



WE GUESS YOU ARE ALL PRETTY EXCITED ABOUT THE NEW YEAR, NEW FRIENDS, NEW ROUTINES, NEW PLAY EQUIPMENT AND FUN TIMES

At the KIDS Foundation we are excited too, actually super excited because this year we are extending our program with thanks to the Australian Government Department of Health and our friends at Cotton On KIDS. SeeMore Safety is sending out 10,000 packs to kindergartens, early learning centres and preschools across Australia. The pack includes a take home booklet for your child which will mean there will be 400,000 little people and their families able to experience the SeeMore Safety Program.

CHECKLISTS

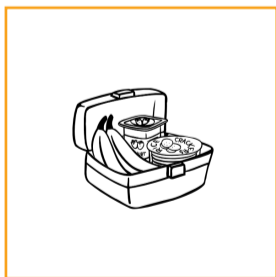
Going to 'BIG' kindergarten or preschool might be the first time your child has been away from you for a period of time with someone they don't know so well. This is a big step that might be exciting but also cause a bit of anxiety for both you and your child. An idea might be to leave something special with them that reminds them of you. Another tip is to make a quick get-away so the farewell is not dragged out for too long. Keeping calm with a bit of good organisation and a routine might just help to make this challenge a little easier

Involving your child in putting together a daily routine will show them that they are valued and that you recognise that they are growing up and are capable of doing things for themselves.

You may like to create a visual "Getting Ready" checklist of all the things that you can get your child to help you with before you leave for drop off.

You could use this for when your child gets home too for unpacking their bag and putting things away.

IDEAS INCLUDE



LUNCHBOX



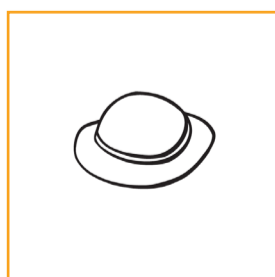
SHOES



DRINK



BAG



HAT

WALKING TO KINDERGARTEN



If you are a lucky one that lives close by and gets to walk to kindergarten with your child(ren) make sure you are a super role model for them. Explaining to them your actions and choices will help them to understand what you're doing and why. When you're crossing the road say things like, "let's find a safe place to cross."

When you have found a safe place, remember to take their hand and say, "This looks safe, let's cross here."

Ask them to open their eyes and ears to watch and listen for traffic. Teach them the STOP, SEE, SAFE message. STOP to SEE if it is SAFE to GO. nSEE - look to the left, look to the right and then left again. Ask them if there are "any cars? If they say no, and it is SAFE to go," walk straight across without running.

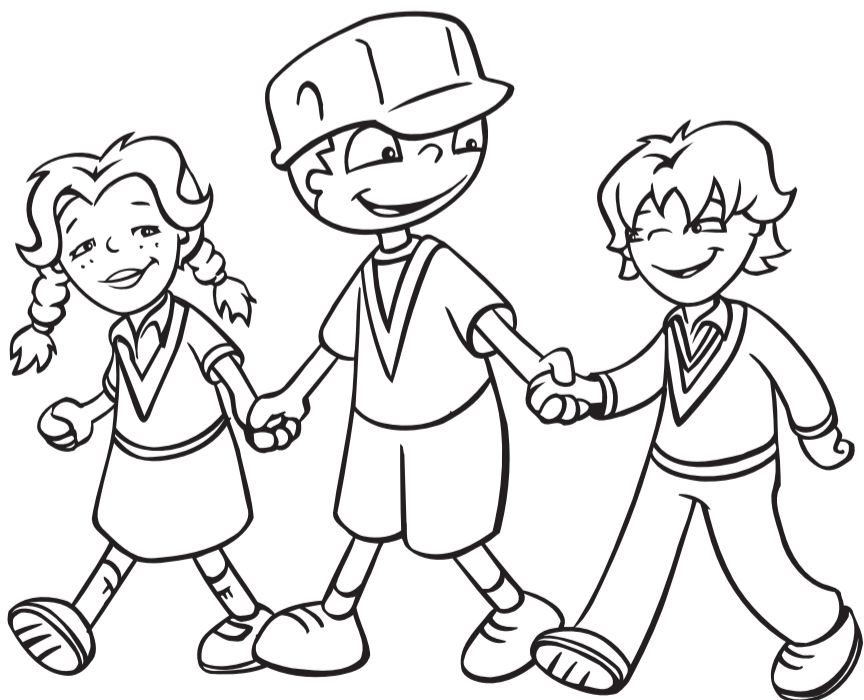
If you are at a crossing, point at the signal and signs and explain that "the red person means that it is not safe to go, that they must stop and wait. Then that green person tells them when we can cross". It is still important to continue to get them to look left then right and again. "Any cars?" If clear "now it's safe to go!"

Let your child(ren) tell you when it's safe to go, children love the responsibility of saying it's safe to go and it gives you confidence in their road safety awareness.



SEEMORE SAFETY AWARENESS — REAL LIFE EXAMPLES

We often hear stories about what SeeMore does while visiting the homes of the children. There are always great examples of SeeMore buckling up in the car or shopping trolley, watching his friends swim while supervised by an adult and even being taught how to meet the family pet. At times SeeMore is also there to watch out for others and the children are aware of many safe things that should be happening. Holding hands while crossing the road, and even getting in the car from the footpath side of the road are two things that have been observed. Sometimes children see things that are unsafe, they need to be confident to talk to adults about the safe choices they make for themselves and their friends.



Have a chat to your child about crossing the road, while colouring in this illustration of SeeMore Safety and his friends crossing the road.

STAYING SAFE AROUND CARS

While in the car you need to be a good role model for your child. Check around the car for obstructions before driving off and make sure everyone has their seatbelt on no matter how short the trip is. Sadly, each year 3000 children are seriously injured on our roads. These injuries can be reduced if everyone makes sure that their child is in the correct sized car seat with the correct seatbelt. It can be a bit tricky when selecting the correct seat and restraints for your children. There are many rules that state different ages and others that talk about weight and height of your child. The Royal Children's Hospital Melbourne has produced a great video with the help of the Early Learning Association Australia (ELAA) in partnership with VicRoads that explains which seats to use for your child and how to determine the correct one to keep them safe.

Visit www.carseatssavelives.com.au for tips on keeping your child safe in the car.



Go slowly when reversing out of your driveway, as children walking past cannot always be seen due to their height. Putting your phone on silent or in an approved carrier while driving is a great example to set for your children as is talking with them about the traffic, this keeps them entertained and on the lookout for special things like speed zones, road work signs, cyclists, etc. When you've arrived at your destination make sure your child exits the vehicle out the passenger side of the car onto the footpath.

The SeeMore Safety Program received funding from the Australian Government Department of Health.

