

SPOTLIGHT ON: GETTING TO SCHOOL SAFELY

You and your child are probably so used to the routine of traveling to and from school that neither of you give it much thought anymore. But whether your child walks, bikes, or rides to school, make sure that your child is taking basic safety precautions.

We all want your child to get to and from school safely each day.

If your child bikes to school, make sure your child has a properly fitting helmet, a bike in good working condition, and bright colored clothing to wear. Also, make sure your child knows and follows the rules of the road.

If your child walks to school, if possible, encourage your child to walk with other students rather than alone. Remind your child to always pay attention to who/what is around, not to wear earbuds/headphones, and not to walk looking down at a phone or video game.

If your child rides the bus, remind your child to stay in his/her seat, keep the aisle clear, and to obey the driver's rules. Also, make sure your child is extra careful getting on and off the bus, and always pays attention to other drivers.

If your child rides in a car, make sure your child always wears his/her seatbelt. If you take your child to school, take this time to have meaningful conversations and talk about the day.

