

# Be Safe, Not Sorry

6-8  
Years

Injury is the biggest danger to your child's life.

At this age, your child spends a lot of time with friends. Your child may do unsafe things on a dare or to prove he is "grown up." This puts your child in danger of being hurt. It is important to remind your child about the safety rules you have set.

**Be Ready. Set rules and watch your child closely.**

**Do you do these things to keep your child safe?**

## Safe in a Car

By law, children under the age of 8 must be secured in a car seat or booster seat in the back seat. Children under the age of 8 who are 4' 9" or taller may be secured by a safety belt in the back seat.

- I make sure my child and everyone in the car is safely buckled in before I start the car.** I wear my seat belt every time, too. I never let anyone riding in the car place the shoulder belt behind their back or under their arm.
- I make sure my child is correctly buckled into a car seat or seat belt.** I make sure the shoulder belt lies across my child's shoulder, not the neck or throat. The lap belt is low and flat across the hips, not the stomach.
- I make sure my child rides in the back seat of the car.** The back seat is the safest place for my child.
- I will never leave my or any child alone in or around motor vehicles.**

## Safe Near a Street

Your child still cannot judge the speed and movement of cars. Your child will not always remember how to cross the street safely.

- I always hold my child's hand and cross the street with him.** When we walk, I talk about how to cross the street safely. I teach my child to look left, then right, then left again. We always cross the street together.
- I watch my child closely when he plays outside.** It is safest for my child to play in a fenced yard or go with me to a playground or park.

## Safe While Playing

Playing in playgrounds and sports can be fun and healthy for your child. It is important to keep safety in mind.

- On the playground, I make sure there are rubber mats or at least 12 inches of wood chips or sand under the equipment my child plays on.** This can protect my child from getting hurt in a fall.
- I make sure my child wears all safety gear when playing any sport.**



## Safe in the Water

Children love to play and swim in the water. They need to learn how to do it safely.

- I will enroll my child in swimming lessons.** Even if my child knows how to swim, it does not mean my child is ever safe in or near water.
- I do not let my child swim or play near water without an adult watching.** I never let my child swim in canals or fast moving water.
- I make sure my child wears a life jacket when boating, skiing, or tubing.**

## Safe on a Bike

Your child should wear a helmet when using a scooter, roller blades, skates, or a skateboard. By law, all children must wear a helmet when they ride a bike.

- I make sure my child wears a helmet for every bike ride.** The helmet fits snugly and is correctly placed on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.
- I do not let my child ride in the street or near moving cars.**
- I do not let my child ride at dusk or after dark.**

## Safe from Guns

Guns in the home are very dangerous for children.

- If my family chooses to have a gun, it is always kept unloaded and locked away.** Bullets are kept in a separate place. Trigger locks are used.
- I ask the adults in the homes where my child spends time if they have guns.** I do not let my child visit homes where guns are not stored safely.

## Build Trust and Respect

All children need positive guidance to help them learn and grow. Talking together is a very important part of this.

- I listen to my child's thoughts and feelings.** I want my child to feel he can come to me for help.

**I will learn child CPR and First Aid. They can save my child's life.**

**California laws require all homes to have working  
smoke & carbon monoxide alarms**

### CREATED BY:

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### IMPORTANT PHONE NUMBERS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Child Abuse Hotline: 1-800-422-4453