

safety builders



More About Me

Chances are your child already knows basic information like his name and how old he is. Talk with him about what he needs to know if he gets lost or separated from you and help him learn more information. Help him learn his full name and phone number including the area code. Teach him your full name and his address including the state. It will be easier to remember with a song or a rhyme, so try putting the words of his name and phone number and address to a tune you know, or clapping to a beat that will help your child remember.



Updated Information

It is also a good idea to keep up-to-date information about your child as a safety measure in case she gets lost or is ever missing and you need to tell people what she looks like. Take a picture of your child at least once a year, and on the back of it write her age, her height, her weight, color of hair and color of eyes and any marks on her body that are unique, such as a birth mark or scar.



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three year old

Make a Plan

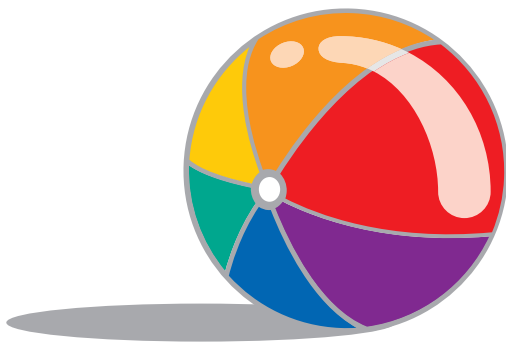
Whenever you visit a new place, especially one that is large where your child might get separated from you, take a few minutes to talk about what to do if he gets lost. For example, if you are going to a family gathering at a large park, visiting the fairgrounds, or shopping in a very large store, talk with your three year old about how important it is to stay with an adult, or to ask an adult to go with him if he wants to go somewhere. If for some reason he gets lost, talk about who he should look for (such as a park ranger, a grocery store employee, a security guard) – an adult who can help him find his family.



Safe Climbing

Three year olds like to climb and it is good for them to climb. Climbing can help build your child's strength, balance and coordination, but it needs to be safe.

You can go to a park that has equipment your child can climb on. Check to make sure the equipment is safe, and let her work on reaching, stretching, balancing, climbing and jumping. Watch closely and help your child when she needs it, giving a hand, support or a boost, and praising her when she accomplishes what she wanted to do. If you have some time at home, set up a climbing obstacle course of chairs, boxes, stepping stools or ladders that she can climb on with your supervision.



Fun in the Sun

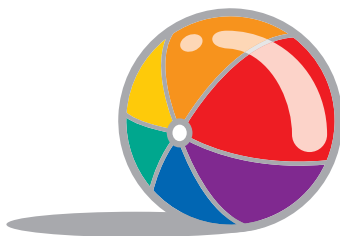
Playing outside in the sun is fun, especially if you are prepared! Teach your child about sun safety. Make a checklist together to keep in your purse or baby bag, or tape by the door to remember how to have fun in the sun. Go over the checklist with your child when you get ready to go outside, and let your child help by saying **Check!** if you've got all the items on the list. For example, say, **The first thing is sunscreen. Did we put on sunscreen?** Help your child say, **Check!** if you put it on. After a few times, she'll get the idea and be saying "check" without help! **The next item is a hat. Do we have our hats? Check! We also need something to drink to keep us from getting thirsty! Did we bring water (or juice or milk)?**

NO! Uh-oh, let's get something to drink and then we'll be ready.



I Love My Helmet!

If your child is starting to ride a tricycle, bicycle, scooter or skate board – even if he’s on the back of your bicycle – he needs a helmet. It’s the law, but it’s also important to keep his head safe in case of a fall. It may take a while for your child to get used to wearing a helmet, and he may not want to wear it. Two ways to help him adjust to wearing a helmet are: 1) to make sure he wears it EVERY time he’s riding, and 2) to personalize it, so that it becomes a treasure that he loves to wear. Use permanent markers or fingernail polish to draw pictures or cool designs. Find stickers of his favorite characters or use a little glue and glitter for sparkle. Your child learns by watching you. You can also model safe behavior, by wearing a helmet every time you ride.



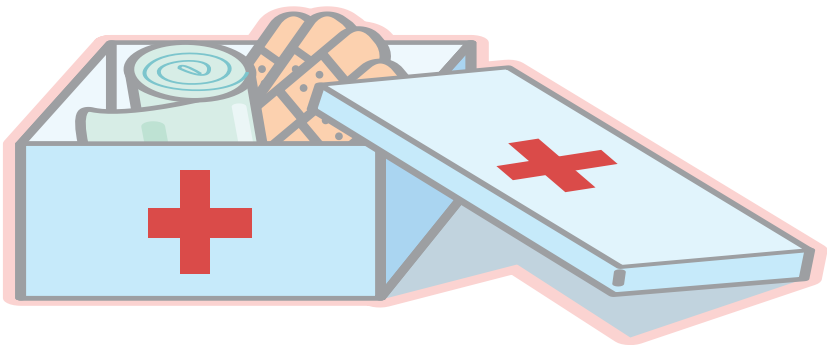


First Aid Fun

Let your child help you make a first aid box. Talk together about what a first aid box is and where you will keep it. For example:

We need to put together all the things we might need to help us if we get hurt – like a cut or a burn. Let's find a box or bag to keep it in and a special place to put it.

Talk about the things that can go into a first aid kit like bandages, soap or antiseptic wash, antiseptic ointment and burn ointment, medicines your family might need, tweezers, pain reliever (ibuprofen or acetaminophen/non-aspirin), and antacid. Decorate the box together. You could decorate a shoebox with paper and stickers, or use permanent markers and stickers on a heavy duty storage bag with a zip lock. Remember to store your first aid box high, out of sight and reach of your child.

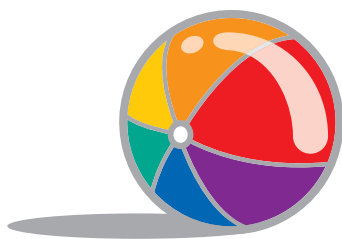


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three year old

Red Light/Green Light

Teach your child a simple game of “red light/green light.” When you see a traffic signal, show her that when the light turns green the cars can go. When the light turns red, the cars have to stop. Then play a game of “red light/green light” with your child. Have her stand in front of you, facing away from you. Find an object that is some distance away from you like a tree or a fence. Tell her she is trying to get to that object and touch it, but she has to obey your commands. When you say **green light**, she can run toward the fence or tree. But when you say **red light**, she has to stop. Say **green light** and let her run a distance, then shout, **red light!** Keep on giving her green and red signals until she reaches the fence. Play this game often with your child, so that she understands that when you yell **red light** she needs to stop. Then, if you are in a situation where you need your child to stop running ahead of you, you can use the “red light” command to help her understand.



Change Your Batteries

You may have already purchased a smoke alarm for each level of your home (for example, first floor, second floor). If not, now is the time to do it! For extra protection, you can put a smoke alarm in the rooms where you sleep and outside the room too. Talk to your child about a smoke alarm and how it will make a loud noise if there is smoke in the house. Talk about how if there is a fire in the house, there will be smoke and you need to get outside quickly. The alarm sound will wake you up if you are sleeping or get your attention if you are in another part of the house. You should change the batteries in your smoke alarm twice a year (when the time changes for daylight savings and back). If you haven't changed the batteries lately, do it now, and write the date that you changed it on the alarm. (The alarm may be too loud and scare your child, so you may want to test it when he is in another room or with another adult.)

Fire Drill Time

If you did a fire drill activity with your two year old, it's time to practice again so your child remembers as he grows. There's a good chance that if a fire breaks out in your home, you will not be expecting it. But you can have a plan for what to do if there is a fire. Most importantly, you need a plan for how you will get out of the house quickly. You can make a fun activity out of pretending that there is a fire in the house, and walking your child through the steps of listening for the smoke alarm, and walking with you through your "escape route." This may be down hallways and through doors to a front yard or back yard, or out through a bedroom window. By practicing together, you will find out if you need to create a way to get up to a window or down to the ground safely, or if you need to clear a better pathway to outside.



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three year old

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