step safely with a helping hand

Young children are naturally curious but they lack experience. Help them to learn without getting hurt.
step safely falls

burns and scalds

drowning

cuts and bruises

with a helping hand
**out and about**

**REMEMBER** Children travelling by car like to move about, look out of the window, or play with brothers and sisters.

**ACTION** Make sure that they are safely restrained in the car on every trip, however short. If no child seat is available, children of this age can use adult seat belts, ideally with a booster cushion.

**REMEMBER** At the age 5, 6 and 7 children are still too young to cross roads alone. They are not able to judge speed or distance reliably and are often impulsive. They are also physically too small to get a real view of the road to allow them to cross safely.

**ACTION** Allow children the opportunity to develop their experience. Teach them to cross roads safely. Help them to make decisions about where and when to cross.

**REMEMBER** Children are too young to cycle on the road – they are unable to cope with traffic reliably.

**ACTION** Choose a safe place for your child to cycle, such as a park or playground, and make sure they wear a cycle helmet at all times to reduce the risk of head injury.

Although you may take active steps to ensure that your child is safe from accidental injury there may be an occasion when an injury does occur. CAPT advises that you keep emergency numbers by the telephone, learn some basic first aid and keep a first aid kit handy.

Further information or assistance can be obtained by contacting the following people in your local area:

- **HEALTH VISITOR**
  advice on health and child safety.
- **FIRE OFFICER**
  advice on fire prevention.
- **ROAD SAFETY OFFICER**
  advice on road safety.
- **HOME SAFETY OR ENVIRONMENTAL HEALTH OFFICER**
  advice on home safety.

Please contact CAPT at the following address if you need further information or advice about children's safety:

Child Accident Prevention Trust
18-20 Farringdon Lane
London EC1R 3HA
telephone 0171 608 3828

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This leaflet is one of a set of five each covering a different age and stage of a child's development:

- **Handle safely**: babies from birth to crawling
- **Active steps to safety**: toddlers up to the age of 5
- **Step safely with a helping hand**: children aged 5-7
- **Step safely from the edge**: children aged 7-11
- **It's a safety thing**: young people aged 11-14