



Keep
Alabama's
Kids Safe

Child Restraint Activity Book

Keep Alabama's Kids Safe Child Restraint Activity Book

Dear Parent or Teacher,

This activity book was created to teach elementary age children the importance of safety seats and seat belt use. This book can be used in the classroom or at home to reinforce a child's safety education. The activity book emphasizes the following important messages:

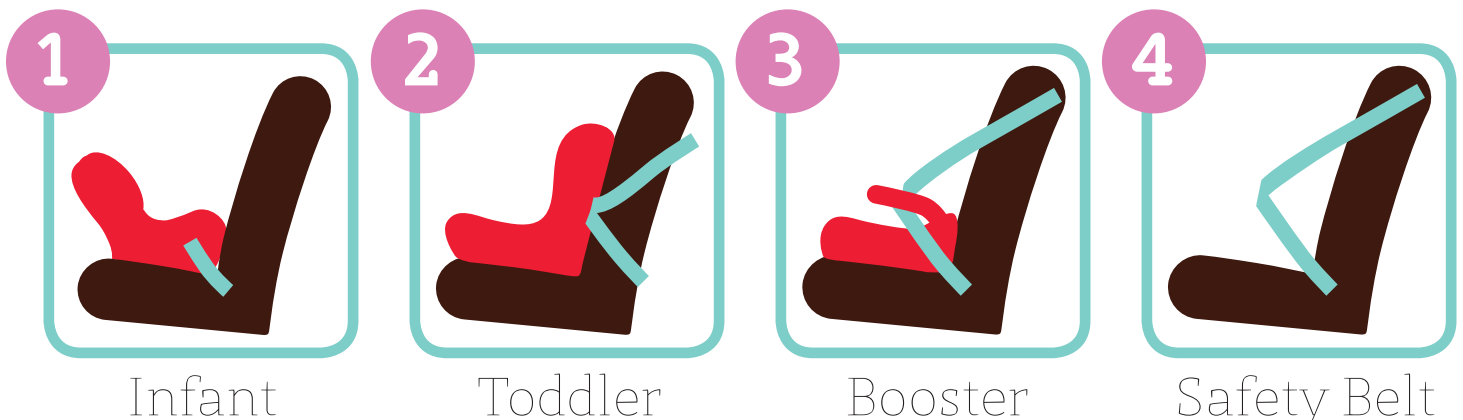
- ✓ The back seat is the safest place for all children to ride.
- ✓ Never allow children to place the shoulder belt behind their back or under their arm.
- ✓ A booster seat ensures the car's safety belt fits a child correctly to avoid serious injury.
- ✓ All children must be buckled while in a vehicle. Under Alabama law, any person violating this law will be fined.

Children properly restrained in a child safety have an 80% lower risk of fatal injury than those who are not restrained. (Safe Kids USA)

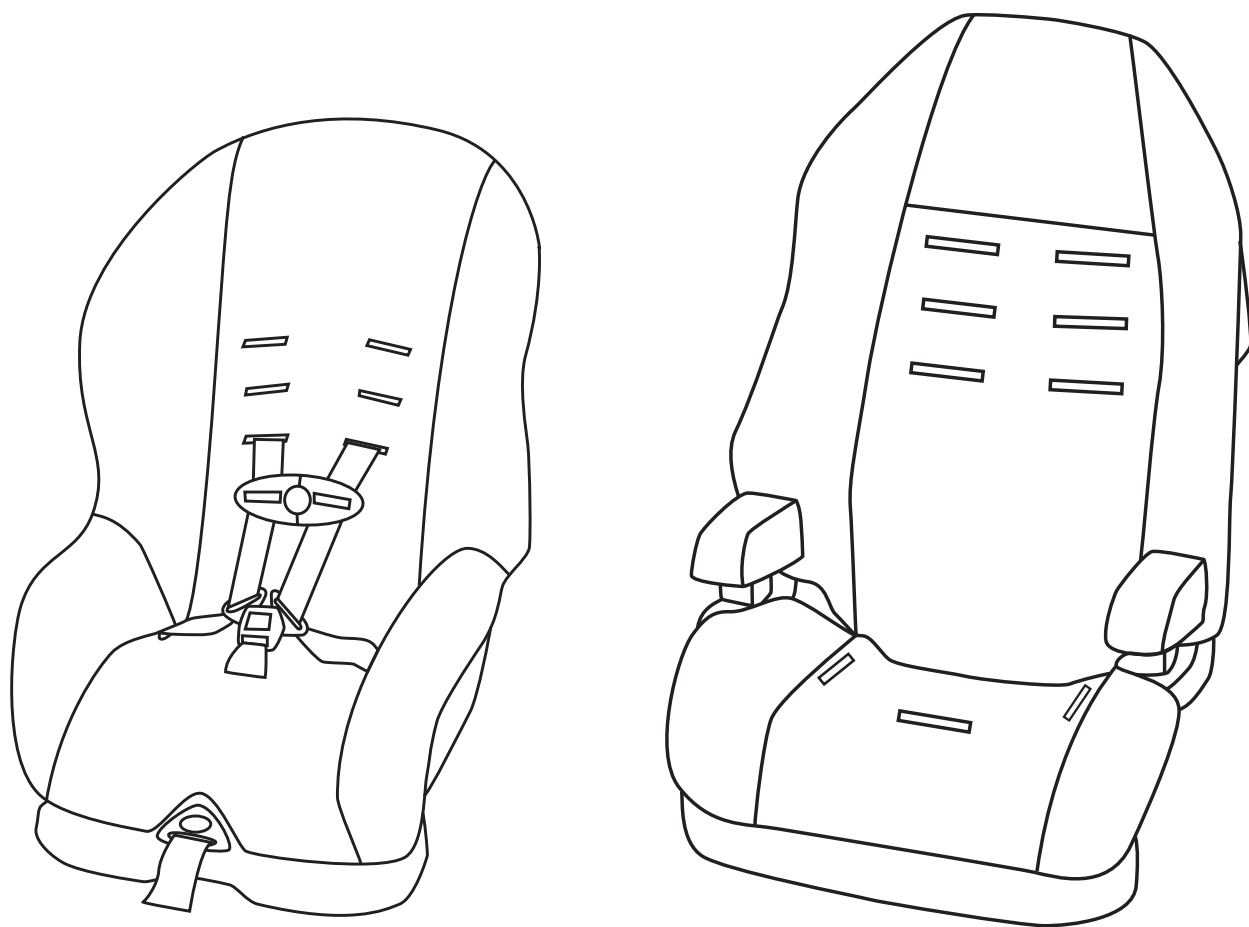
If you would like further information on child restraint systems, please contact the Alabama Department of Public Health at 1-800-252-1818 or visit our website at www.adph.org/injuryprevention.

Please call your local health department or fire department to find locations for the nearest Child Safety Seat Inspection Stations, or visit www.cpsalabama.org.

To check on safety notices or recalls on child safety seats, visit www.recalls.gov.



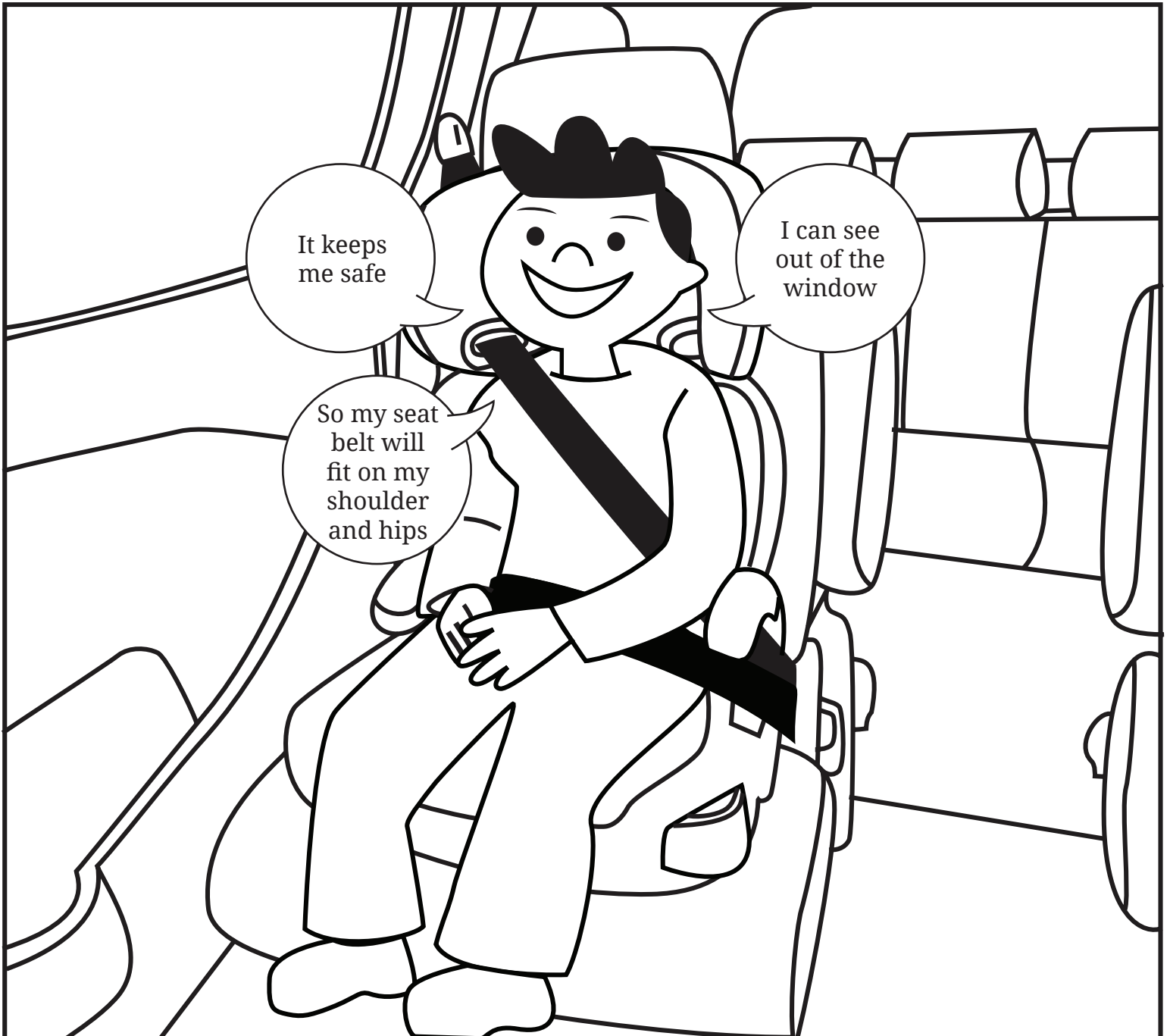
Kids big and little should buckle up!



When you were little, you rode in a car seat. Now that you are bigger, it is time for a booster seat.

Later, when you are tall enough, you can use a seat belt. Mom and Dad need to buckle up, too!

Why should I sit in a booster seat?



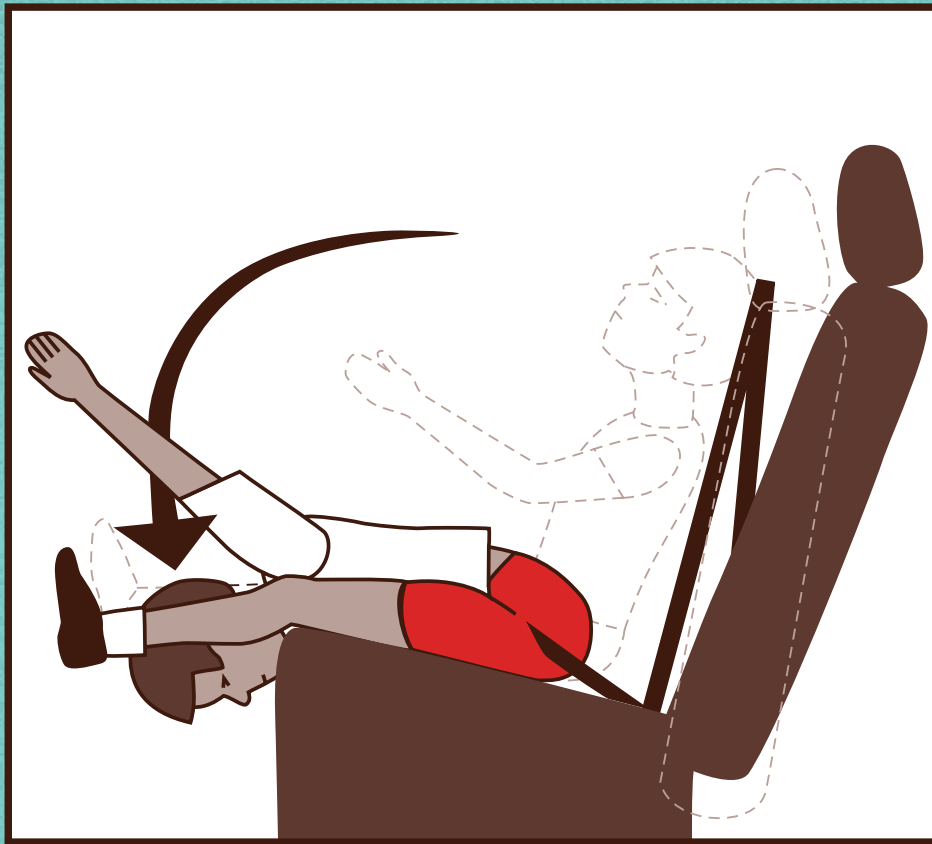
WHY SHOULD I WEAR A SEATBELT?



**CLICK IT
OR TICKET**
It's the law!



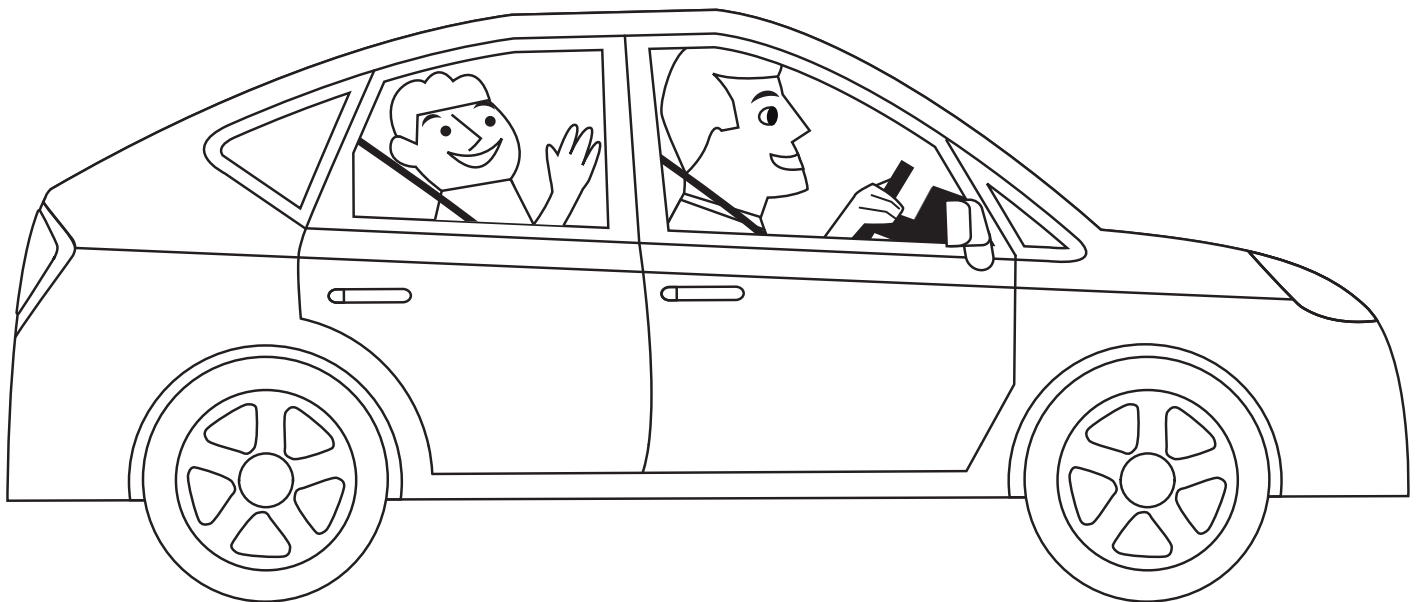
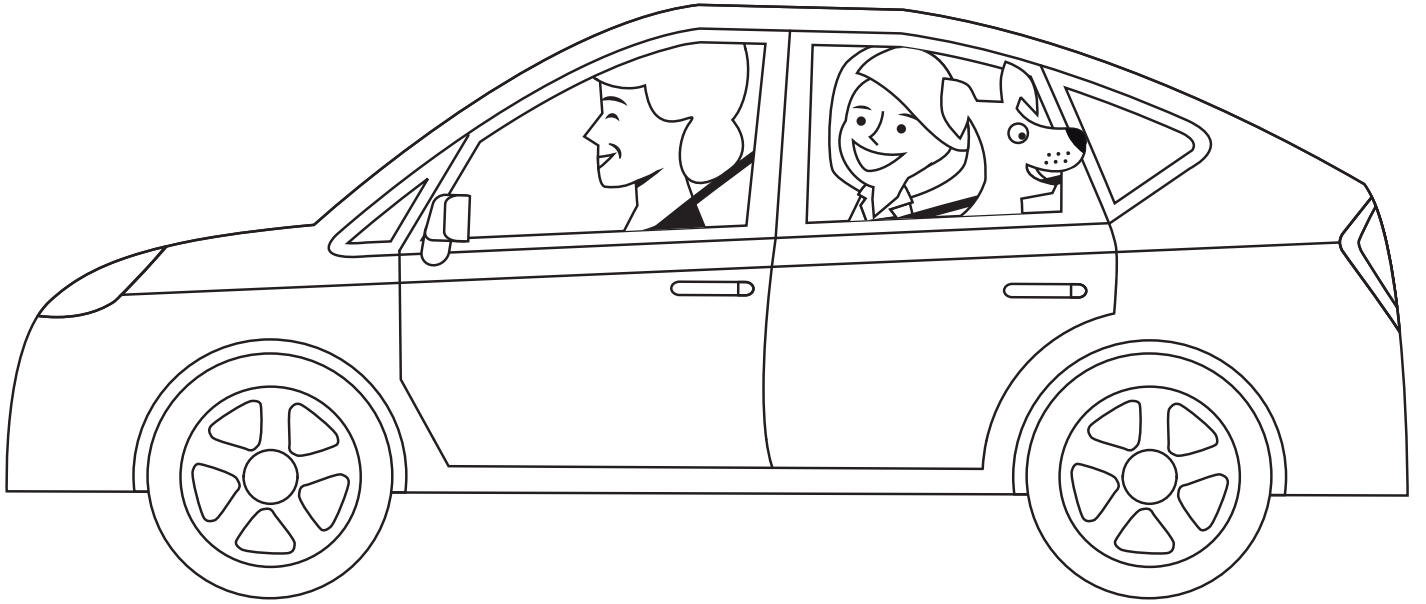
I could get hurt if I'm not wearing a seatbelt.



ALWAYS BUCKLE UP!

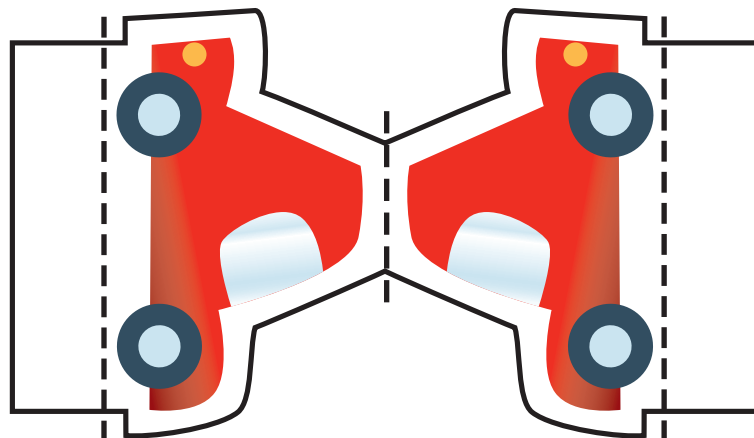
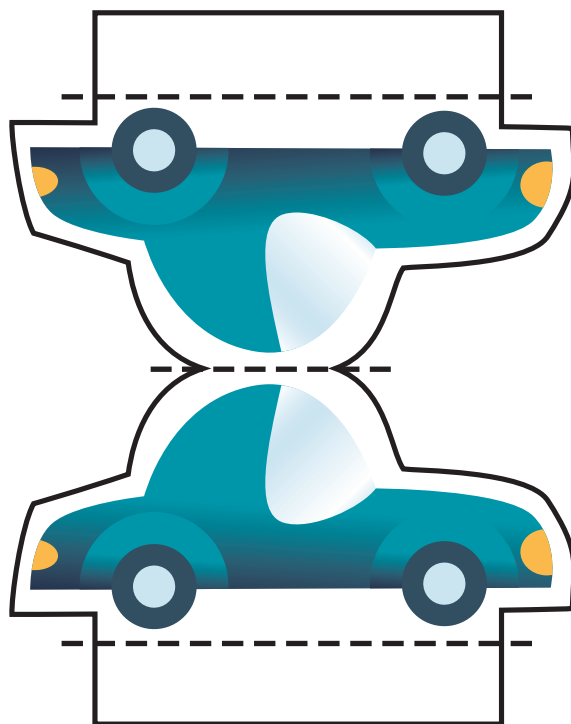
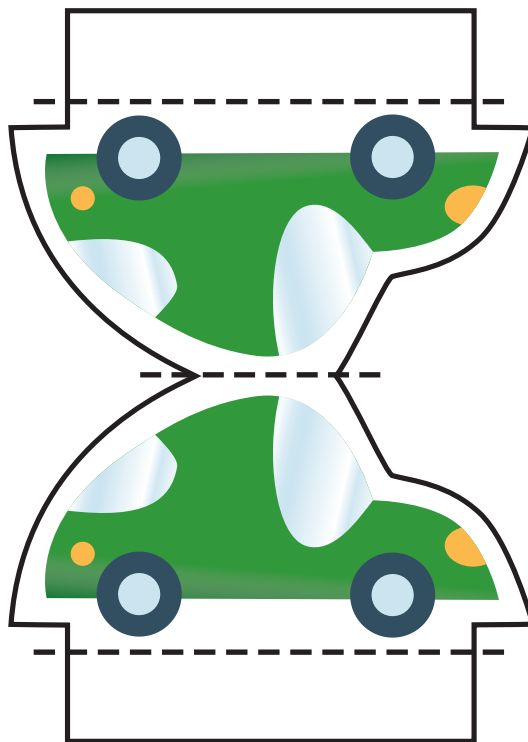
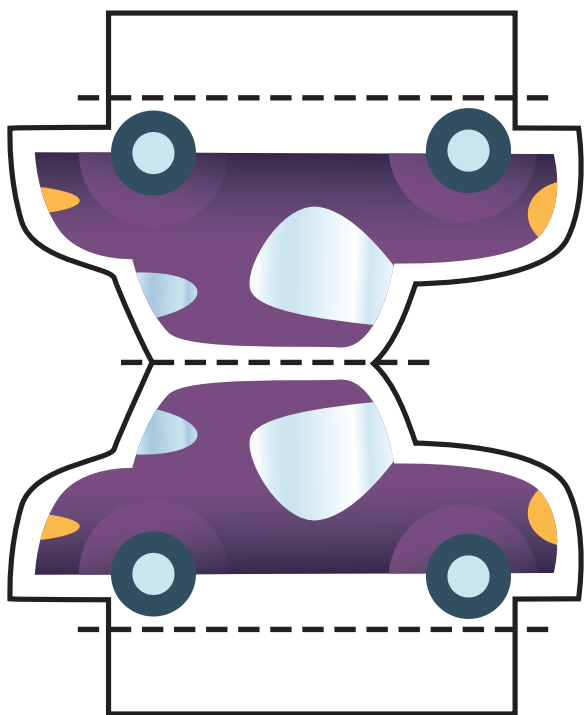
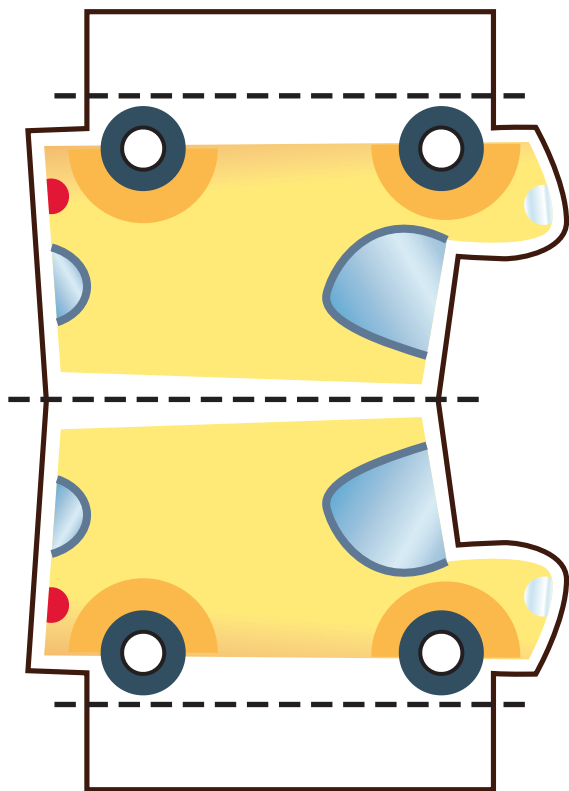


Sitting in the backseat....



...is the safest place!

Have Mom, Dad, or your teacher help you cut out the cars along the solid line.



Fold along the dotted lines, and tape the ends together. Use them as your game piece for the next page.



GRANDMA'S HOUSE!

CONGRATULATIONS!
You have safely arrived.
Now go inside and give
Grandma a **BIG HUG!**

Do children ride in the
front seat or back seat?

BACK SEAT!

MOVE AHEAD ONE SPACE

You teach your little brother the safety belt song.

MOVE AHEAD TWO SPACES

GETTING CLOSER!

Are we there yet?
Mom said we will be there in two hours. It is 1pm now - what time will we get there?
MOVE AHEAD ONE SPACE FOR EACH HOUR



You remind dad to put his seatbelt back on

USE THE BRIDGE FOR A SHORTCUT TO GRANDMA'S

If you are under 4'9" and sitting in a booster seat, move ahead three spaces

If you are under 4'9" and not using a booster seat, move back one space



Police are stopping cars to check if children under 4'9" are in a booster seat

**STOP
HERE
FOR
GAS**

**YOU ARE A
SUPER
STAR!**

SHHH...

Playing quietly helps Mom and Dad while driving.

**MOVE AHEAD
ONE SPACE**

YES:
Advance two spaces

**BEFORE
MOM OR
DAD STARTS
THE CAR:**
Did you put on your seatbelt?

NO:
Skip a turn

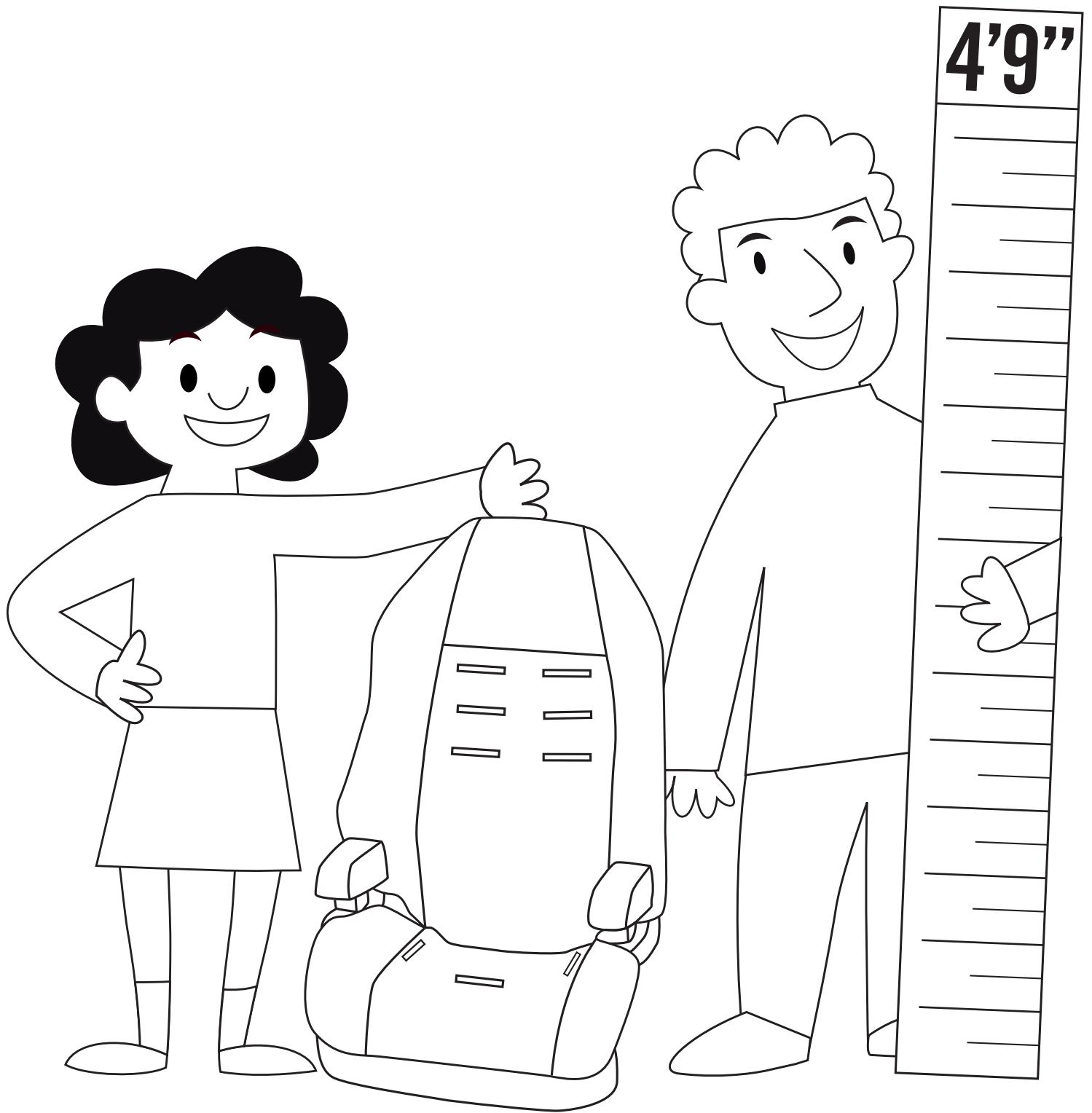


Now that everyone in the family has their seatbelt on, it's time to go to Grandma's!

START

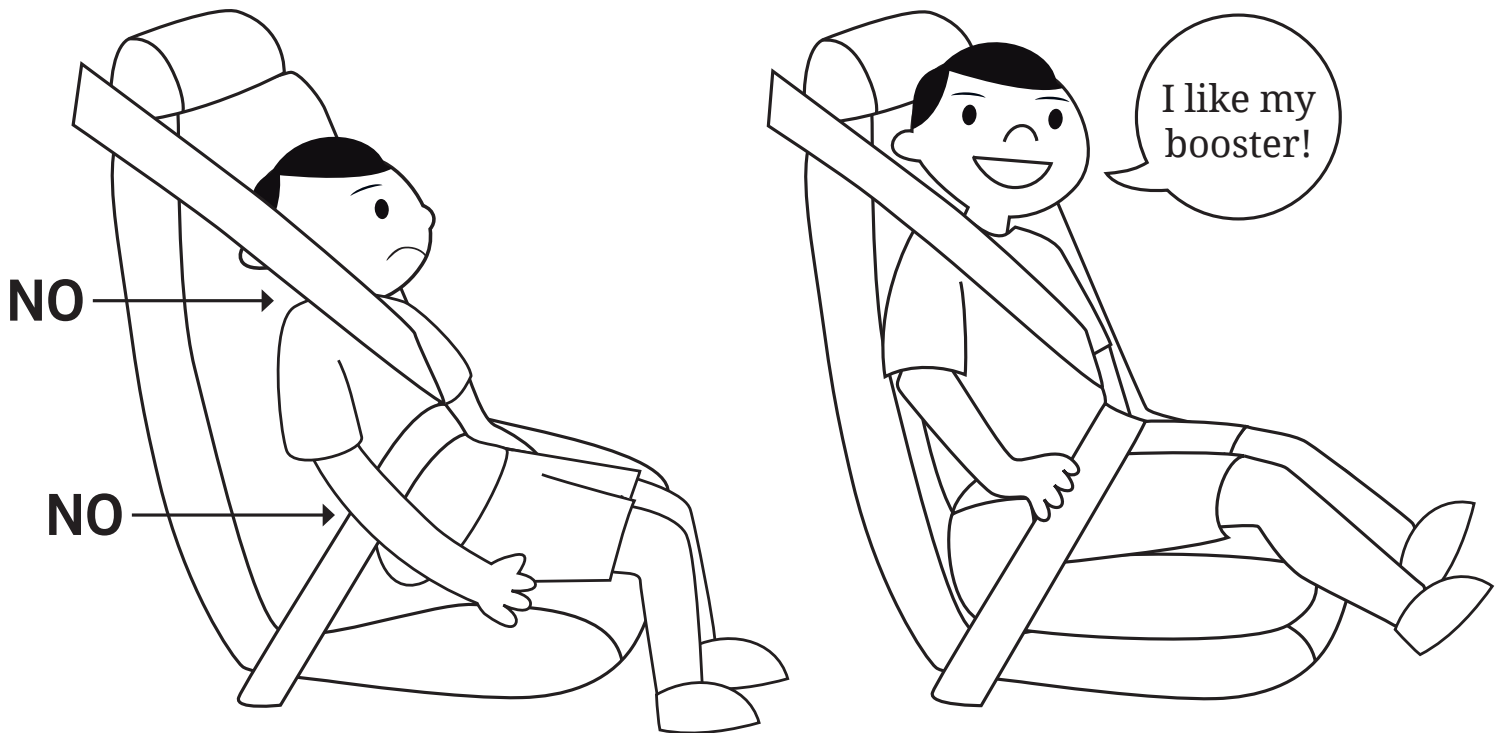
COIN TOSS:
HEADS: move two spaces
TAILS: move one space





All kids should ride in a booster seat until they are 4 Feet 9 Inches tall. How tall are you?

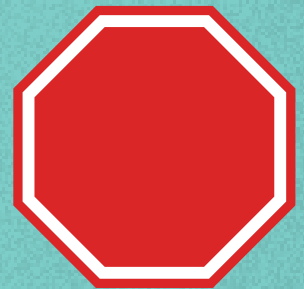
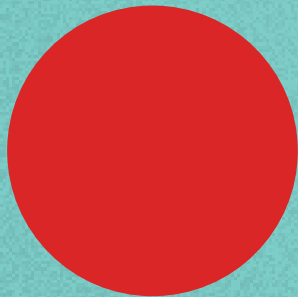
Boosters are for big kids!



The 5-Step Test

1. Can you sit all the way back against the seat?
2. Do your knees bend at the edge of the seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the hips?
5. Can you stay seated like this for the whole trip?

CIRCLE THE SIGNS THAT MEAN STOP:



REMEMBER:



BUCKLE UP BEFORE MOM OR DAD STARTS THE CAR.



REMIND MOM AND DAD TO BUCKLE UP, TOO!

Can you find the car safety words?

Find the words listed. The words go up, down, across, and backwards.

A H O T M E R J A R
L R E T S I S A V E
A K S B D X R S C D
B C P A R E N T S L
A U R H T O Y R B U
M R B S T P T U F O
A T O E P L C H S H
N O K A L K A A E S
B M H I L T F E P R
P I H E S E A T H K
B U A X H D Z B Z B

**ALABAMA BELT BOOSTER BROTHER
BUCKLE CAR HAPPY HEALTH HIP PARENTS
SAFE SEAT SHOULDER SISTER TRUCK**

Let's sing a song!

Safety Belts

(Sung to: "Jingle Bells")

Safety belts, safety belts, wear them all the way
Every time you're in the car, every night and day, oh
Safety belts, safety belts, wear them round your lap
Then before you start to ride, everybody snap!

Seat Belt Safety

(Sung to: "Mary Had a Little Lamb")

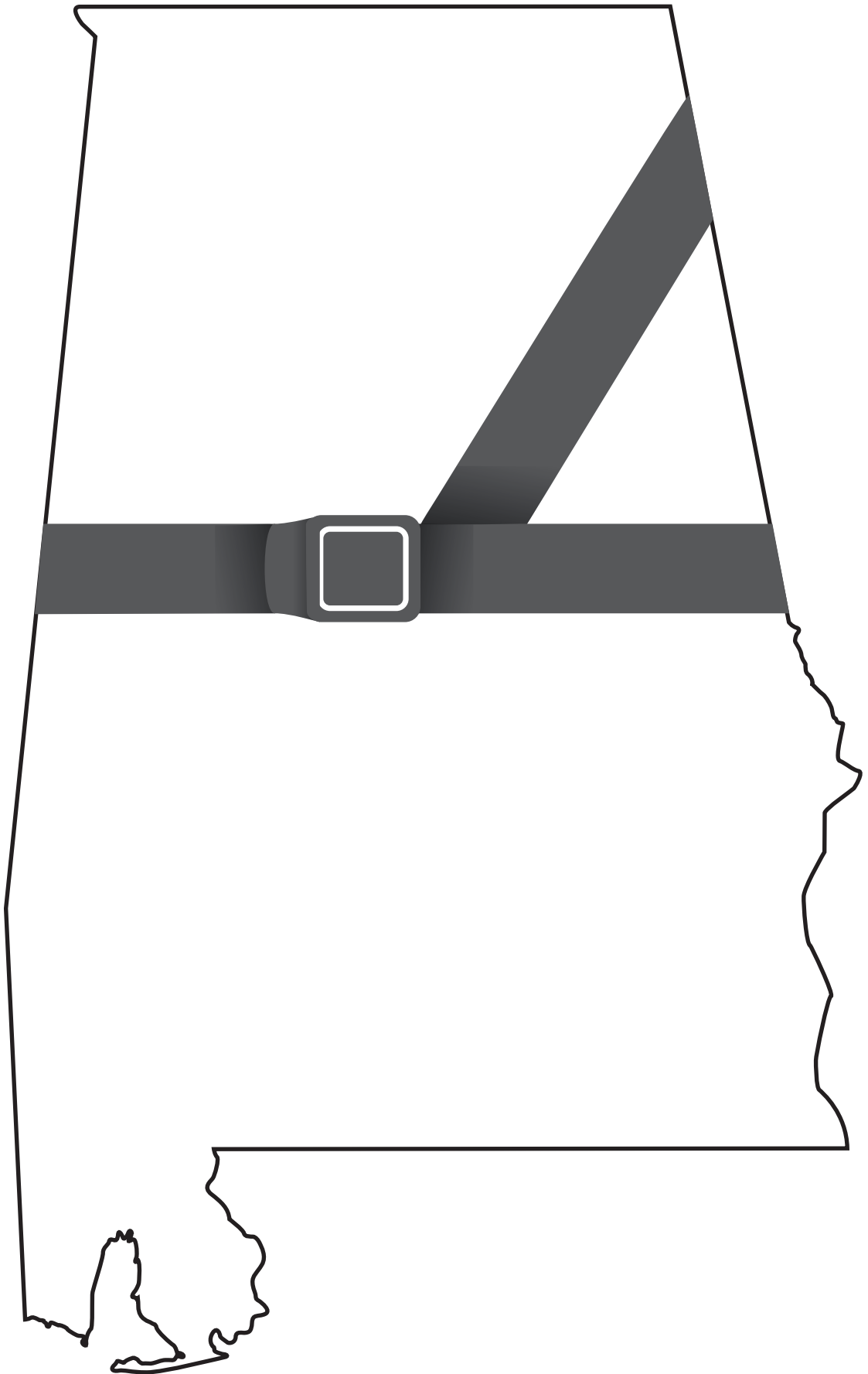
Here is how we buckle up, buckle up, buckle up
Here is how we buckle up, Listen for the snap!
Put the seatbelt 'cross your lap,
'cross your lap, 'cross your lap.
Put seatbelt cross your lap and
LISTEN FOR THE SNAP!

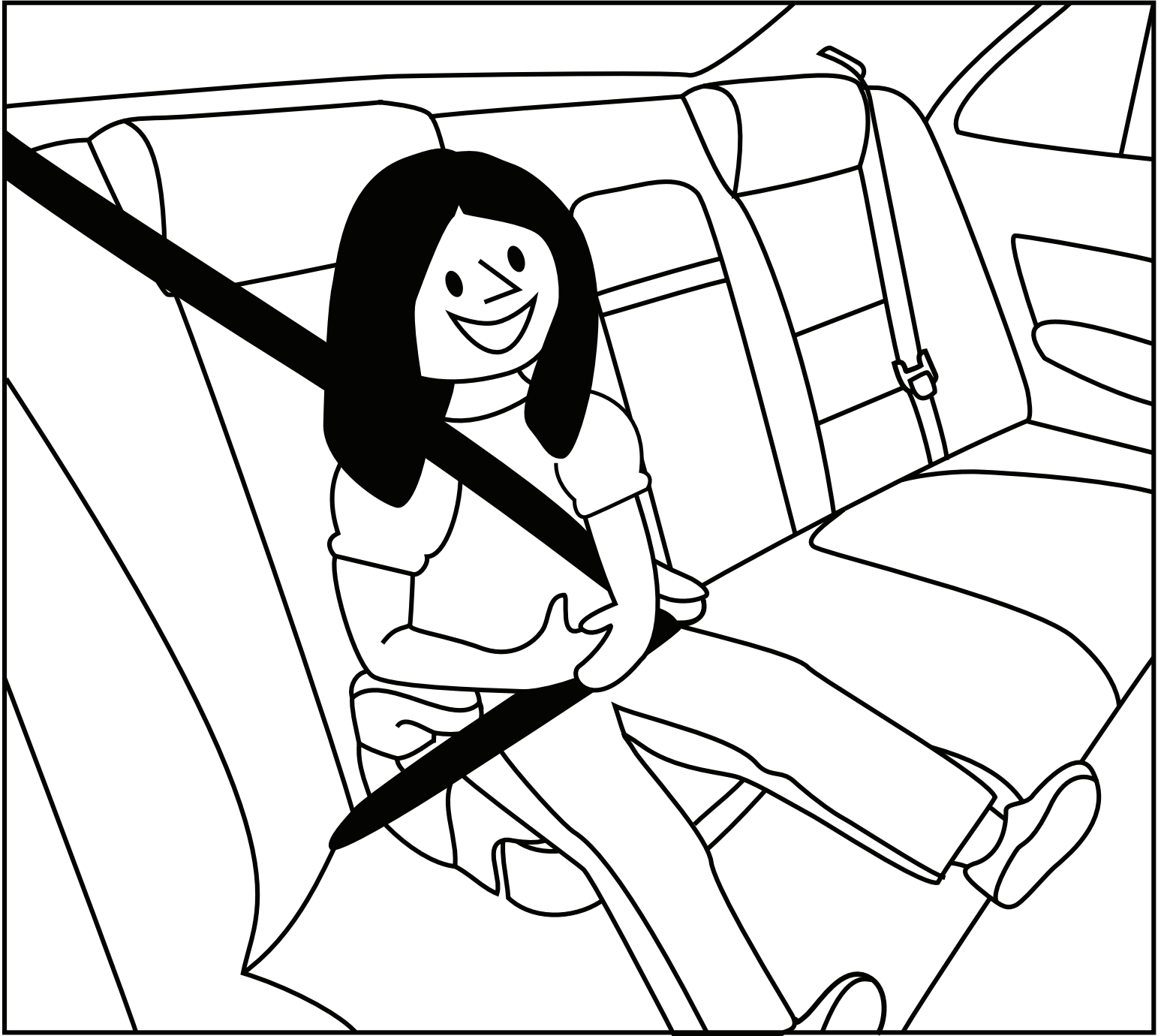
I Always Buckle Up

(Sung to: "Farmer in the Dell")

I always buckle up,
I always buckle up,
When we ride in the car
I always buckle up.
_____ buckles up
_____ buckles up
When she/he rides in the car
_____ buckles up

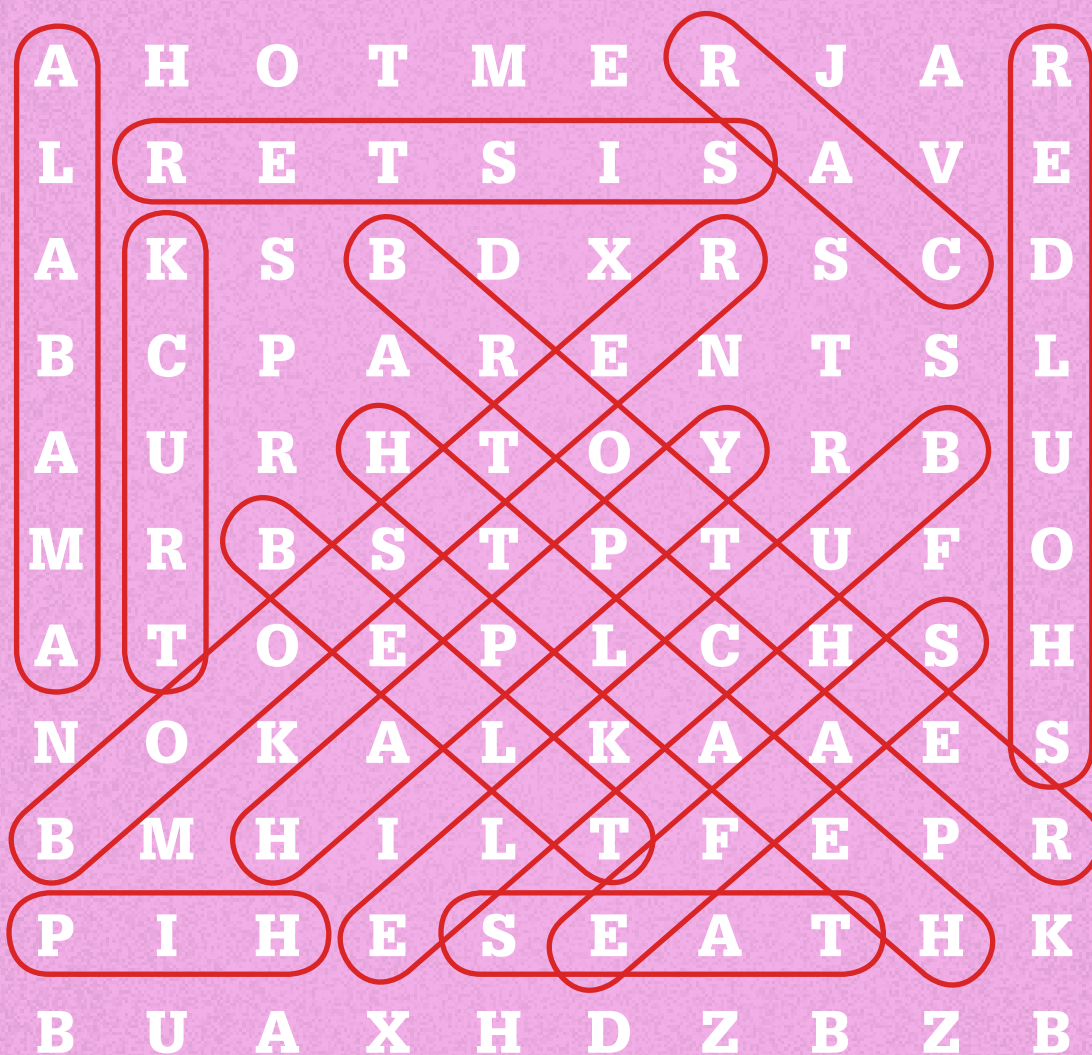
Buckle Up, Alabama!





Always Buckle Up!

Answers



**ALABAMA BELT BOOSTER BROTHER
BUCKLE CAR HAPPY HEALTH HIP PARENTS
SAFE SEAT SHOULDER SISTER TRUCK**

This activity book was supported by Grant Number 11-HS-K2-002 ADECA/LETS

Alabama Department of Public Health
Bureau of Health Promotion and Chronic Disease
Injury Prevention Branch
Suite 900
201 Monroe Street
Montgomery, AL 36104

