

Living Safely at Home and in the Community - Safety Rules: Ages 4-5

Practicing safety rules with your child will help her learn

to:

- Avoid dangerous situations and practice safe choices
- Know what to do in emergencies
- Gain confidence in unexpected situations



Ideas to try with your child:

- Teach home safety rules and continue to remind your child of these rules as you go about your day: including avoiding burners, electrical outlets and cords, pool/bath water, firearms, knives, scissors, or when to answer the door or phone.
- Model safe behavior: Always wear a well-fitting bike helmet. Buckle up in the car. Cross the street in the crosswalk.
- Discuss fire safety (avoiding candles, matches and lighters, “stop, drop and roll,” 9-1-1).
- Practice hand-holding and staying together in crowds.

If your child is struggling:

- If your child seems afraid or reluctant, read children’s books teaching safety in non-threatening ways.
- Act out situations with your child to practice.
- View safety videos together online at:
<http://www.safekids.org/safetytips>

Going further:

- Enroll your child in swimming lessons once they begin to understand basic water safety.
- Visit a park, farm, pet shop, or zoo and discuss safety while enjoying pets or wildlife.
- Visit a local fire station or fire safety house.

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 ages 4-5** that parents can help improve at home.



Washington State Department of
Early Learning



Adapted from *WA State Early Learning and Development Guidelines, 2012: “Follow safety rules indoors and outdoors.” Growing Up Healthy, Ages 4-5, pg. 75*