Be safe at home, at play, and on your way!

Protecting children from preventable injury—the leading cause of death for Montana kids. Learn more and connect:

406.926.2522 | safekidsmissoula.org | 

I’m a Safe Kid!

Safety Activity Pack

Be safe at home, at play, and on your way!

Draw yourself as a SAFE KID
Preventable injury is the leading cause of death for children in the U.S. Unintentional injuries from vehicle crashes, poisonings, shootings, drowning, and more claim the lives of thousands of children each year, and injure millions more. But, the good news is that preventable injuries are preventable!

Safe Kids Missoula is your partner in protecting children from preventable injury. We provide hands-on education and take-action information to help you create safer environments for children. Contact us to learn more about:

- Car seat checkups and child passenger safety
- Safe practices
- Safety tip sheets and materials
- Community education and safety events
- Referrals to local safety resources
- Annual Safe Kids Fair

Get Involved

You can support our efforts to help keep children safe in one of the following ways:

- **ADVOCATE**: Join our Safe Kids Missoula Safety Advocates Facebook Group to help increase awareness
- **VOLUNTEER**: Volunteer your time and skills at an event or as part of our Coalition
- **DONATE**: Make a donation to support our prevention efforts at fchwmt.org/give-safe-kids
- **CONNECT**: Sign up for newsletters on our website to receive safety tips and updates or follow us on Facebook and Instagram @SafeKidsMissoula

About Us

Safe Kids Missoula, a local Coalition of Safe Kids Worldwide led by Foundation for Community Health, was established in 1991 to connect parents and caregivers with critical safety information and education. Safe Kids Missoula includes more than 30 safety experts and volunteers from nonprofit and government agencies dedicated to protecting children from preventable injury. Learn more about Safe Kids Missoula and ways to get involved at safekidsmissoula.org.

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Activity Packets sponsored by:
How do your kids get to school?
Top tips for getting there safely.

View the interactive version of this image at bit.ly/gettingtoschool
Uniquely You Puzzle Piece Magnet Craft

What you’ll need:
- 3 small, colorful puzzle pieces
- 6 wiggly eyes
- 3 small pom-poms
- Glue
- 2 small pieces of different colored cardstock
- Marker
- Pen
- Magnet

How to make your Uniquely You Puzzle Piece Magnet craft:
- Using glue, glue the wiggly eyes to the three puzzle pieces. Make sure that each puzzle piece looks different. For example, use different size eyes or rotate the puzzle pieces. (see photos)
- Glue the pom-pom nose to each of the puzzle pieces. Allow the glue to dry. (see photos)
- Cut a rectangle out of one of the small pieces of cardstock. Using a pen, write "No two puzzle pieces are exactly the same. Just like you, they are all unique." Then, using the marker, write "UNIQUE!" (see photos)
- Cut a square out of the other piece of colored cardstock and glue the three puzzle pieces in a row. Glue the other piece of colored cardstock with the writing on it underneath the puzzle pieces. Allow the glue to dry. (see photos)
- Once the glue is dry, adhere the magnet to the back of the colored cardstock.
- Hang this magnet in a spot where everyone will see this important message or give it to a loved one or friend to brighten their day!
Do you know what hand signals to use when biking to tell other road users what you are doing? Draw a line from each hand signal matching it to the correct action:

(Actions are shown as they would look for someone behind you)

1. [Hand signal] \(\rightarrow\) Slowing or Stopping
2. [Hand signal] \(\rightarrow\) Right Turn
3. [Hand signal] \(\rightarrow\) Left Turn
4. [Hand signal] \(\rightarrow\) Right Turn

**Bike Safety Tips**

1. ALWAYS wear a properly-fitted helmet
2. When riding on the road, ride in the same direction as traffic and as far to the right as possible
3. Use hand signals to tell other road users what you are doing and follow the rules of the road
4. Wear bright colors and use lights and reflectors —especially at night and in the morning
5. Adults should ride with children until they are ready to ride on their own

Learn more about bike safety at safekids.org/bike.
Walk Safely, Cross Safely

Whether you are walking to school, a friend’s house, or the park, follow these tips to stay safe:

1. When possible, walk on sidewalks or paths. If there is no sidewalk, walk facing traffic as far to the left as possible.

2. It is safest to cross at street corners, and where there are traffic signals or crosswalks. You should never cross in the middle of a street or between parked cars.

3. Look left, right, then left again before crossing the street and continue looking until you are safely across, and keep phones, headphones, and devices down.

Which letters are at safe places to cross the street? ____________________________________________

Which letters are at unsafe places to cross the street? ____________________________________________

Find more pedestrian safety tips at safekids.org/walkingsafely.
Bike Safety Tips
Everything you need to know to keep your kids safe when biking.

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. Here are a few tips so that you will be as safe as possible while you’re doing it.

Wear a Helmet

• We have a simple saying: “Use your head, wear a helmet.” It is the single most effective safety device available to reduce head injury and death from bicycle crashes.

Find the Right Helmet Fit

• Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Your children’s helmet should meet the U.S. Consumer Product Safety Commission's standards. When it's time to purchase a new helmet, let your children pick out their own; they'll be more likely to wear them for every ride.

• Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly. Safe Kids recommends kids take the Helmet Fit Test.

• EYES check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.

• EARS check: Make sure the straps of the helmet form a “V” under your ears when buckled. The strap should be snug but comfortable.

• MOUTH check: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.

More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.
Use Appropriate Helmets for Different Activities

- Children should always wear a helmet for all wheeled sports activities.

- A properly-fitted bike helmet is just as effective when riding a scooter, roller skating or in-line skating.

- When skateboarding and long boarding, make sure your child wears a skateboarding helmet.

Proper Equipment and Maintenance Are Important

- Ensure proper bike fit by bringing the child along when shopping for a bike. Select one that is the right size for the child, not one he or she will grow into.

- When children are sitting on the seat of the bicycle, their feet should be able to touch the ground.

- Before the ride, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.

- Long or loose clothing can get caught in bike chains or wheel spokes. Dress young kids appropriately to ensure a safe ride.

Keep an Eye Out

- Actively supervise children until you’re comfortable that they are responsible to ride on their own.

- Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10, so limit riding to sidewalks (although be careful for vehicles in driveways), parks or bike paths until age 10. No matter where you ride, teach your child to stay alert and watch for cars and trucks.

- Children should be able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic.

Model and Teach Good Behavior

- You’d be surprised how much kids learn from watching you, so it’s extra important for parents to model proper behavior. Wear a helmet, even if you didn’t when you were a kid.

- Teach your kids to make eye contact with drivers. Bikers should make sure drivers are paying attention and are going to stop before they cross the street.

- Tell your kids to ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights.

- Stop and look left, right and left again before entering a street or crossing an intersection. Look back and yield to traffic coming from behind before turning left.

Be Bright, Use Lights

- When riding at dusk, dawn or in the evening, be bright and use lights – and make sure your bike has reflectors as well. It’s also smart to wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.

- Most states require a front light but allow the use of a rear reflector. Headlights aren’t so much for bicyclists to see where they are going but for others to see them. Riding without a headlight means drivers won’t see you, and surprising motorists is never a good idea.
Teach Kids How to Walk Safely

• Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking around until safely across.

• It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.

• Teach kids to make eye contact with drivers before crossing the street.

• Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.

• Encourage kids to be especially alert for cars that are turning or backing up.

• Teach kids not to run or dart out into the street or cross between parked cars.

• If kids are walking when it's dark out, teach them to be especially alert and make sure they are visible to drivers. Have them wear light- or brightly-colored clothing and reflective gear.

Let Your Actions Speak as Loudly as Your Words

• Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars.

• When driving, put cell phones and other distractions in the back seat or out of sight until your final destination.

• Be especially alert and slow down when driving in residential neighborhoods and school zones. Be on the lookout for bikers, walkers or runners who may be distracted or may step into the street unexpectedly.

• Give pedestrians the right of way and look both ways when making a turn to spot any bikers, walkers or runners who may not be immediately visible.

For more information visit safekids.org. © 2015 Safe Kids Worldwide®