



HELLO PARENTS,

Teaching your child basic safety will ensure that they can explore, adventure, and play while protecting their well-being. Your child will learn how to cross the street, fire safety and other basic everyday safety measures. As your child grows, they will learn to reason their personal safety within an environment. It is important for your child to understand that there are precautions which should be taken to guarantee that they are protected and remain happy and healthy. This is especially important as your child increasingly engages in risk taking activities. Teaching your child to be proactive and consider possible hazards in their environment will help them to become their best advocates for their own safety. In this newsletter, you will be provided with activities that will teach your child basic safety.

ACTIVITIES

INFANTS (3 -18 MONTHS)

DIAPER CHANGING SAFETY

DIRECTIONS:

- Changing an infant's diaper may be different in each household. It is important to consider these tips to help ensure the safety of your infant when changing their diaper:
 - Prepare all supplies needed for changing your infant's diaper. For example: diaper, wipes, cream, etc. By keeping the supplies within your reach, you do not have to leave your infant's side to get them.
 - Choose a sturdy and stable changing table to change your infant's diaper, and cover the table with linen.
 - Older infants who can roll their body should be changed on the floor. You may place a changing pad or linen on the floor for your infant.
 - Involve your older infant in the diaper-changing process. For example, when it is time for a diaper change, give your infant the diaper to hold.
 - While your infant's diaper is being changed, talk or sing to your infant.
 - Once you are finished changing your infant's diaper, wash their hands.

[Click here](#) to listen to "Pinkfong: Daily Safety Song".

TODDLERS (19 MONTHS – 2.5 YEARS)

BUCKLE UP! CAR SAFETY

DIRECTIONS:

- It is important to teach your child that while a car is moving, they must be properly secured in a car seat.
- Get your child involved in this process! Encourage your child to climb into the car seat.
- Show your toddler how to buckle up! Practice properly positioning the seat belt and fastening the car seat.
- Allow your toddler to buckle up their own car seat.

[Click here](#) to read "Peppa Pig: Safety First" book.

PRESCHOOLERS (2.5 – 5 YEARS)

STOP, LOOK, AND LISTEN! ROAD SAFETY

DIRECTIONS:

- It is essential to teach your children the importance of road safety. They should learn to look both ways before crossing the street.
- Explain to your child the rule of "Stop, look, listen, and think!"
 - Stop: take one step back from the curb before the road.
 - Look: make sure to look in all directions for approaching traffic.
 - Listen: listen for traffic approaching. Ask your child, "Do you hear any cars coming?"
 - Think: think about whether it is safe to cross the road.
- Go outside, and practice safely crossing the street together.

[Click here](#) for "Stop, Drop, and Roll!" safety activity.

JK/SK (4 – 6 YEARS)

HOP ON THE SAFETY TRAIN!

DIRECTIONS:

- It is essential to teach your child the importance of home safety. For example, what to do if they hurt themselves, the police phone number (911), etc.
- Tell your child that you are going on a field trip. Pretend you are on a train, and say, "Choo, Choo! Hop on the safety train!"
- As you are walking around your home on the safety train, stop at different locations to point out the safety elements inside the house. For example:
 - Show your child where the fire extinguisher is and explain what it is.
 - Show your child where the fire alarm and home alarm systems are. For example, teach them how to arm and disarm the code for the alarm systems.
 - Teach your child not to open the door for anyone unless you are with them.
 - Teach your child what to do during an emergency. For example, call 911 for the police, an escape route in case there is a fire, etc.
- Once you are finished walking around the house and explaining the safety elements to your child, ask them to lead the safety train and to try to recall the safety elements that you discussed.

[Click here](#) for "It's an Emergency!" safety activity.

SCHOOL-AGERS (6 – 12 YEARS)

PSA: INTERNET SAFETY

PSAs (Public Service Announcement) are messages, often in the form of TV commercials, that share a message about health or safety concerning the general public.

MATERIALS:

- Paper
- Pencil

DIRECTIONS:

- [Click here](#) to watch "5 Internet Safety Tips".
- On a piece of paper, write down extra tips that you believe will help you stay safe while using the internet.
- When you are finished, gather your information and write it into a script for a public service announcement (PSA). For example, the PSA can be an information video or a short skit.
- Once you have written your script, perform the PSA for your family. You may video record your PSA, and send it to other relatives and friends to teach them about the importance of internet safety.

[Click here](#) to watch "Protect Yourself Rules –Cyberbullying".



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

BASIC SAFETY TIPS FOR TODAY

- Teach your child their contact information. For example, their full name, their parents' names, their address, and phone number. This will be helpful in times of emergencies.
- Your child should learn to not be led away by a stranger, no matter the circumstance. Teach your child to call for help if this happens.
- Teach your child to never play with dangerous materials. For example, matches, lighter, knives, etc.
- Encourage your child that if they believe an activity is dangerous or inappropriate, they should leave the situation and tell you about it.
- Teach your child to call 911 in major emergencies.
- Teach your child the importance of online safety. For example, they should never give strangers personal information.