

Bean Bag Game 1/2

**SAFE
K:DS**
GREATER
SACRAMENTO

 Mercy San Juan
Medical Center
A Dignity Health Member

Safe Kids
**Buckle
Up**



**Babies face the
back of the car
in a car seat**



**Big Kids ride
in car seats with
a harness**



**Bigger kids ride
on booster seats
until they are
at least
8 years old**



**Buckle Up
on every ride**



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 **FOUNDATION**
Helping communities succeed & secure tomorrow

www.safekidssacramento.org

Bean Bag Game 2/2

**SAFE
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Safe Kids
**At Home
At Play
& On The Way**



**Look left, right,
then left again**



**Install
smoke alarms**



**Always wear
a helmet**



**Buckle Up
on every ride**



www.safekidssacramento.org

Bicycle Safety Display



**Safe Kids
Ride
Safely**

RIDE SAFE REMINDERS

Always Wear a Properly Fitted Bicycle Helmet

Always Ride with an Adult

Adjust Your Bicycle to Fit

Check Your Brakes

See and Be Seen

Watch for and Avoid Road Hazards

Ride on the Sidewalk when Possible

Avoid Riding at Night

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Home Escape Plan Display

Home Fire Escape Plan



1. Create an escape plan with your Family
2. Have 2 ways out of each room in case your main route is blocked
3. Agree on a safe meeting place outside
4. Once Out, Stay Out
5. Practice your plan

Install Smoke Alarms on every level of your home



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Home and Pool Banner Games



Crosswalks and Slides Pedestrian Game



Laundry Packet Safety Twister



Booster Height Chart



Heatstroke Display

(Requires Electricity)



Car Seat Display

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Lead By
Dignity Health
Henry J. Kaiser Medical Center

OTS
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Is Your Child in the Right Car Seat?

How to know for sure:

REAR-FACING CAR SEAT

Babies and toddlers need to ride rear-facing as long as possible.

Keep children rear-facing until they are at least two years old, or until they reach their car seat's height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.

FORWARD-FACING CAR SEAT

Use a forward-facing seat with a harness when your child outgrows the rear-facing seat.

When your child outgrows the rear-facing seat, he/she should ride in a forward-facing seat with a harness up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer's instructions. The tether (and harness) limit your child's movement in a crash.

BOOSTER SEAT

Children are ready for a booster when:

- They reach the limits for the forward-facing car seat with a harness, or
- Their shoulders grow above the car seat top harness slot, or
- Their ears are at the top of their car seat.

Boosters help keep the seat belts in the safest position. The lap belt stays low, touching the tops of the legs. The shoulder belt is centered on the shoulder and chest, so children don't put it behind their backs or under their arms.

SEAT BELT

Is your child ready to ride on the seat?

- Can your child sit with his hips against the back of the seat?
- Do her knees bend comfortably at the edge of the seat?
- Does the belt cross the center of your child's shoulder and is the lap belt low, touching the tops of your child's legs?
- Can your child sit like this the entire trip?

If you answered "no" to any of these questions, your child needs to keep using a booster.

The back seat is the safest place. Children should ride in the back seat until they are 13 years old.

Always check your vehicle and car seat manufacturers' instructions to be sure your child's car seat is installed and used correctly.

Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.

Seat belts do not usually fit until children are 4'9" tall and between 8-12 years old.

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