

Staying Safe: First Grade

Understanding and practicing safety rules will help your child to:

- Stay safe while playing
- Recognize risky situations and how to avoid them
- Know the steps to follow in case of emergencies



Ideas to try with your child:

- Help your child learn his full name, address, and phone number.
- Identify trusted adults and their phone numbers such as family members, police officers, and fire fighters that can help in an emergency.
- Teach your child **when** and **how** to use 9-1-1.
- Talk about risky situations and how to avoid them. For example: "If you find a needle (matches, lighters, guns, pills, cigarettes), don't touch it. Tell a trusted adult."
- Create a fire safety plan with your child. Identify a family meeting spot. Make a map of your house and draw routes that can be used to escape in case of a fire.

If your child is struggling:

- Read *Officer Buckle and Gloria* by Peggy Rathman with your child and help make a list of family safety rules.
- Role-play different kinds of emergencies and practice what to say when calling 9-1-1.

Going further:

- Have your child think of and write a list of safety rules for a game that is played with friends and tell why the rule is important.
- A variety of fun games, videos, and activities about fire safety and other ways to stay safe can be found at <http://www.sparky.org/#/sparky>

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children in First Grade** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Recognize risky situations and explain how to avoid them. *Growing Up Healthy, First Grade*, pg. 101