

LET'S WALK AND ROLL SAFELY.

Help teach kids the way to go!



Tips to share with your kids while you're out and about:

- Cross at corners and marked crosswalks whenever possible.
- Make eye contact with people driving to make sure they see you.
- Wait for all traffic to stop before stepping or rolling out.
- Keep your ears and eyes free from distractions.

Encouraging our kids to walk or roll (bike, wheelchair, scooter, skateboard, etc.) to school is a good move in the right direction. When they get out of the car and walk, bike or roll, they learn valuable lessons about independence, plus get a healthy dose of exercise and fresh air. Our neighborhoods benefit from fewer cars on the road and less congestion around schools.

Get Ready, Get Set...

Start in the right direction by showing them the way. Go on the route with your child. It's the best way to share the rules – not to mention a fun way to spend time together!

Look for the Signs

Your child will need to recognize, remember and obey traffic signs, signals and pavement markings.

Practice Safe Habits

Practice with your child by walking or rolling together. Repeated practice helps kids get better at it and you feel more comfortable with their skills.

Root Out the Best Route

Identify a safe route to and from school or the bus stop. The school may already have route maps with recommendations. If not, here are some considerations:

- Look for less busy roads and slower speeds.
- If there are no sidewalks, choose roads with shoulders where people walking can face oncoming traffic.
- Find the locations of your school's crossing guards.
- Choose crossing locations that have a clear view of traffic.
- Practice the route with your child until you are both comfortable.

Walk and Roll on the Bright Side

Consider the time of year. Shorter days and weather conditions will affect visibility and safety. Dress your child in bright and reflective clothing so they can be seen easily by others.

