

Safety Tips:

Parents of Preteens (11-12 Years)



Lucile Packard
Children's Hospital
Stanford

Childhood Injury Prevention

Safety In and Around Cars

- All kids should ride in the back seat until they are 13.
- A booster seat should be used if the child does not pass the following test:
 - Your children's knees should bend at the edge of the seat when their backs and bottoms are against the vehicle seat back
 - The vehicle lap belt should fit across the upper thighs
 - The shoulder belt should fit across the shoulder and chest. Children are usually between 8 and 12 years old when the seat belt fits them properly.
- Teach your kids to ride with experienced drivers and never get in the car with someone under the influence.

Traffic Precautions

- Teach kids to look left, right and left again when crossing the street and to never dart out into the street or cross between parked cars.
- Only cross streets at corners, using traffic signals and crosswalks.
- Walk on sidewalks or paths whenever possible. If there is no safer option, walk facing traffic as far to the left as possible.
- Make sure kids stop walking and find a safe place to talk on their cell phone when walking near the street. Children should remove headphones when crossing the street.

Bike and Skate Safety

- Make sure your child has the right size helmet and wears it every time when riding, skating or scooting.
- Limit skating to bike paths or areas set aside in public parks. Kids should ride on smooth, dry surfaces located in a well-lit area away from traffic.
- Before the ride, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.

Sport Safety

- Make sure your child has a pre-participation physical exam (PPE) before playing in organized sports.
- Encourage children to drink water before, during, and after athletic activities.
- Children should always warm up and stretch before play to prevent injuries.
- Make sure your child's coach is trained in first aid and CPR and knows how to prevent, recognize, and respond to concussions and overuse injuries.
- It is recommended that children get 10 consecutive weeks off for rest from any one sport every year.
- Make sure your child wears proper protective sports gear.

Water Safety

- Make sure your home pool has a proper drain cover or shut-off function to prevent body parts, clothing, or hair from getting trapped.
- Install a window or door alarm to alert you if a child wanders into the pool area.
- Teach kids to swim with a partner, whether it is in a home pool, the ocean, or a lake.

Preventing Burns

- Teach kids never to play with matches, lighters or fireworks
- Teach safe cooking practices. Never leave the kitchen while using the stove or oven.
- Require the use of oven mitts or potholders to remove items from the oven or stove and teach children how to use a microwave safely.
- Make sure your child applies sunscreen before going outside and reapplies every two hours and after swimming.

For Extra Peace of Mind

- Teach your child important emergency phone numbers.
- Make sure your child has engaging and safe afterschool activities.



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