

Little Safety Stars

Road Safety Information
for Parents and Carers



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Following the pilot in Hyndburn of Little Safety Stars road safety toolkit it was highlighted that the most appropriate time to use this booklet to discuss road safety issues would be at the 8 month development check.

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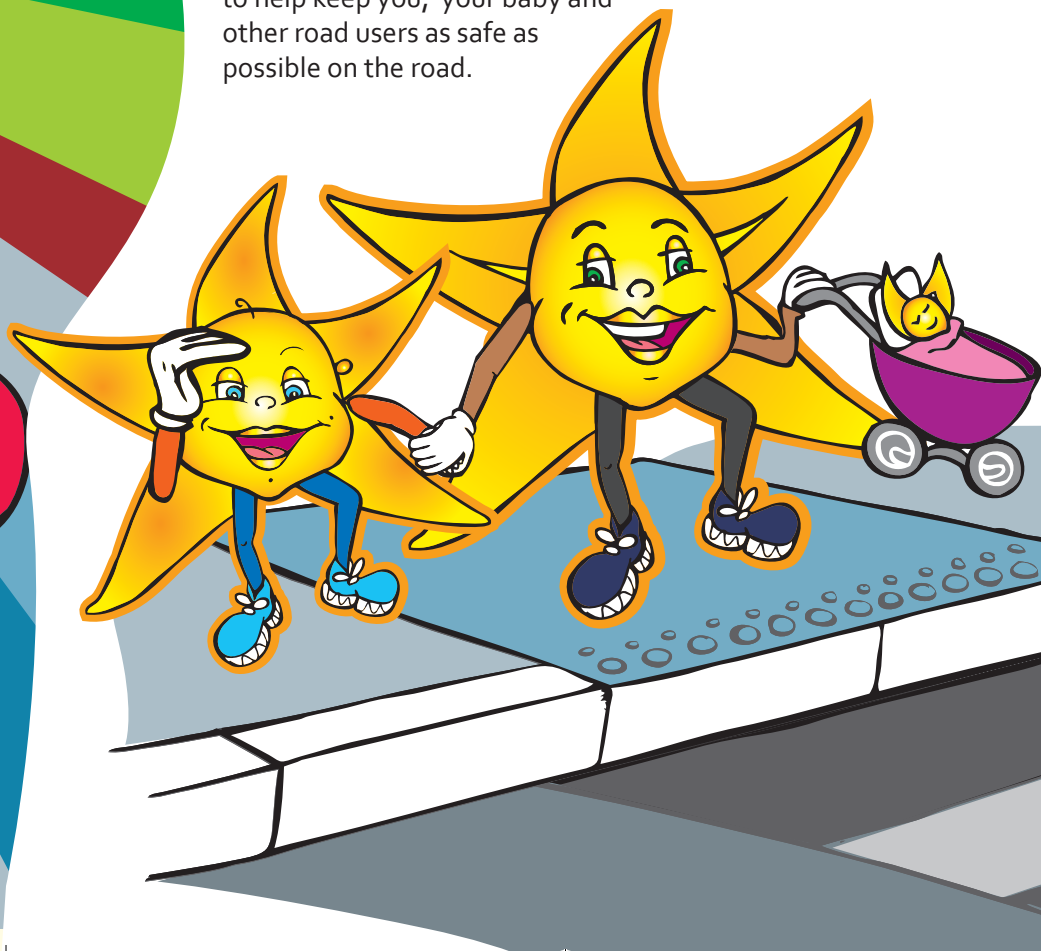


Introduction

From the moment you know you are pregnant you will need to start thinking about road safety for you and for your child. Studies show that parents of babies and children from birth to three years of age have the following road safety concerns

- In-car safety
- Pushchair/buggy safety
- Driveway safety

This booklet aims to give you some building blocks for road safety to help keep you, your baby and other road users as safe as possible on the road.



Wearing a Seatbelt

It is a legal requirement to wear a seatbelt if you're pregnant, unless your doctor certifies that you're exempt on medical grounds. Wearing a seatbelt when pregnant is not the most comfortable experience but because of your baby it is vitally important.

Be sure to buckle up whenever you get in a car, even for short trips, because if you have an accident when you are not wearing your seatbelt there is a much higher risk of losing your baby.

As you grow you will need to adjust your car to stay comfortable. There are various products available that make wearing a seatbelt more comfortable for you and your bump.

As you progressively push the seat back, don't forget to change your rear and side mirrors to ensure visibility, also make sure you're not stretching to reach the pedals as this will affect your reaction times.

How to wear your belt

Wear the diagonal strap between your breasts, moving the strap around to the side of your bump.

Make sure the lap strap sits comfortably under your bump. It should go from hip bone to hip bone and be as low as possible.



Transport and Travel

Child Car Seats

From the very start – when you leave hospital on your first car journey with your baby, you should be using the best protection available.

It's the law – the appropriate child restraint should be used until children are 135cm tall or 12 years old (whichever comes first).

The right way – babies from birth to 9-12 months (up to 13kg) should stay in a rear facing seat for as long as possible. However it is illegal to use a rear facing seat in the front if your car has an airbag on the passenger side.

The right one – check that your seat is suitable for your car and for your child's age/weight.

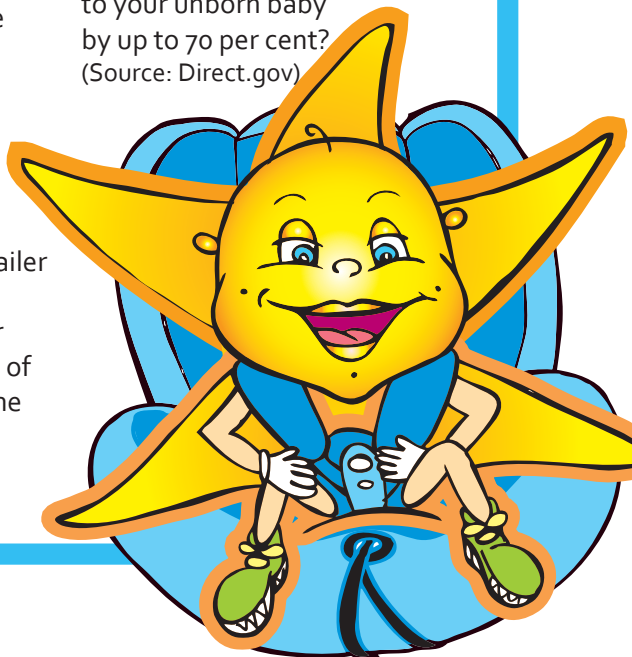
Who knows best – use a retailer who knows how, and will demonstrate how, to fit your seat. Go back after the birth of your baby to double check the fitting of your seat.

Every time – keep the fitting instructions in your car so you can check that your seat is fitted properly every time you use it.

Sure is the safest – check that your baby seat, child seat, booster seats and cushions meets the United Nations Regulation ECE R44.03 or R44.04.

If you don't know, don't do it – if you don't know the full history of a second hand seat don't buy it as it may already have been in a crash.

Did you know – wearing a seatbelt reduces the injury risk to your unborn baby by up to 70 per cent? (Source: Direct.gov)



Baby and child seats according to the child's weight

Group	Weight Range
Group 0 and 0+ eg. baby seat	Up to 13kg
Group 1 eg. child seat	From 9kg to 18kg
Group 2 eg. booster seat	From 15kg to 25kg and upwards
Group 3 eg. booster cushion	From 22kg to 36kg

Children aged 3 and above, until they reach **EITHER their 12th birthday OR 135cm in height**

In the Front Seat

The child **MUST** use the correct child restraint.

In the Rear Seat

The child **MUST** use the correct restraint, where seat belts are fitted.

There are three exceptions where there is not a child seat available. In each case the child **MUST** use the adult belt instead. They are -

1. in a licensed taxi or private hire vehicle;
2. if the child is travelling on a short distance for reason of unexpected necessity;
3. if there are two occupied child restraints in the rear which prevent the fitting of a third.

In addition, a child 3 and over may travel unrestrained in the rear seat of a vehicle if seat belts are not available.

It is the driver's legal responsibility to ensure that the child is correctly restrained.

Children over 135 cm in height, or who are 12 or 13 years old

In the Front Seat

The adult seat belt **MUST** be worn if available.

In the Rear Seat

The adult seat belt **MUST** be worn if available.

It is the driver's legal responsibility to ensure that the child is correctly restrained.

Passengers Over 14 years old

When travelling in the front or rear seat, an adult seat belt **MUST** be worn if available. It is the responsibility of the individual passenger to ensure that they are wearing the seat belt.

Young children should never be left alone inside a vehicle, even when the engine is turned off.

- Never leave the keys in the ignition when you get out of the car, keep the car keys in a safe place, out of reach of children, in the house.

In Car Safety

During consultation with children's centres and settings the following issue was highlighted as a priority.



- Even if you are intending to start the car again very shortly, always remove the ignition keys. A child could start the car or a car thief could jump in the car and drive off – there have been several cases where this has happened with a child still in the rear seats.
- Another useful tip is to lock the steering wheel after removing the ignition key; this is usually done by turning the steering wheel until it locks.

Never Leave Children Alone in Cars

Always take your children with you. Leaving them alone in cars is illegal and puts them in danger!

Heat stress causes rapid fluid loss in children which can lead to heat exhaustion and heat stroke. When children are exposed to

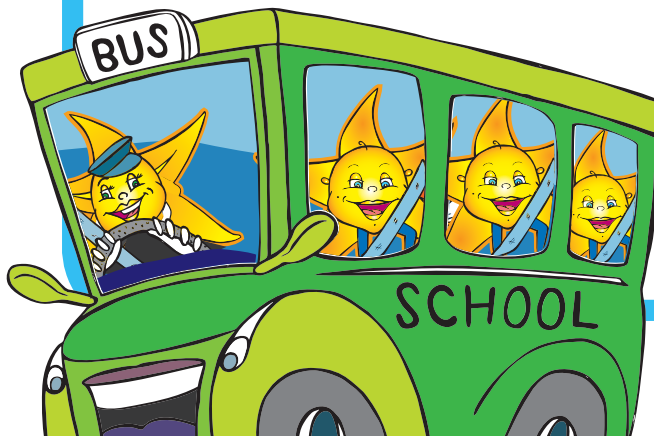
high temperatures, serious harm, even death, can occur.

The internal temperature of parked vehicles rises sharply within 15 minutes and continues to rise causing children to dehydrate rapidly.

Buses

Buses used for public services generally do not have seat belts because their construction will not allow seat belts to be installed with adequate safety and they are designed to carry standing passengers. There are some simple steps you can take to reduce the risk of being hurt whilst using a bus.

- Don't try to get on or off a bus until it has come to a complete standstill, and find a seat as quickly as possible. Be aware that the driver may start moving before you have sat down.



- Always make sure that your child stays seated throughout the journey. If possible, let him or her sit by the window while you take the aisle seat.
 - Be particularly careful when getting off the bus. When you want to get off, press the stop button to alert the driver, but try not to stand up until the bus has stopped. Make sure the bus has completely stopped before stepping off. Double check that no part of your child's clothing is caught in the vehicle's doors.
 - Hold your child's hand on the pavement to make sure they do not dash out in front of the bus.
- about ways to make sure that a child seat is available.
 - If you are travelling with a baby, keep the baby in a rearward facing baby seat and use the seat belt to secure it. If a child seat cannot be provided for older children, the best option is to ensure the child wears the normal seat belt (this may not be practical for children under 3 years old), adjusted as best as possible for them;
 - If you come across an old vehicle that does not have seat belts being used as a private hire vehicle, do not use it. Book another one.

New parents need to check their local hospital maternity department for their policy on in-car safety when discharging new babies.

Taxis

In a licensed taxi or licensed hire car, if a child restraint is not available then the child may travel unrestrained in the rear. This is the only exception for children under 3, and has been introduced for practical rather than safety reasons. You should always think



Home Safety

Driveway safety

The home environment can be dangerous if you drop your guard. Toddlers in particular do not have the ability to understand or react to sounds or moving objects in the same way that adults do. They do not anticipate danger and can easily put themselves in harm's way.

Be pro-active - remind any visitors about the dangers of driveways/alleyways and set your own rules that everyone should know and follow.

It is a road - Drivers do not expect children to be in driveways/alleyways. Treat it as if it is a small road and NEVER allow children to use it as a playground.

Where are they now? - Keep children with you at all times while you move your car.

Switch on to switching off -

Turn off any distractions (radio) while you are in a car with children around.

On or off - Never leave your vehicle unattended with children in it regardless of whether or not the engine is running.

Remember

Not everyone has a driveway; some homes share back streets and alleyways and shared driveways, making them far more difficult for drivers to see young children.

Remember large rubbish bins are ideal places for young children to hide behind and run out of in front of cars.

In and around your home

Within Lancashire anecdotal evidence has shown that there is an issue of small babies crawling out of terraced homes onto the roadside. It is therefore of paramount importance that this issue is addressed.

- Always supervise your children, it would only take a second for a young child to crawl or run out of the house onto a road.
- Spotting the areas of potential danger first and restricting access is the key to creating a safe environment.
- Crawling out of the house onto the road, even a driveway in a quiet cul-de-sac or a quiet road, can be dangerous to a child.



Out and About

Buggy Safety

Always be aware of potential dangers when you are out and about with your buggy.

Strapped in? - always check that your child is strapped in securely before setting off. If using a car seat in your buggy, make sure it is securely clipped in.

Be bright be seen

wear or carry something bright, reflective or light coloured so drivers can see you

Control other children

make sure other children hold onto the buggy tightly and walk the children on the inside by keeping yourself between them and the traffic.

Find a safe place to cross

use designated crossing places such as pelican crossing, zebra crossing, traffic island etc.

Find a safe place to cross

use a designated crossing point where available: pelican crossing, puffin crossing, traffic island, zebra crossing, subway or footbridge.

Parked cars - if you do have to cross between parked cars be aware that although drivers may see you, they will probably not see the buggy.

Correct crossing position

never push your buggy into the road first whilst checking it is clear to cross.

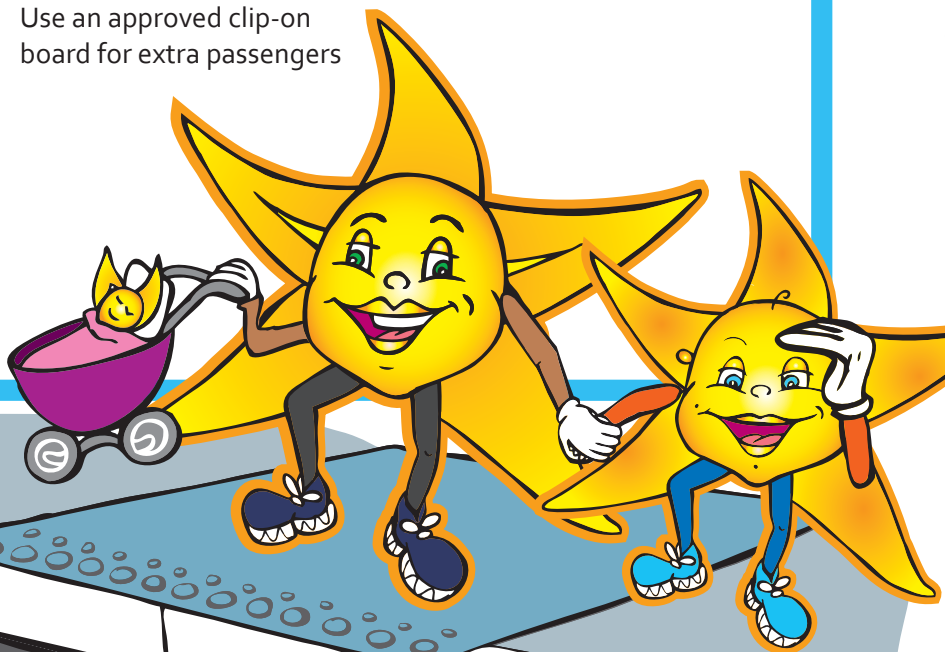


Where is it? - Whilst loading up your car always be conscious of where your buggy is.

Footpaths - when there is no footpath walk on the right side of the road so you see oncoming traffic and it sees you, keeping an eye out for vehicles reversing or entering driveways.

Always remember the buggy code

- Check regularly for wear and tear on wheels, brakes and harness
- Ensure your buggy has two locks and use them so it won't fold up with your child in it
- Ensure that your pushchair conforms to British Standard 7409:1996
- Never use your mobile phone or listen to your I pod whilst pushing a buggy
- If you are stationary use the brake.
- Never leave your child alone in a pushchair
- Pushchairs are for children not for shopping
- Use an approved clip-on board for extra passengers



Cycling Safety

Cycling is a popular and healthy way to get around and there's no reason to stop when you have a baby.

Safe and sound - always ensure that your baby is wearing the correct cycle helmet.

A perfect view – Fit a rear view mirror so you can see your baby with a quick glance rather than having to twist your body right round.

Stand up – Have a double foot stand fitted so the bike is more stable when putting baby in or taking baby out of the seat.

Unstable – Bikes are unstable and will fall over easily if jostled, so never leave your bike unattended or propped against a wall with your baby still in the seat.

Keep them warm – Your baby will be sitting still and is therefore likely to get cold quicker than you. Dress them extra warm to keep them warm.

Pedestrian safety

Hold Hands

- Always hold hands with your children near traffic (or make sure they hold onto a buggy if you're pushing one).
- Make sure your child walks on the side of the pavement away from the traffic
- If there is no pavement walk on the side of the road facing oncoming traffic.

Remember

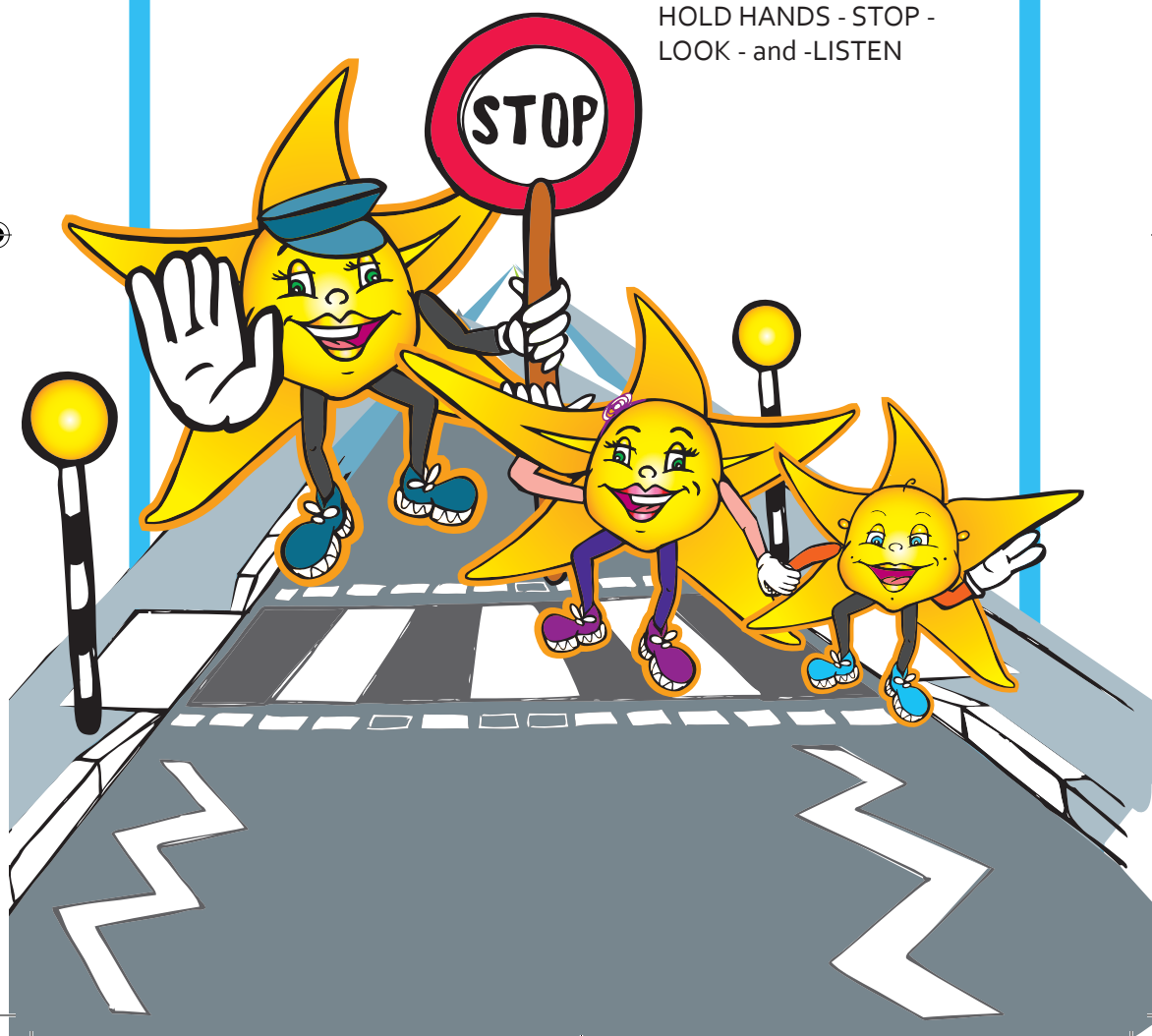
- Hold hands
- Stop
- Look
- Listen
- When you cross the road don't take risks - your children will copy you.
- Remember to find a safe place to cross, then stop, look and listen.
- Don't use your mobile phone while crossing.
- Wearing bright colours or fluorescent and reflective clothing helps motorists to see you.

Find the safest places to cross the road

- If you can, use traffic islands, zebra, pelican and puffin crossings, footbridges and subways.
- Avoid crossing between parked cars if there is a safer place nearby, if parked cars cannot be avoided, step out between the cars and

keep the children behind you, cross only when there is no traffic, avoid crossing over in-between parked cars, (and be considerate where you park particularly around school and childcare centres).

- Cross only where you can see clearly in all directions.
- Show your child how to HOLD HANDS - STOP - LOOK - and -LISTEN



Things to do when out and about

Talking about traffic with your child when you're out and about is one of the best ways for them to learn.

Play spotting games: where's a truck? Can you find a bus? Let's see who can spot the taxi first. Ask your child to tell you about the vehicles waiting at the traffic lights or passing you in the car.

Talk about vehicles you see. Which is the biggest or fastest? What colours are they? Which carries the most people?

Which way is it going?
Do some counting.

Building up your child's language will help them understand traffic. Use words to describe speed, size, shape, directions or talk about road signs, lights, signals and road markings.

Talk about how we can tell when traffic is near or when it is coming towards us. Asking your child when cars are safe and when they can be dangerous.

Useful Information and Links

Please find links to internet sites below that provide information, ideas and activities for young people and parents/carers.

www.dft.gov.uk/think/education/early-years-and-primary Information for parents, teachers and pupils. Includes information, resources and games.

www.lhsp.org.uk Lancashire healthy schools website aims to provide information for all the Partners working together for the benefit of Children and Young People.

www.protectchild.co.uk A guide that offers good sound practical advice about buying, choosing and fitting

Useful Information and Links

a car seat. It is a must for all parents, grandparents and great grandparents.

<http://talesoftheroad.direct.gov.uk>

Highway code for young road users and interactive games to support the booklet.

www.capt.org.uk The Child Accident Prevention Trust's website features important campaign information on this national charity.

www.highways.gov.uk

The Highways Agency is an Executive Agency of the Department for Transport (DfT), and is responsible for operating, maintaining and improving the strategic road network in England on behalf of the Secretary of State for Transport. A wealth of information is shared on this website including cycling, pedestrians, working with communities, statistics, planning a journey and traffic information.

www.rosa.co.uk The Royal Society for the Prevention of Accidents' website has a good road safety section including advice for parents and teachers.

www.safetymatters.renault.co.uk

The Renault Safety Matters site includes road safety information for children aged seven to eleven, their teachers and parents.

www.sustrans.org.uk

Sustrans, the sustainable transport charity, promotes reductions in motor traffic levels. The site includes a 'safer routes to school' section and an extensive cyclists' section.

www.childcarseats.org.uk/law

Seat belt facts and laws from the Department of Transport.

Useful Information and Links

www.dft.gov.uk/think
Road safety advice from the Department for Transport's THINK! Road safety campaign. Includes easy to view facts and figures on all of the DfT road safety campaigns. Support literature, including leaflets and posters, can be ordered via the website

www.dft.gov.uk/think/education/early-years-and-primary/media/mr_lumpy/
Find out what happened to Mr Lumpy on his journey by downloading this online story book.

www.dft.gov.uk/think/education/early-years-and-primary/teachers/early-years/lesson-ideas/the-car-seat-click/activity-1/
For children to know that they always must use a car seat/booster, and that only much taller children can use a seat belt.

For parents to know that children under 135sm must use a car seat for their weight not age.

www.incarsafetycentre.co.uk

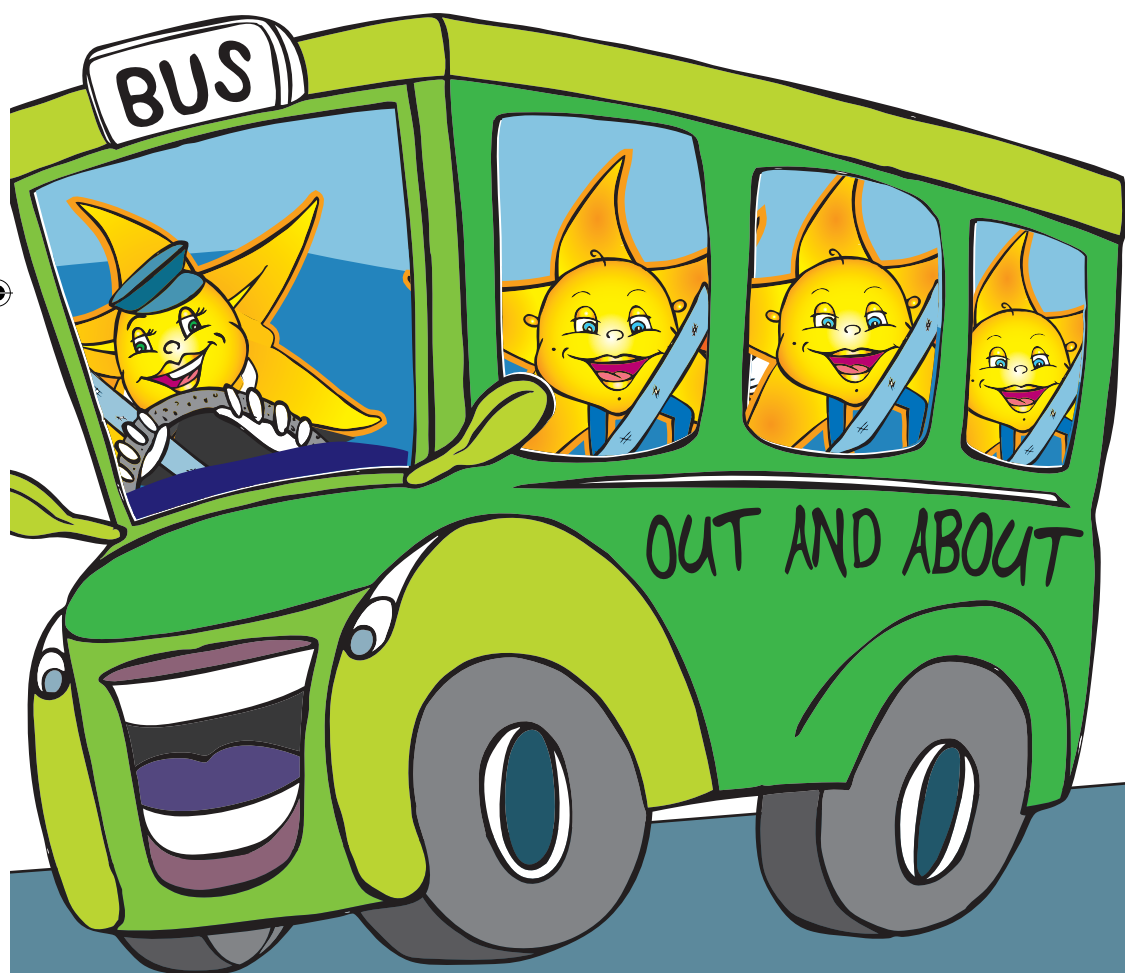
Here you will find advice, explanations and demonstrations on how to select the most suitable seat for each child.

I-Size 'Extend rearward facing is the safest way to travel'

I-Size is a new legislation which increases the safety level for children in cars and will make longer rearward facing and the use of Isofix a new European standard. Enforced July 2013, while the current standard ECER44/04 will remain in effect for all belt installed child seats. The new i-Size regulation does not replace the current regulation. There is no need nor obligation to replace existing child seats.

www.i-size.org.uk

For more parent
information please access
www.saferschoolslancsngfl.ac.uk



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