

Parents' Role in Keeping Children Safe

As a parent/guardian, you know that your children are always watching and learning from you. Parents/guardians are the most important role models in a child's life. This is just as true when it comes to safe walking as it is with anything else. **By modeling safe walking habits when you are out walking with your child/children, it could lead to increased safe behaviors and decreases in walking-related deaths and injuries.** Remember every step you take is a teachable moment. With your safe walking habits as a guideline, your child/children will be on their way to forming safe walking habits for themselves.

Here are a few basic safety behaviors you can role model for your child/children:

BE AWARE

Engage your child by pointing out different hazards and obstacles and discuss safe actions to take.

STEP TO THE SIDE

If you have to call or text, move out of the way of others and stop on the sidewalk in a safe place.

FOLLOW THE LAW

Obey the traffic signs and signals at all times.

CHOOSE YOUR ROUTE

Plan and discuss the safest route to school or any other destinations.

EYES ON THE DRIVER

Make eye contact with drivers (or people bicycling, riding scooters, etc.) at the intersections before stepping off the curb. Explain to your child/children to do the same.

CROSS CAREFULLY

Stop, look all four ways and listen before crossing streets, driveways, alleyways and parking lot entrances and have your child/children do this with you.

PHONE AWAY

Never text or talk on the phone when you are walking.

MUSIC OFF

Do not walk with headphones or earbuds in your ears.



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The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local Measure BB sales tax, and regional, state, and federal funds.

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While driving, practice safe behaviors when your children are in the car by making sure to:



FOLLOW THE LAW

Drive the speed limit and obey all traffic signs.



GO WITH THE FLOW

Obey school drop-off and pick-up procedures.



STOP FOR PEOPLE

Yield to all people using the crosswalks.



PARK LEGALLY

Don't double park, stop in crosswalks or park in residents' driveways or teacher parking lots.



LOOK BEHIND YOU

Watch for children walking to school when backing out of a driveway or a parking spot.



STAY FOCUSED

Limit distractions while driving, including your phone, food, make-up and interactions with passengers.



GIVE RESPECT, GET RESPECT

Be respectful to other people driving, bicycling and walking.



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