



# Children

Teaching your child to cross the road safely is one of the most important lessons of their life. Every year, hundreds of thousands of children are injured or killed by motor vehicles when walking along roads or trying to cross them.

Drivers go too fast, they don't see the children, and there are not always accessible pavements or pedestrian crossings.

It is, therefore, extremely important to be as cautious as possible. It takes many years for children to understand how the road traffic works. Your helping them and setting an example could save their life

Before the age of 9, children have difficulty judging how fast vehicles are going or how far away they are. That is why it is so important that adults supervise them and teach them how to behave when next to a road

Always hold your child by the hand when you walk along the road. Walk on the side of the road that is facing oncoming traffic. Keep the child on the side of the pavement furthest from the traffic and as close to you as possible.

If your hands are full, ask the child to hold on to a strap of your bag or even to your clothes.

When you cross the road, bear in mind these 4 steps:

Find a place to cross

Stop at the edge of the road

Watch and listen

Cross quickly

Now let's go through each of these 4 steps

- find a place to cross the road

How can you find a suitable place to cross? Always use a pedestrian crossing when there is one. Otherwise, you can cross at a place where you have a clear view of both sides of the road and where you can also be seen by motorists

A parked car, a bush, a tree, a pole, a bend in the road or a hill can prevent you from seeing and being seen.

Child speaking: "When I don't have a good view of the road, I don't cross. I find a better place to cross. When I find a place where I can see cars coming from both directions, and where the cars can see me, then I can cross"

- Stop at the edge of the road

Always stop at the edge of the road before crossing. This will allow you to see arriving cars and to be seen.

If you are next to a parked car, stop twice: for a first time at the edge of the road to ensure that the car will not start moving, and for a second time level with the car to be able to see the traffic.

Child speaking: "Before I cross, I stop at the edge of the road"

- Watch and listen -

\* Before crossing, teach your child to look to the left, to the right, and then to the left once again to make sure no cars are coming.

\* Look to the left first because that is the direction of oncoming cars, then to the right to see cars on the other side of the road and then to the left once more to make sure there is no vehicle coming because cars can approach very quickly.

\* Listen and teach your child to recognise the sound of the engine of an oncoming car. Child Speaking: "Before crossing, I look to the left, to the right, then again to the left and I listen"

- Cross quickly

Cross the street to the side directly opposite you as this is the shortest route. Walk quickly but do not run. When crossing, listen carefully, look both ways and be as visible as possible.

Child Speaking: "I cross quickly but I don't run - all the while looking left and right"

Roads are even more dangerous when it is dark or raining. If possible, avoid crossing at such times because drivers might not be able to see you.

If you have to cross, be twice as careful and don't hesitate to wear light clothing that is as reflective as possible.

Now you know the four rules for safely crossing the road:

Find a place to cross

Stop at the edge of the road

Watch and listen

Cross quickly

<https://www.sikana.tv/en/health/road-safety/children-s-road-safety>