

all about...
**preparing me
for the road**

and me

EssexWorks.

and me

driving casualties down

The Essex Casualty Reduction Board

www.drivingcasualtiesdown.org



Essex County Council

this book belongs to

.....



Notes for parents / carers

Your children need you to protect them on the road...

How to use this book:

Read it through with your child

Discuss the pictures

Talk about things you see when you are out.

Each page covers a different aspect to help teach them about the road. There is also an activity to do/talk about indoors and something to practice outside.

Remember to repeat this every time you go out.

Children will copy what you do so make sure you always set a good example.

Your child's life may depend upon it!

...my life may depend on it

and mine

and mine



Holding hands

When we go near a road we always **hold hands** to keep safe

Practice **holding hands** on each journey.

can you teach your grown ups to hold hands?



When I go out with my grown up I always **hold hands on every journey**.

yes  no  

Draw round you hand here

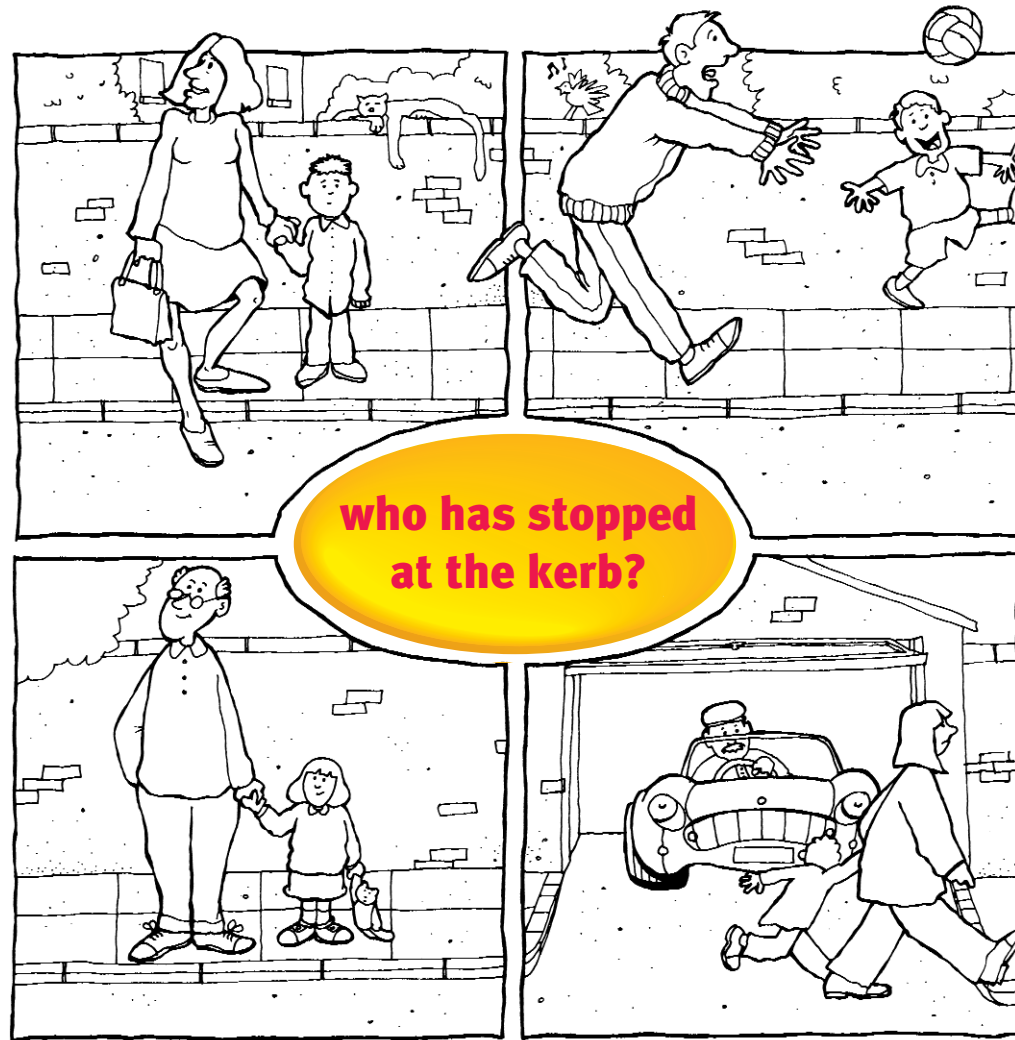
Look at the picture, can you draw round your hand? Can you find your little finger, thumb, knuckles and wrist?



Stopping

This is how we **stop** at the kerb when we are out.

Practice stopping at the kerb on your next journey.



You can colour some of these pictures

When I go out with my grown up I always **hold hands** and **stop at the kerb every time.**



Looking

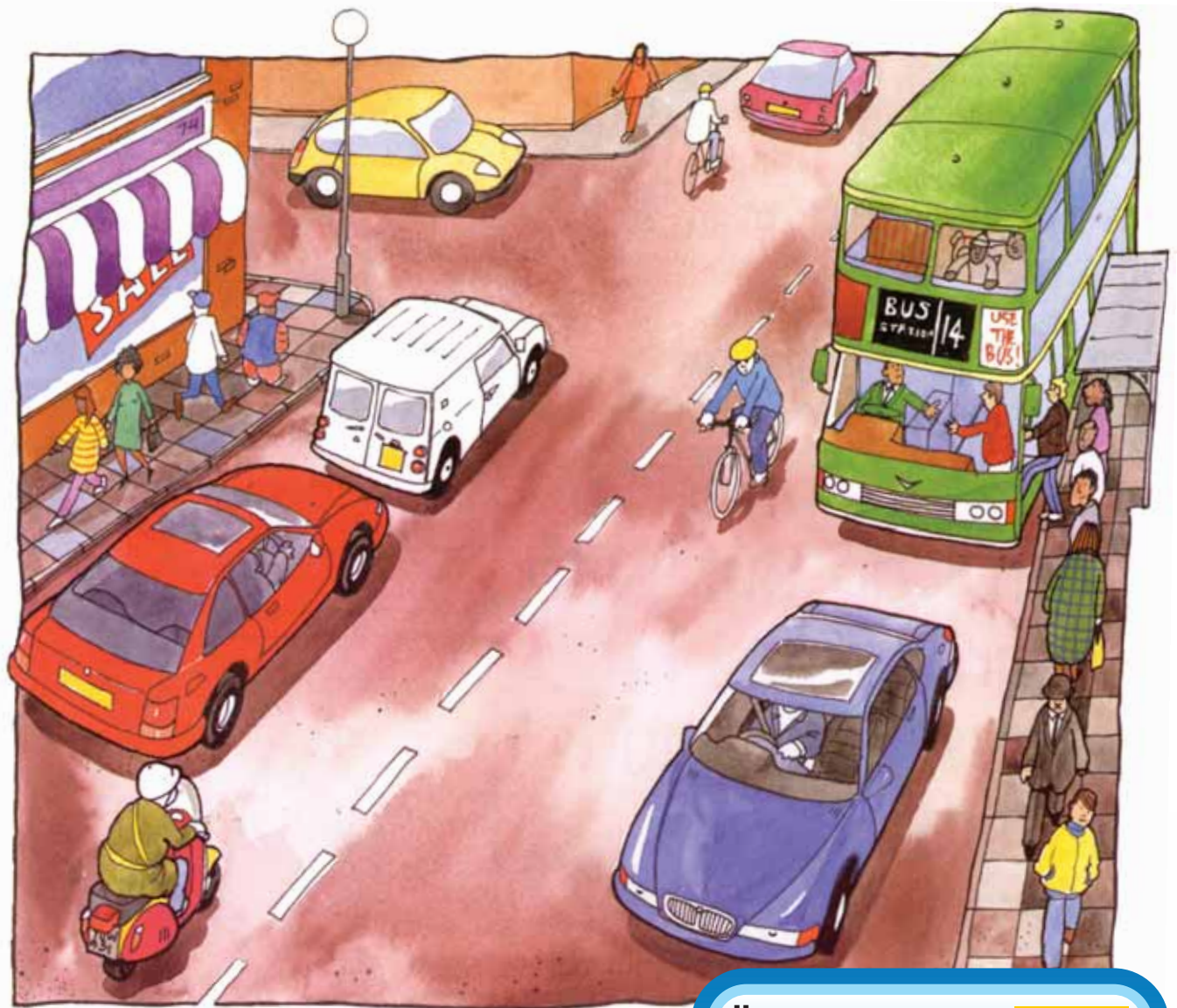
When we stop to cross the road we **look** all around for traffic.

On your next journey **practice looking** for traffic and tick the boxes below to show which vehicles you saw.

- | | | | |
|--------------------------|-----------|--------------------------|---------|
| <input type="checkbox"/> | car | <input type="checkbox"/> | lorry |
| <input type="checkbox"/> | van | <input type="checkbox"/> | bus |
| <input type="checkbox"/> | motorbike | <input type="checkbox"/> | bicycle |

we saw a big lorry!

we saw a van and a car!



When I go out with my grown up I always **hold hands** and **stop at the kerb** and **look**.

yes no

How many cars can you see?

How many people can you see?

How many bicycles can you see?

How many busses can you see?

Listening

When we stop to cross the road we **look** all around for traffic.

On your next journey **practice listening** for traffic and tick the boxes below to show which vehicles you hear.

- | | | | |
|--------------------------|-----------|--------------------------|---------|
| <input type="checkbox"/> | car | <input type="checkbox"/> | lorry |
| <input type="checkbox"/> | van | <input type="checkbox"/> | bus |
| <input type="checkbox"/> | motorbike | <input type="checkbox"/> | bicycle |



what sounds do these make?

brmmm
brmmm



woo woo



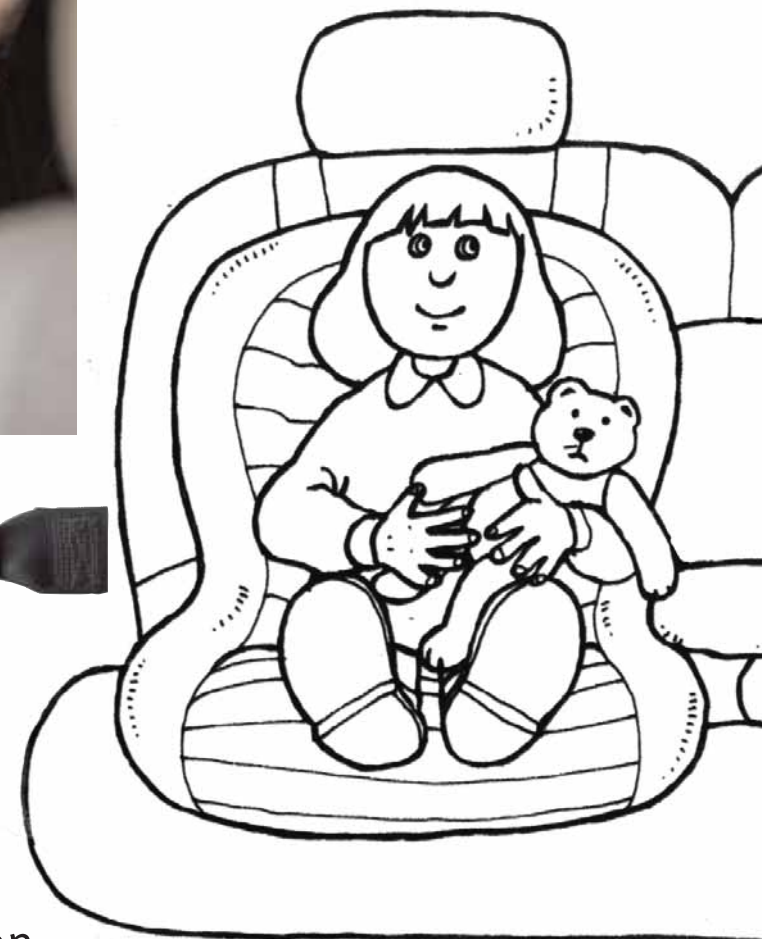
When I go out with my grown up I always **hold hands**, **stop at the kerb**, **look and listen** for vehicles.



yes no

Journeys

When we travel in a car we always use a seat belt or special car seat to help keep us safe.



What is missing?

Can you draw it on?

Where should they go?

I always sit safely when I go on a journey in the car.



Roads

Some roads are busy.
Some roads are quiet.
But all roads can be dangerous.
Is your road **busy or quiet**?



We always go out with a safe grown up

We always look out for vehicles

We always hold hands with our grown up

We always listen for vehicle sounds

We always stop at the kerb

When we do these things together we are safer

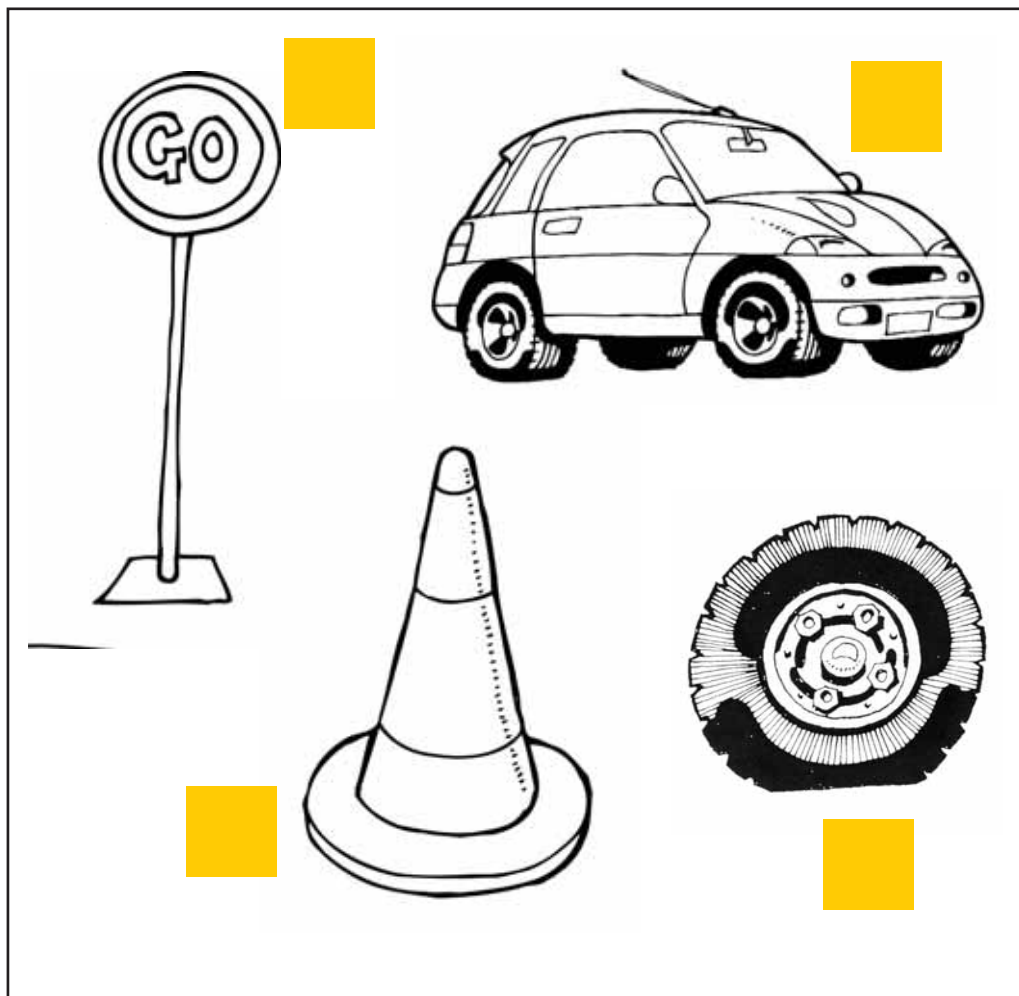


When I go out I always hold hands with my grown up and stop at the kerb, look and listen for traffic

yes  no  

Things on the road and pavement

Put a tick by the things on the road and the pavement you see on your next journey. ✓



You can colour in these pictures





**When we do these things
together we are safer**

**This document is issued by Essex County Council
Development, Highways and Transportation.**

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and/or made available in alternative formats, on request.**

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