s your child grows, it is important to take a new look at your home and its safety. Get onto your knees and “walk” around your home. At this height, you will see things in the same way that your child sees.

Do you see anything unsafe that might be interesting to your child? Can you reach any medications or cleaning supplies? Are there any sharp corners just above your eye level? Even though your child is not a baby anymore, there are still many things that can be dangerous to him!



# Helmet On Please!

**I**t's likely that your preschooler has been on a tricycle, scooter, or maybe even a bicycle. If you haven't done it already, get a helmet for your child. She may not like to wear it, but if you are consistent about having her wear her helmet every time she rides, she will get used to it. She will be more likely to wear the helmet without a fight if she is part of picking it out. Plan a special trip to the store to pick out a helmet together. If she wants, let her get some stickers, model paints or fingernail polish to decorate her helmet and give it her own personal touch. And parents need to wear a helmet too, to model good behavior.



# Who Are You Going to Call?

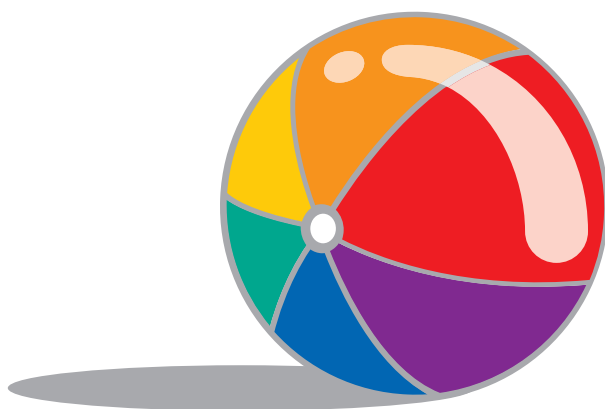
**N**obody likes to think about an emergency happening in our home. Still, it is important to be prepared. If an emergency happens, it can be difficult to remember even simple information. So, find out what numbers to call in your community and tape them near your phone, along with other important information like your home address. In addition, consider taking a Child CPR/First Aid class. CPR stands for cardiopulmonary resuscitation. To find out about classes in your area, call your local hospital or the American Red Cross. Talk to your child's doctor about what types of supplies and medications you should have on hand in your home, and write down the instructions for how to use them. When leaving your child with another adult, make sure that they know:

- Where you keep your phone numbers
- Where you are going to be and how to contact you
- The address where they are watching the child so that they can give it to the emergency operator
- Where you keep emergency medications and how to use them

If another adult watches your child for you regularly, consider having them trained in CPR/First Aid as well.

# 9-1-1

**Y**our child is old enough to learn how to dial 9-1-1 in case of an emergency. Teach her how to use the phone and how to press the numbers 9-1-1. Make sure to say **“nine, one, one”** and not “nine, eleven” since there is no “11” on the phone and this can confuse your child. You can unplug the phone so that she can practice pressing the numbers without actually dialing. Make sure that your child understands that we only use this number if there is something wrong and there is no one around to help. Let her know that the police will answer the phone and come to help her if she needs it. You do not need to describe possible emergencies, because hearing these details may scare her. Just tell her that this is an important number for her to know.



# Little Swimmer

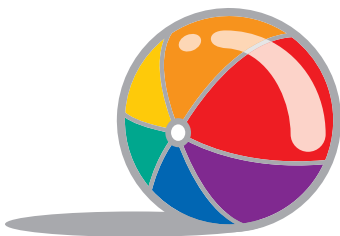
**E**ven if your child knows how to swim, it is important to remember that he still needs to be watched by an adult who knows how to swim every second that he is near water. Often parents feel like their child is safe because he is wearing water wings, a life vest, or is using a raft or inner tube. All of these pool toys are just that, "toys." They are not designed to protect your child from drowning. Remember, always have an adult in charge of watching the water, and your little swimmer! And think about taking a Child/CPR class. CPR stands for cardiopulmonary resuscitation. This training will teach you valuable, life-saving skills. Call your local hospital or the American Red Cross to find out about classes near you.





# Little Fire Fighter

**Y**our child probably gets very excited when she sees a fire truck on the street. Imagine what she would do if she was able to look at one close up and meet a real firefighter! Most fire stations are happy to give you a tour and talk to your child about fire safety. Call your local fire department and arrange to visit with your child. If they do not allow visits, ask if they will be having a demonstration at a local event or school. It is so important that your child learns to trust the people in your community that are there to protect her!





# Wave to the Police!

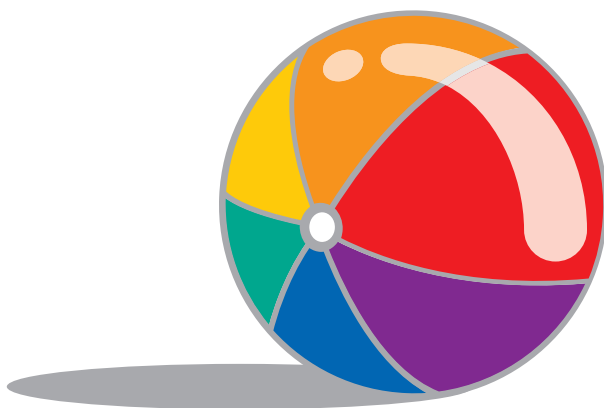
**I**t is important that your child learns to trust police officers. There may be times when he will need to rely on them for protection. If he is ever separated from you, the best person for him to get help from is a police officer. The easiest way to build this trust is to have a positive attitude about the police. When you are driving and see a police car or motorcycle, point it out to your child and have him wave hello. If you are walking and pass an officer on foot, encourage your child to say hello and have a conversation if the officer isn't busy.



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# Safety Walk

**T**ell your preschooler there are three types of things: 1) Things that are Safe, 2) Things that are Safe with a Grown-up, and 3) Things that are Not Safe. Take your child on a "Safety Walk." As you pass different things, talk about which type they are. For instance, in the bathroom, the toilet is safe, the bathtub is safe with a grown-up, and a shaving razor is never safe for a child. Outside, a ball is safe, a car is safe with a grown-up, and crossing the street without a crosswalk is never safe. Let your child help decide which is which. You are helping her learn to take care of herself and her safety!



# Road Rules

**W**hen you are driving or riding around, point out to your child the different signs along the roadway. Talk about a stop sign. It is always red and has the letters STOP on it. A speed limit sign has numbers on it and tells you how fast you can drive and still be safe. Show your child what a crosswalk or railroad crossing sign looks like. Talk together about all the different signs you see – what they mean, why they are important, and how the rules that the signs tell you about keep you safe.



# Knock, Knock

**D**oes your child get excited when he hears a knock on your door? At this age, he is probably able to open the door by himself. Your preschooler is old enough to learn not to open the door unless an adult is right next to him. Explain that sometimes people come to the door that you do not know. After you have explained the new rule, try practicing a few times together. Have a friend or family member go outside and knock. Have your child practice getting you before he opens the door. If he forgets, do not get angry. Just keep practicing! You should still keep doors locked and use safety tools like doorknob covers and latches that are too high for your child to reach.



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four and five year olds

# Notes