Bean Bag Game 1/2

SAFE KIDS
GREATER SACRAMENTO

Babies face the back of the car in a car seat

Big Kids ride in car seats with a harness

Bigger kids ride on booster seats until they are at least 8 years old

Buckle Up on every ride

www.safekidssacramento.org

Proudly Supported By

FOUNDATION
Bean Bag Game 2/2

Look left, right, then left again

Install smoke alarms

Always wear a helmet

Buckle Up on every ride

www.safekidssacramento.org
Bicycle Safety Display

Safe Kids
Ride Safely

RIDE SAFE REMINDERS

Always Wear a Properly Fitted Bicycle Helmet
Always Ride with an Adult
Adjust Your Bicycle to Fit
Check Your Brakes
See and Be Seen
Watch for and Avoid Road Hazards
Ride on the Sidewalk when Possible
Avoid Riding at Night

SAFE KIDS
GREATER SACRAMENTO

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Home Escape Plan Display

1. Create an escape plan with your Family
2. Have 2 ways out of each room in case your main route is blocked
3. Agree on a safe meeting place outside
4. Once Out, Stay Out
5. Practice your plan

Install Smoke Alarms on every level of your home

SAFE KIDS
GREATER SACRAMENTO

Home Fire Escape Plan

Bedroom  Bathroom  Kitchen  Dining Room

Bedroom  Bedroom  Living Room

SAFE MEETING PLACE

Bedroom  Bedroom  Kitchen  Dining Room
Home and Pool Banner Games
Crosswalks and Slides Pedestrian Game
Laundry Packet Safety Twister
Booster Height Chart
Heatstroke Display

(Requires Electricity)
Is Your Child in the Right Car Seat?
How to know for sure:

**Rear-Facing Car Seat**
Babies and toddlers need to ride rear-facing as long as possible.
Keep children rear-facing until they are at least two years old, or until they reach their car seat’s height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.

**Forward-Facing Car Seat**
Use a forward-facing seat with a harness when your child outgrows the rear-facing seat.
When you child outgrows the rear-facing seat, he/she should ride in a forward-facing seat with a harness up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer’s instructions. The tether (and harness) limits your child’s movement in a crash.

**Booster Seat**
Children are ready for a booster when:
• They reach the limits for the forward-facing car seat with a harness, or
• Their shoulders grow above the car seat top harness slot, or
• Their ears are at the top of their car seat.
Boosters help keep the seat belts in the safest position. The top harness stays low, touching the tops of the legs. The shoulder belt is centered on the shoulder and chest, so children don’t put it behind their backs or under their arms.

**Seat Belt**
Is your child ready to ride on the seat?
• Can your child sit with his hips against the back of the seat?
• Do her knees bend comfortably at the edge of the seat?
• Does the belt cross the center of your child’s shoulder and is the lap belt low, touching the tops of your child’s legs?
• Can your child sit like this the entire trip?

If you answered “no” to any of these questions, your child needs to keep using a booster.

The back seat is the safest place. Children should ride in the back seat until they are 13 years old.

Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.

Always check your vehicle and car seat manufacturers’ instructions to be sure your child’s car seat is installed and used correctly.

Seat belts do not usually fit until children are 4′8” tall and between 8-12 years old.