

# Road Safety for Kindy Families

The start of Kindergarten is an important time in your child's life. They're becoming a BIG boy or girl but we should remember that they are vulnerable as they travel to and from school in the traffic environment. This information sheet provides some tips to help you ensure your child stays safe.

## Hold My Hand

### Watching children is not enough.

The best way to protect children near traffic is to hold their hands. Young children do not make effective use of their hearing and vision, and lack the skills to make safe decisions when in the road traffic environment.

- Young children need adult support. Wherever you are, on a quiet road or busy one, in a carpark, on a footpath or when crossing a driveway, hold each child's hand securely.
- If an adult's hand is not available, help children to hold onto a pram, your bag or clothing. If possible, put your hand over the child's hand for added security, for example, push the pram or stroller together.
- Give lots of positive feedback and encouragement when children hold your hand.
- Children may be able to tell you how to cross the road but this does not mean they have the skills and understanding to cross safely without an adult's supervision.
- Children may be able to recite road safety messages but not understand what they mean nor put them into practice.
- Listen to what children say about pedestrian safety. You may need to change the words you use with children to make your meaning clearer.
- Be a safe role model yourself and talk with the children in your care about all the things you do to keep safe.
- If you cannot be with your child, organise for another trusted adult to accompany them and follow your holding hands rules.

**After school, meet your child AT the school gate.  
At the end of the school day children may be excited or distracted and tired and forget their road safety rules.**

## Walking

Child pedestrians are at greater risk of injury than adults so...

- After school, meet your child at the school gate. If driving, park the car safely and walk to the school gate, especially on rainy days.
- If you are unable to meet your child, arrange for another trusted adult to meet them.
- Until they are at least eight years old, hold your child's hand on the footpath, in the car park and when crossing the road. Eight to ten year olds should hold your hand when crossing the road.
- NEVER call them across the road. Teach them to wait until you come to them and talk about what they should do if you are not there on time.

## Commentary Walking

It's easy to forget just what a complex set of skills and judgements we need to cross roads safely. As adults we constantly check and recheck the safety of the road environment. All of this goes on inside our minds, invisible to children unless we talk to them about all the things we do to keep safe.

COMMENTARY WALKING is when adults talk with their children about:

- what they're doing when crossing the road
- why they've stopped at the kerb / crossing
- what they're looking for when crossing the road
- what sounds they are listening for when crossing the road
- when it is safe to cross
- why they have to keep checking until they are safely off the road on the other side.

Try some 'commentary walking' with your children next time you're out.

Then ask them to do the same.

## Stop! Look! Listen! Think!

The following road crossing procedure will be taught at school:

### STOP

one step back from the kerb

### LOOK

for traffic to your right, left and right

### LISTEN

for the sounds of approaching traffic

### THINK

whether it is safe to cross

When practising the procedure with your child, ask them "why is it



safe to cross now?" and then "what do we need to keep looking and listening for until we get to the other side of the road?".

## Safe Crossings

Ensure that your child always uses a school or children's crossing if it is on your route... it is the safest way to school.

### School Crossings

Some schools have a supervised school crossing where pedestrians must wait on the footpath until the crossing supervisor indicates it is safe to cross.

Drivers must slow down and stop if the school crossing supervisor shows the 'STOP Children Crossing' sign. They may proceed when the crossing is clear.

### Children's Crossings

Children's Crossings operate just before and after school hours as well as for excursions.



When the CHILDREN'S CROSSING flags are displayed, drivers must stop at the white line if pedestrians are waiting to cross or are crossing.

Drivers must remain stationary until the crossing is completely clear of pedestrians.

## Tips to avoid traffic congestion near school

- Allocate enough time to get your child to the school gate safely and without rushing.
- Park safely even if it means walking further to the school gate.
- Always observe the parking signs outside the school. They are designed to keep children safe.
- NEVER park illegally in the school driveway, on or near a school crossing or in the bus bay.
- NEVER double park as it blocks the vision of other drivers, forces children onto the road and obstructs the flow of traffic ~ which all puts children at risk.

## Helmet Safety

(tune: The farmer in the dell)

Put your helmet on  
Put your helmet on  
Whenever it's time to ride your bike  
Put your helmet on.

The RTA doesn't support solo use of bicycles by children under 8 as they're small, unpredictable, hard for drivers to see and can't predict or understand danger like adults do.



The RTA recommends that kids wear helmets every time they use bikes, even in their own backyards as their skulls are quite flexible and even mild impacts can cause brain damage.

For info about what type of bicycle and helmet to buy or road rules contact Council, the RTA or Kidsafe.

## Bus Travel

Hold your child's hand and walk together to the bus stop each day.

Meet your child AT the bus stop after school. NEVER wait for them on the opposite side of the road.

Wait on the footpath until the bus has been driven away, then choose the safest place to cross the road, discussing the 'Stop! Look! Listen! Think!' routine with your child as you cross.

Talk with your child about what they should do if you are delayed and cannot meet the bus as usual.

## School Zones

School opening and closing times are busy times for pedestrian and vehicle traffic.

Encourage family and friends to travel at 40km/h or less in school zones and watch for children crossing the road in side streets



The penalty for speeding in a school zone exceeds \$213.

## Passenger Safety

*Twinkle Twinkle little Star  
I wear my seatbelt in the car  
If my Mum or Dad forget  
I remind them it's not done up yet  
Twinkle Twinkle Little Star  
I wear my seatbelt in the car  
Twinkle Twinkle little Star  
I wear my seatbelt in the car  
Over my shoulder across my lap  
Click Clack Front 'n' Back  
Twinkle Twinkle little Star  
I wear my seatbelt in the car.*

Remind your family that seatbelts are for everyone everytime and praise your child when they remember.

Each child should be firmly buckled up. Some students may still need a booster seat. Further information about child restraints can be obtained from the ATSB, RTA or your local Council.

## Sources and contacts

The information contained in this fact sheet was compiled by Goulburn Mulwaree Council's Road Safety Officer from webpages & resources created by:

### Roads and Traffic Authority

School Education Road Safety Program  
Telephone: 13 22 13  
Website: [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

### Early Childhood Road Safety Education Program

Institute of Early Childhood  
Macquarie University NSW 2109  
Telephone: (02) 9850 9882  
Website: [www.kidsandtraffic.mq.edu.au](http://www.kidsandtraffic.mq.edu.au)

## Use the Safety Door

The 'safety' door is the rear kerbside door of the car. In most situations this door will be away from traffic and therefore the safest to enter and exit.

Teach your children to get in and out of the car using the 'safety' door. Never allow children to get out of the car on the traffic side.

When possible, children should remain in the car until an adult opens the 'safety' door to ensure they get out safely. This is extremely important with young children.

### The 'Safety' door sticker

Attach the safety door sticker on the left hand, fixed rear window of the car. If a sticker is not included with this parent pack, ask at the school office for the RTA brochure 'Safe School Travel'.

## Parking Signs

Your school has worked with Council to ensure the safety of students when allocating parking signs.

**No Stopping** ~ Under no circumstances are you allowed to stop here.

**No Standing** ~ You are permitted to stop here, but only when actually engaged in picking up or dropping off passengers. DO NOT LEAVE YOUR VEHICLE.

**No Parking** ~ You may stop here for no more than 2 minutes, but only when engaged in picking up or dropping off passengers and you must stay within 3 metres of your vehicle. Otherwise, no stopping is permitted.

**Bus Zone** ~ You are not allowed to stop your vehicle unless you are driving a bus.

## Road Safety Help

### Kidsafe NSW:

Telephone (02) 9845 0890  
[www.kidsafensw.org/roadsafety/](http://www.kidsafensw.org/roadsafety/)

### Australian Transport Safety Bureau

[www.atsb.gov.au](http://www.atsb.gov.au)

### Bus and Coach Association

[www.bcansw.com.au](http://www.bcansw.com.au)

### Goulburn Mulwaree Council Road Safety Officer

Telephone: 4823 4510  
[www.goulburn.nsw.gov.au](http://www.goulburn.nsw.gov.au)