

How to Stay Safe

This month in THE GREAT BODY SHOP, your child learned about safety. The unit was accompanied by the song "15 Ways to Stay Out of Trouble."

- Lesson 1:** Safety Rules—Safety Helpers
- Lesson 2:** Safety at Home
- Lesson 3:** Safety at Play
- Lesson 4:** Safety in the Community

On the Cover

With your child, look at the picture on the front cover. Make sure that your child understands that some things, like matches or lighters, are not toys. Help your child to color the circle/slash sign, on the poster that Willie is holding, a bright red. Be sure your child knows that this sign means "NO." If your child finds matches or a lighter, he/she should tell an adult immediately.

Caution in the Car

At a crash of 30 mph, a child without a seatbelt would feel the same force as if he or she fell from a three-story building. Make sure all children are buckled with the appropriate booster seat in the back seat of the car! Learn about your state's booster seat laws here: safeseats4kids.aaa.com/state-laws/

Make sure car and booster seats are installed correctly: <https://bit.ly/2M2NEEJ>

Fire Alarm

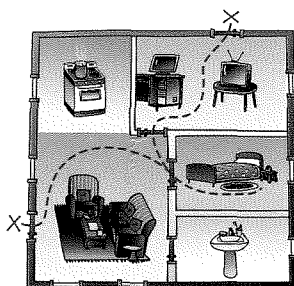
In school, children learned that smoke goes up, so we must go down to the ground when in a smoky building. For that reason, we should crawl, not run, to get out of a smoke-filled room. We also practiced the "stop, drop, and roll" steps to put out the fire on clothes that catch fire.

At-Home Fire Drills

Plan two different ways to get out of each room.

Tell your children not to try to find you, but to get outside right away! Pick a spot for the whole family to meet once you are outside the house.

Make sure your children know that they can't hide from a fire. Children tend to think a fire won't "find" them if they hide.



Safety Course

Here's a fun way to teach your children bike safety. Set up a course in a driveway or empty parking lot. Have children practice riding; show them how to cross a "street;" go over proper hand signals. Inspect bikes for reflectors and headlights; make sure your children wear helmets.

Water Watch

Remember, a young child can drown in just two inches of water. Children can drown if they accidentally fall in the tub. Never leave a young child alone in the bathtub, even for a minute. Tell your child not to get out of the tub alone. Put a rubber mat or strips in the tub. Drape a towel over the side of the tub; it's less slippery than the wet porcelain.

Review family safety rules for playing in or around water. Children should never be in a pool alone, even if they have had swimming lessons. If you have to leave the area, assign another adult to supervise. Drowning can happen quickly!

Read All About It

Officer Buckle and Gloria

by Peggy Rathmann

A classic Caldecott Medal award book.

See How They Go: Emergency Vehicles

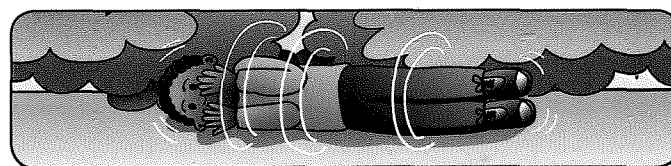
by DK Publishing

Introduces ambulances, rescue helicopters, and other vehicles that help save lives in emergencies.

Word Wise

Ask your child to find these words in the Student Issue. Write them on paper and post them around the house. Practice reading these sight words daily. Mix them up to create sentences.

stay a safe will I helper do



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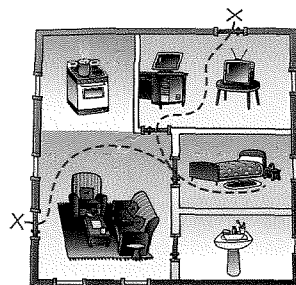
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