

Autumn is a wonderful time of year for children and brings about lots of new outdoor fun.

It is a great time to rug up in a coat, hat and boots and start exploring the joy Autumn can bring outdoors!

The benefits of outdoor play for children is physical, social and cognitive.

To reduce the risk of injury during outdoor play, adults can help to educate children on taking calculated risks, making safe choices and wearing the appropriate safety gear when required.

And always remember to have a well stocked First Aid kit just in case a minor injury occurs.

More information can be found at: www.education.vic.gov.au/school/principals/spag/health/Pages/firstaidkit.aspx



ENCOURAGE SAFE PLAY BY ENSURING YOUR CHILDREN WEAR PROPER SAFETY GEAR

George thinks his safety gear is pretty cool. Minnie was glad she was wearing her helmet when she took a fall. It could have been much worse than a cut lip.



HELMETS

A helmet can only protect your child's head if it is worn correctly.

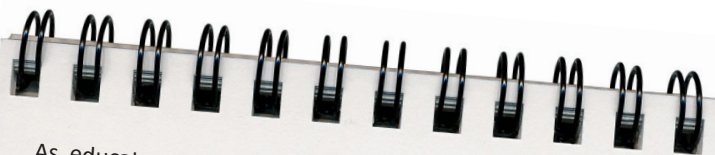
It should fit comfortably and firmly on the head when the straps are fastened.

A helmet can reduce the risk of head injuries by 60-90% whilst riding a bike, scooter or skateboard.



YOU CAN EDUCATE YOUR CHILD ON SOME BASIC FIRST AID BY TEACHING THESE THREE TIPS:

- COVER A CUT
- PRESS ON A SQUIRT
- KEEP A BREAK STILL



As educators and parents the best safety education we can give children is to provide them with lots of experiences that will help them build a strong sense of identity and wellbeing. Provide good supervision and let them take managed risks like climbing, riding bikes and skateboards, exploring our beautiful outdoors, so that they learn to can keep themselves safe, while still allowing them to be kids. Children should be given opportunities to safely explore the natural world to gain the skills they need to manage their emotions, physical capabilities and become competent risk takers.



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