

Starting Out Safely

ROAD SAFETY EDUCATION AT HOME

Learning experiences that support children
to become safer on our roads



EARLY
LEARNING
ASSOCIATION
AUSTRALIA



Starting Out Safely



Making and using street signs

Making and using street signs supports children to learn about the road rules that help keep everyone safe when they are using our roads.

18mths
– 8y

This experience will work best for:

Children aged 18 months – 8 years.
Younger children will need help, older children should be able to do most of this by themselves.



WHAT YOU NEED

Cardboard (an old cereal box is perfect for small signs, a large cardboard box is useful for big ones);

Paints;

Coloured markers and/or coloured paper;

Rulers or other sticks to be the street sign holders if required.

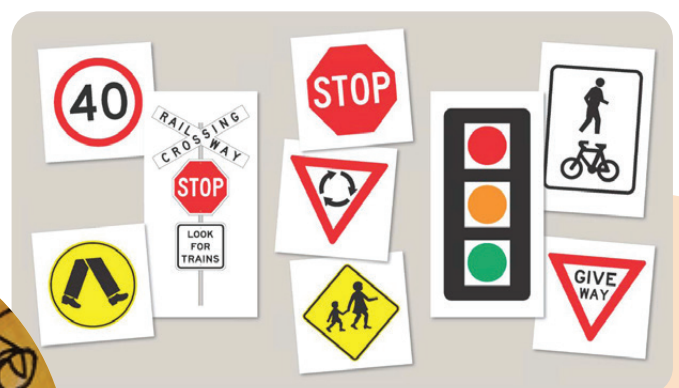
HOW TO DO IT

Create your own road signs – they could be small for indoor play with toy cars or big for playing outside with bikes or scooters.

Draw shapes and decorate using this [link](#) to learn about the signs. You can also make signs that you see in your neighbourhood. Talk about what they mean with your child.

Small signs can be used with train sets or car tracks. When playing with your child you can talk about the signs and follow the rules. *“Oh look, this is a stop sign. I need to stop here.”*

Large signs can be used outdoor to encourage active play and the actions while on their bike, scooter or walking and running around the garden.



Making and using street signs



Starting Out Safely



WHAT YOUR CHILD IS LEARNING

Road rules and the signs help us remember what to do.

How to 'stop, go, go slow' this language supports them to be able to follow road rules later – keeping them safe.



THINGS TO REMEMBER

Start with a couple of familiar signs – you might choose some as you go walking one day and then make them. Gradually add more signs as your child becomes familiar with them.



QUESTIONS TO ASK YOU CHILD AND WHAT TO TALK ABOUT

When you are out and about – “What traffic signs can you see?” “What do you think these signs mean?”

Explain what the signs are for – “This sign tells me we can walk here but there will also be people on bikes, we need to keep to the left.”



WAYS TO EXTEND THIS ACTIVITY

Use a cardboard car and the traffic signs – see [link](#) for how to make one.

Play stop, go, musical statues using road safety music. Show the traffic sign as you start and stop the music to help children learn stop and go.



SONGS TO SING WITH CHILDREN

<https://childroadsafety.org.au/parents/road-safety-songs/>

INFORMATION FOR PARENTS

<https://childroadsafety.org.au/parents/parent-resource/>



ASK...

“What traffic signs can you see?”

“What do you think the signs mean?”





Making helmets for toys

Making helmets for children's toys support children to learn about wearing helmets whenever they are on a bicycle or wheeled toy.

18mths
- 8y

This experience will work best for:

Children aged 18 months – 8 years.
Younger children will need help, older children should be able to do most of this by themselves.



WHAT YOU NEED

A margarine container, yoghurt pot or other round container;
Ribbon, pipe cleaners or elastic;
Stickers or other decorations (optional).

HOW TO DO IT

Find a container from your recycling collection that fits the head of your child's toy (a teddy bear, soft toy, or doll).

Cut some ribbon, elastic or pipe cleaners to size.

Punch some holes in the side to thread the straps through and fasten. You could also staple them on or use masking tape.

Decorate the helmet.

Encourage your child to use the helmet whenever they take their friends for a ride on their wheeled toys or bike.



Making helmets for toys



Starting Out Safely



WHAT YOUR CHILD IS LEARNING

Wearing a helmet is important to keep us safe when we are riding a bicycle, scooter, or wheeled toy. Helmets are compulsory in Victoria, it's the law.



THINGS TO REMEMBER

Wearing a helmet all the time, even in the backyard as soon as your child rides a wheeled toy, means that it will be a habit they are unlikely to forget. Once they have finished riding their wheeled toy, take the helmet off.

Adults need to wear helmets too. Always role model good practice.

Always wear a helmet even if you are just going for a quick ride in the backyard.

Sun hats under helmets make them less secure – take your hat off first (make sure you wear sunscreen if you need to).



QUESTIONS TO ASK YOU CHILD AND WHAT TO TALK ABOUT

The helmet needs to be snug so that it does not wobble and so it protects the front as well as the back of your head, so choose the correct sized container.

We need to protect our heads all the time and our special friend's heads too.

If you ask, "Has teddy got her helmet?" your child will probably get their own too without you reminding them – this encourages the children to remember to always wear their helmet.



WAYS TO EXTEND THIS ACTIVITY

You might also think about:
Making your own car seat or bike seat for a toy for a bike or scooter.



SONGS ABOUT WEARING A HELMET

<https://childroadsafety.org.au/wp-content/uploads/2020/06/04-Track-4.mp3>

INFORMATION FOR PARENTS

<https://childroadsafety.org.au/parents/helmets/>

<https://www.vicroads.vic.gov.au/safety-and-road-rules/road-safety-education/helmet-tips-for-parents-and-carers>



ASK...

"Has teddy got her helmet?"



Map making

Map making supports children to think about and plan for how to be safe when they are out and about.

4 – 8y This experience will work best for:
Children aged 4 – 8 years.

WHAT YOU NEED
Paper and pencils, felt tip pens or crayons

HOW TO DO IT

Decide what you are going to make a map of. Start with a place that your child is familiar with, for example going from your house to the local shop or park, or a place your child chooses.

Ask your child to draw your place first then ask your child “How do we get to the?”

For example, “Can you draw our house?” “And the park?” “How do we get from our place to the park?” “Can you draw me a map?” “Where is the safest place to cross the street to get to the park?” “Can we get there without crossing a road?”

Encourage your child to draw landmarks (trees, parks, buildings, bridges), streets, other houses etc.

Then, use your map to find your destination.





WHAT YOUR CHILD IS LEARNING

Encouraging your child to think about where they are when they are out and about will help them learn about their local community and be able to find their way around when they are older.

The safest way to get somewhere – by drawing pedestrian crossings or traffic lights, where appropriate, on the map you can talk about the safest rather than the quickest way to get somewhere.



THINGS TO REMEMBER

When you are using the map to find your destination, allow lots of time. This is not a quick trip. Always hold hands while walking and stop to check the map rather than walking and reading the map at the same time.

When drawing the map and when you are out, point out the locations of places of safety. For example, the police station, a friend or relative's house, the kindergarten. Talk to your children about who they could ask for help if they ever needed it.



QUESTIONS TO ASK YOU CHILD AND WHAT TO TALK ABOUT

Talk about what points on the map might be unsafe and why.

Talk about how you can be safe when you get to those places.



SONGS TO SING WITH CHILDREN

<https://childroadsafety.org.au/parents/road-safety-songs/>

INFORMATION FOR PARENTS

<https://childroadsafety.org.au/wp-content/uploads/2020/06/Parent-Resource.pdf>



ASK...

“How do we get from our house to the park?”

“Can you draw me a map?”



Road safety directions game

The road safety direction game is a fun way to learn about and use the words and ideas that describe being safe on our roads.

3 – 8y This experience will work best for:
Children aged 3 – 8 years.



WHAT YOU NEED

Coloured spots or squares made from paper to put on the floor or grass (if you have a safe place to draw them on concrete, you can do that with chalk but please avoid the driveway). Start with about 16 spots and increase them as your child gets more confident with the game.

A square box to use as a dice.

Paper and markers.

A safe place to play.

HOW TO DO IT

The aim of the game is to move from the start to the finish dot.

Put **START** on one of the spots and **FINISH** on another.

Make a dice with 6 instructions on it – forward, back, left, right, wait and go

Place the coloured spots out in a grid pattern, spacing them so that your child/ren can easily step from one to another.

Taking turns with you or another child each child rolls the dice and follows the directions on it.

If you roll forward, back, left or right, take one step on to a spot in the correct direction;

If you roll wait, you do not move at all;

If you roll go, you can move in any direction;

If you land on a spot that already has someone on it you can squeeze on with them.



Road safety directions game



Starting Out Safely



WHAT YOUR CHILD IS LEARNING

Directions are an important part of road safety language – left and right, wait and go are words we use all the time when talking about checking for traffic. This game helps children practice them safely.



THINGS TO REMEMBER

Driveways can be extremely dangerous places to play – please do this game in a safe place like a deck, backyard, fenced in concreted area or inside.



SONGS TO SING WITH CHILDREN

<https://childroadsafety.org.au/parents/road-safety-songs/>



HOW TO PLAY...

Make a dice with 6 instructions on it – forward, back, left, right, wait and go.

The aim of the game is to move from the start to the finish dot.



Road Safety Education at Home

Learning experiences that support children to become safer on our roads




Starting Out Safely

Road safety treasure hunt

Road safety treasure hunt is a fun way to learn about the road safety tools in children’s local environment and how to use the road safely and the words of road safety.

3 – 8y *This experience will work best for:*
Children aged 3 – 8 years.
Younger children will need help, older children should be able to do most of this by themselves.

 **WHAT YOU NEED**
The road safety treasure hunt list.
A grown up to do the treasure hunt with your child.

HOW TO DO IT

Talk about the items on the list with your child/ren before you go on the hunt. What other things might you find – add some of your own items to the list.

Does your child know if these items are close by?

Draw a picture of the item before you go so your child can remember what they are looking for.

Take a walk around your local area and look for the items on the treasure hunt list – tick them off as you go.

Talk about how these things help keep us safe on the road. For example, the footpath is there so we don’t need to walk on the road near the cars, the curb lets us know we need to stop and look for traffic before crossing, the speed signs let us know how fast the cars will be going.



Road safety treasure hunt



Starting Out Safely



WHAT YOUR CHILD IS LEARNING

How to recognise road safety tools in their local environment, how to use the road safely, the vocabulary of road safety.



THINGS TO REMEMBER

Talk with your child about how important being safe is to you and your family.

Keeping safe when playing this game, or any other activity, when out and about in your community is something we all must remember to do.

You might say, *“Let’s stop here on the footpath and have a look for the speed sign so that we can concentrate on looking and then keep walking once we have found it.”*



QUESTIONS TO ASK YOU CHILD AND WHAT TO TALK ABOUT

“Why do we need this?”

“How does it help keep everyone safe?”

“What do you think would happen if all these traffic signs and tools were not here?”



ASK...

“Why do we need this?”

“How does it help keep everyone safe?”

INFORMATION FOR PARENTS

<https://childroadsafety.org.au/pedestrians/children-as-pedestrians/>



Road safety treasure hunt

ROAD SAFETY ITEM	YOUR DRAWING OF THE ITEM	✓ ✕
Stop sign		
Footpath		
Pedestrian crossing		
Speed sign		

Road safety treasure hunt

ROAD SAFETY ITEM	YOUR DRAWING OF THE ITEM	✓ ✕
Driveway		
Kerb		
Traffic lights		
Level crossing		

Road safety treasure hunt

ROAD SAFETY ITEM	YOUR DRAWING OF THE ITEM	✓ ✕
Shared bike/footpath		
Draw your own		

Road Safety Education at Home

Learning experiences that support children to become safer on our roads



Starting Out Safely

Road sign card games

Playing the road sign card game helps children to learn about the signs that help us all be safe on our roads. The more children play with these signs the more they will know what they mean when they are out and about.

3 - 8y This experience will work best for:
Children aged 3 – 8 years.



WHAT YOU NEED

A colour printer or a black and white printer for the 'colour it yourself' version

Cardboard to back the cards with (a cereal or biscuit box is ideal)

Glue

Coloured markers if colouring your own signs

HOW TO DO IT

Print out your card template and colour them in using the colour version as a guide if required.

Cut the cards out and stick them to a cardboard base

Use the cards to play an array of card games – snap, memory, go fish



Road sign card games



Starting Out Safely



WHAT YOUR CHILD IS LEARNING

Words that supports children's learning about being safe on the roads.

How to recognise street signs and what they mean.



QUESTIONS TO ASK YOUR CHILD AND WHAT TO TALK ABOUT

"What does this sign mean?"

"What would you do if you saw this sign?"

If your child is having trouble recognising the sign you could describe the action. For example, in 'go fish'

"Do you have the sign that tells us we have to go slowly?"



WAYS TO EXTEND THIS ACTIVITY

Make your own large street signs to use with bikes and scooters outside in the back yard.

INFORMATION FOR PARENTS

<https://childroadsafety.org.au/parents/parent-resource/>

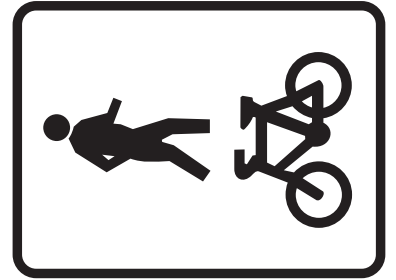
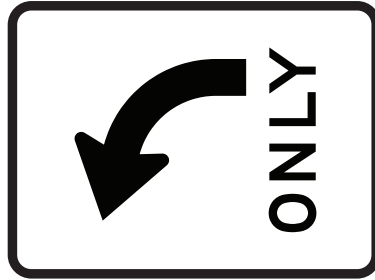
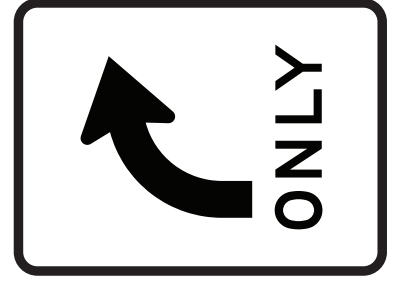
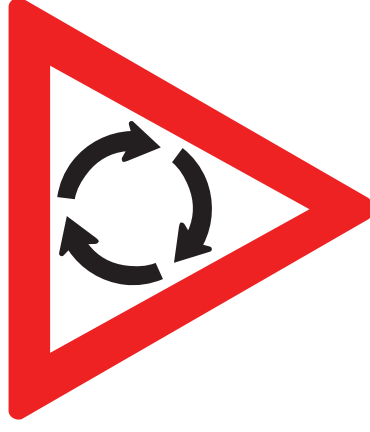


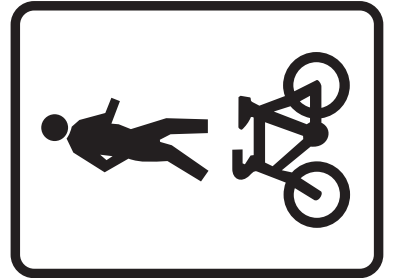
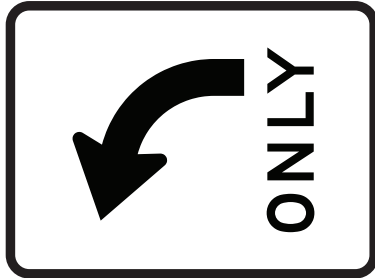
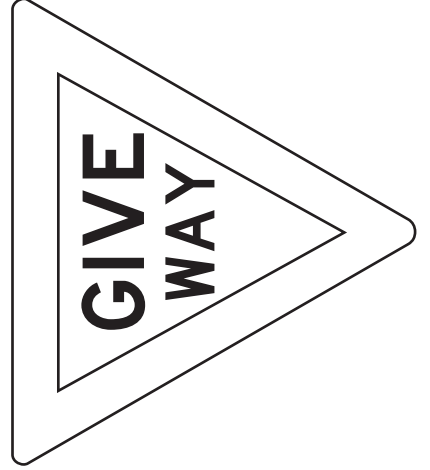
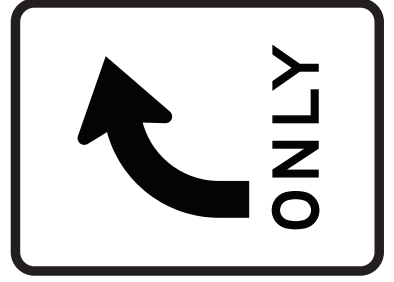
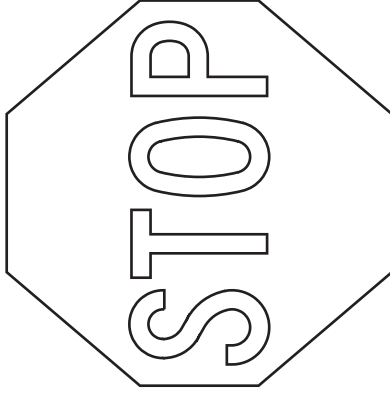
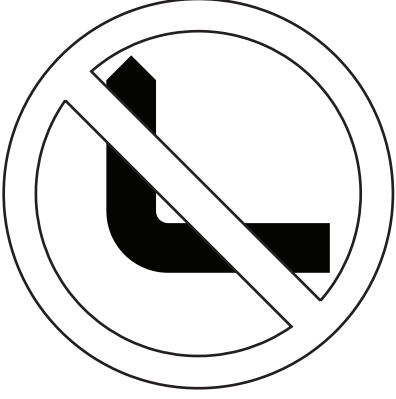
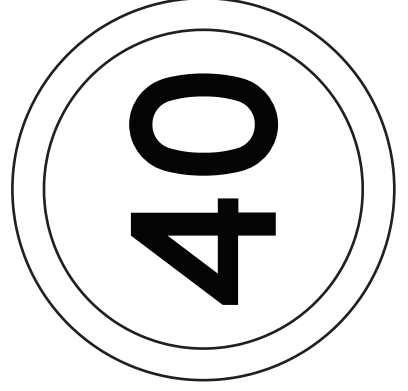
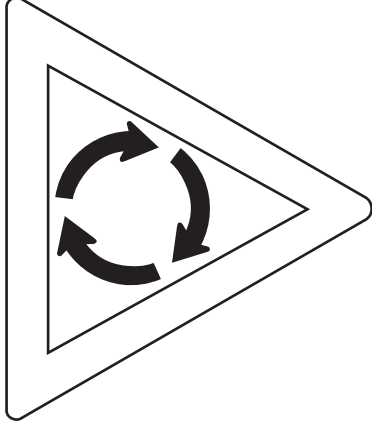
ASK...

"What does this sign mean?"

"What would you do if you saw this sign?"









Seat belt safety – making a cardboard box vehicle

Making and using a cardboard box car supports children to learn about the importance of seat belts and how they keep us safe when we are in the car.

18mths
– 4y

This experience will work best for:

Children aged 18 months – 4 years.
Younger children will need help, older children should be able to do most of this by themselves.



WHAT YOU NEED

- A cardboard box big enough for your child to get in – a big nappy box is ideal
- Art materials for decorating the box vehicle – you can use whatever you have.
- Lengths of ribbon or fabric to use as the seat belt (Upcycling tip - you could use an old t-shirt cut into strips).
- A round object to use as a steering wheel – for example, a paper or plastic plate.

HOW TO DO IT

Cut the base from the box, just leaving the sides.

Add lengths of ribbon or tape as straps to use as a seat belt and to hold the car up by punching some holes in the box and tying the ribbon on.

Decorate the box with your craft materials.

Add a smaller box in the back as a car seat for a favourite toy – don't forget the right kind of seat belt for the toy.

Hop in, put your seat belt on and off you go!

Talk about seat belt and car seat safety.



Seat belt safety – making a cardboard box vehicle



Starting Out Safely



WHAT YOUR CHILD IS LEARNING

Words that describe being safe and support children's learning about being safe on the roads.

Everyone needs an appropriate seat belt or car seat in a car to keep safe.



THINGS TO REMEMBER

The more we use road safety language the more familiar our children will become with it. This makes understanding road rules easier to learn and the importance of road safety easier as they get older.



QUESTIONS TO ASK YOU CHILD AND WHAT TO TALK ABOUT

"Is everyone safe in the car?"

"Do you have your seat belts on?"

"Is it safe to go? Ok, lets go".

Discuss concepts like stop, go, fast, slow.

Hold up traffic signs (see our resource for how to make them) for your child and give the instruction – Stop, go, give way, slow down.



SONGS TO SING WITH CHILDREN

<https://childroadsafety.org.au/parents/road-safety-songs/>



WAYS TO EXTEND THIS ACTIVITY

Make your own street signs and put them in the house or back yard. Check out our Street signs activity for how to do this.

INFORMATION FOR PARENTS

<https://childroadsafety.org.au/cars/child-car-seats/>



ASK...

"Is everyone safe in the car?"

"Do you have your seat belts on?"



Going for a walk with children in prams – STOP LOOK LISTEN THINK

Going on a walk with your child when they are in a pram is a good way to help them learn about being safe as a passenger and start to understand how to STOP LOOK LISTEN THINK when they are out and about.



This experience will work best for:
Children aged birth to 3 years.



WHAT YOU NEED

A safe pram or stroller.

Go to this link for more information on safe prams and strollers <https://www.productsafety.gov.au/products/babies-kids/kids-equipment/prams-strollers>.

For information on buying tips and safe use go to <https://raisingchildren.net.au/babies/safety/equipment-furniture/pram-stroller-safety>

This could also be done while you are carrying your child in a baby carrier or holding the hand of a toddler. However, baby carriers are not recommended for children under 4 months of age.

For more information go to <https://raisingchildren.net.au/newborns/safety/equipment-furniture/baby-carrier-sling-safety>.

HOW TO DO IT

Ensure your child is safely in their pram – with the harness fitting snugly, including the shoulder straps.

Explain what you are doing and why as you strap your child into their pram.

Always walk the safest way, rather than the shortest or most convenient way.



Going for a walk with children in prams – STOP LOOK LISTEN THINK



Starting Out Safely



WHAT YOUR CHILD IS LEARNING

Lots of language around safe walking in the streets. The names of different parts of the street including footpath, traffic lights, kerb etc.

That you take walking safely seriously – that you are keeping them safe.

While we do not expect children to understand why they need to STOP LOOK LISTEN THINK at this age if they become familiar with the concept it will be easier for them to remember to do it later.



THINGS TO REMEMBER

Be a good role model – so show your child how to:

- Walk across pedestrian crossings or traffic lights (if available) and avoid crossing the street between cars.
- Only ever cross when there is a green walk signal.
- If there is no crossing, choose the safest, clearest, and most visible place to cross.
- Always look both ways before crossing the road.
- Concentrate at the kerb before crossing (never be on the phone or talking to another adult).
- Always check for moving cars in driveways.



QUESTIONS TO ASK YOU CHILD AND WHAT TO TALK ABOUT

Talk to your infant/child about why you are stopping at the kerb, looking for cars coming out of driveways and how you know it is safe. For example:

“I’m looking for traffic.”

“Can you see that bike coming?”

“She is riding very quickly, so we’ll wait.”

“We need to make sure it’s safe to cross.”

“Let’s walk down to the traffic lights, its much safer to cross there.”

“When we stop at the kerb, I always stop and look for traffic.”

“I can hear a loud truck, let’s wait until we can see where it is?”



SONGS TO SING WITH CHILDREN

You can sing songs to children about road safety. Children will learn the songs once they have heard them many times – knowing a song creates a sense of familiarity so that as the children get older, they can then learn how to do the actions.

See [link](#)

INFORMATION FOR PARENTS

<https://rednose.org.au/article/prams-and-strollers>



ASK...

“Let’s walk down to the traffic lights, its much safer to cross there.”

“We need to make sure it’s safe to cross.”



FURTHER INFORMATION > childroadsafety.org.au