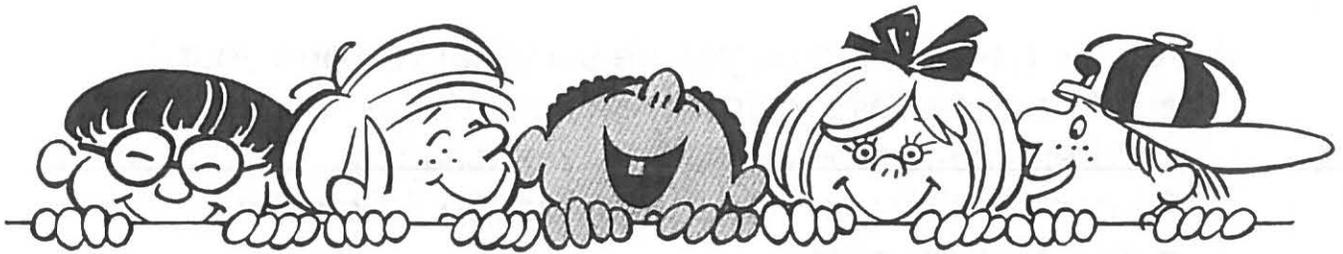

ABCs

of



Safe Kids
Activity Book

Dear Parent or Guardian,

The “ABCs of Safe Kids Activity Book” was developed to help children learn to be safe and stay healthy at home, school, and outdoors. By doing the following, your child will learn how to stay safe:

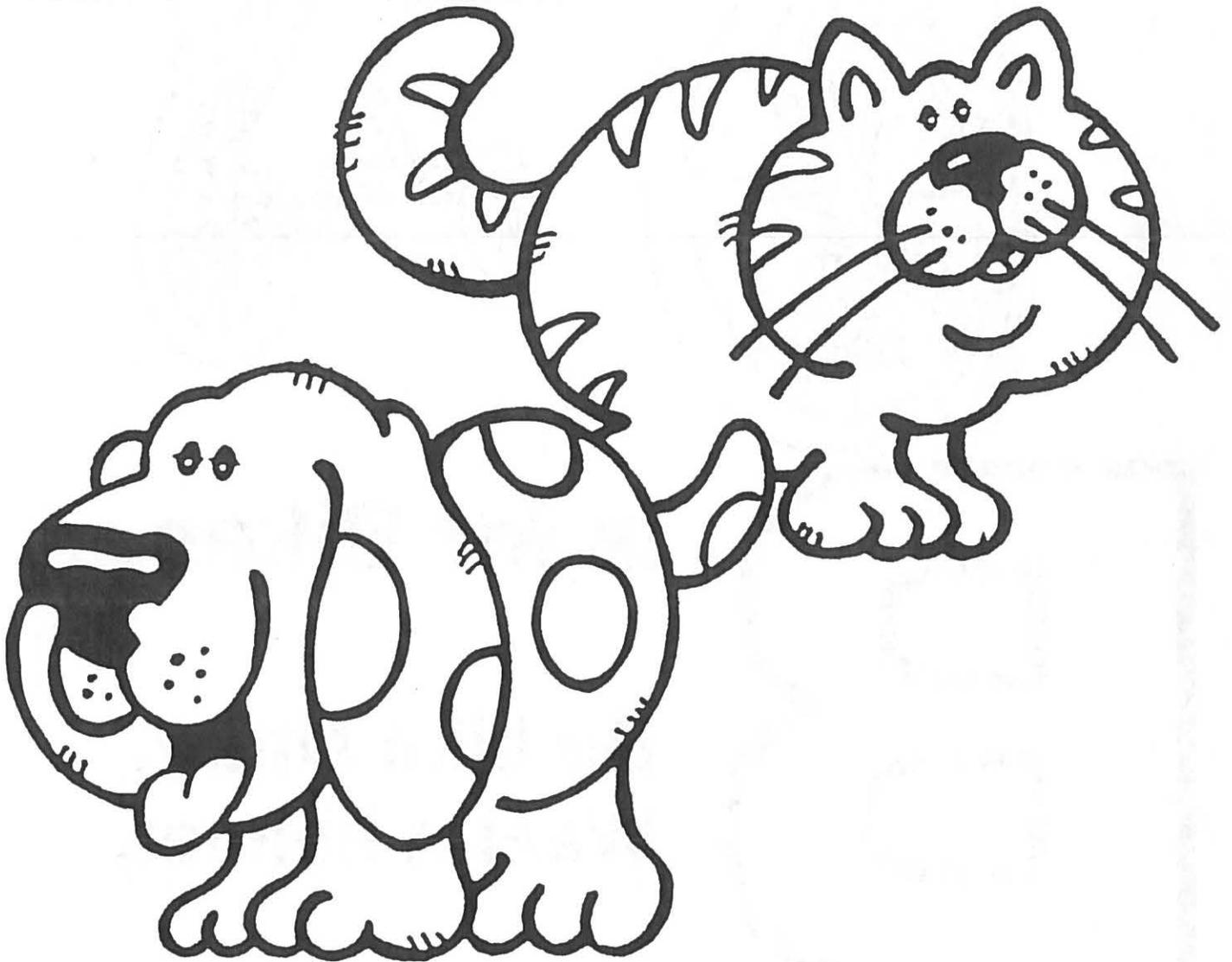
- We encourage you to read through this activity book with your child. Discuss each page so your child understands the safety messages. Take the “Parents Safety Quiz” and work through the “Kids Safety Quiz” with your child. Be sure to check your answers on the back of the quizzes to see how you did.
- After you review the pages, be sure that you and your child practice being safe. Role-playing is fun for children and reinforces the safety messages. Remember that you set an example. So, follow the safety rules yourself.
- Take notice if your child acts in a safe way and tell your child if he or she is doing the right thing. Giving feedback will encourage your child to continue to follow the safety rules.

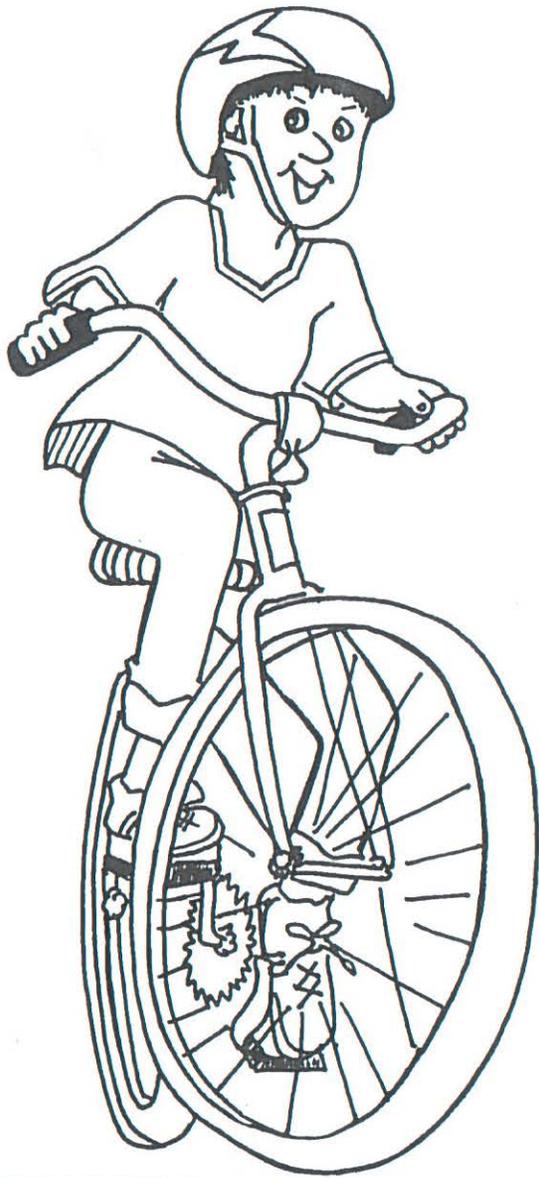
Spending the time with your child to teach him or her how to be safe will mean the world to your child as he or she grows up safe and healthy.

A

is for Animals

Avoid animals
you don't know.





B

is for Bikes

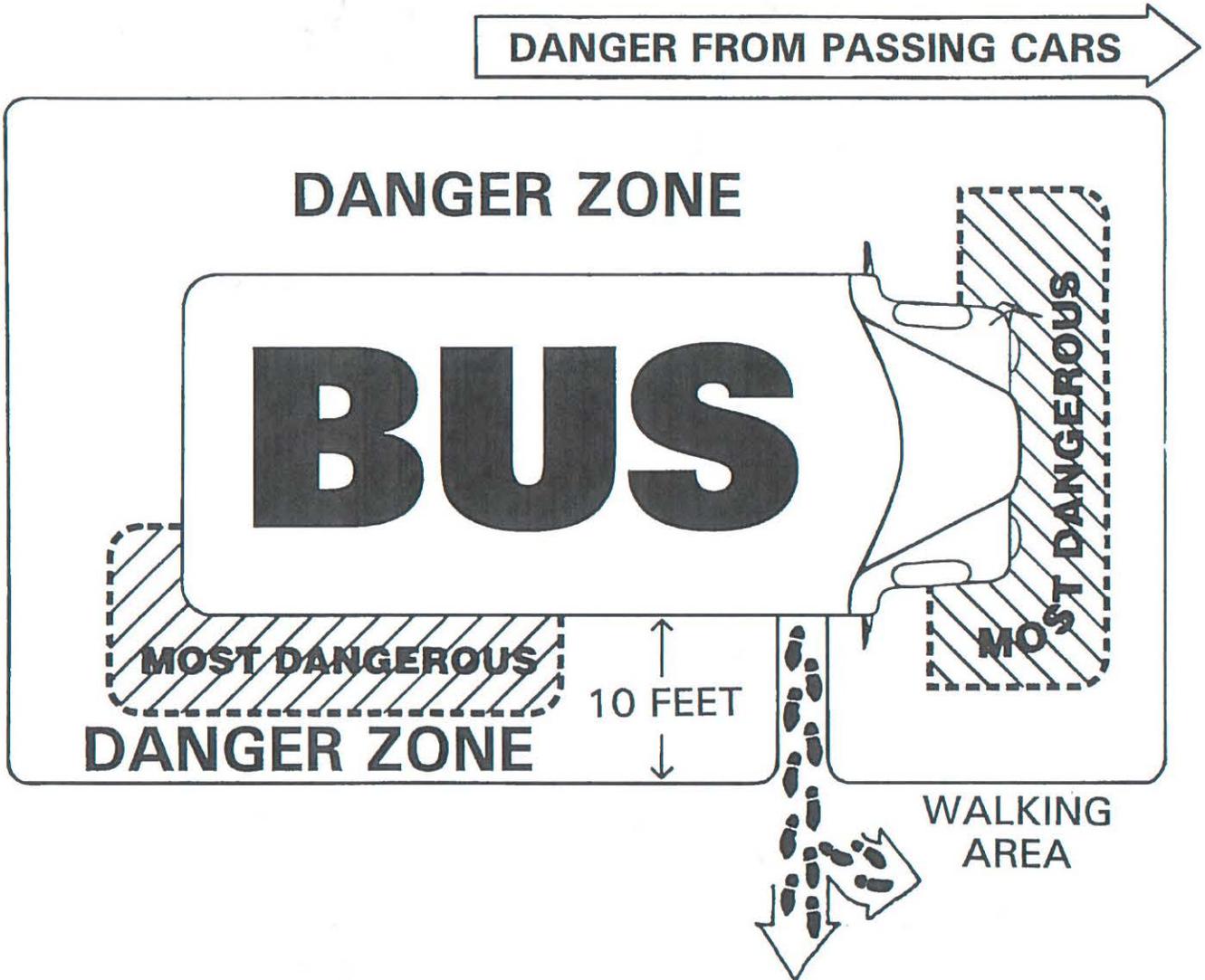
**Be bike smart.
Wear a helmet.**

C

is for Children

They should
always be
buckled up
in the car.





D

is for
Danger Zone

**Keep ten feet
away from a
school bus.**

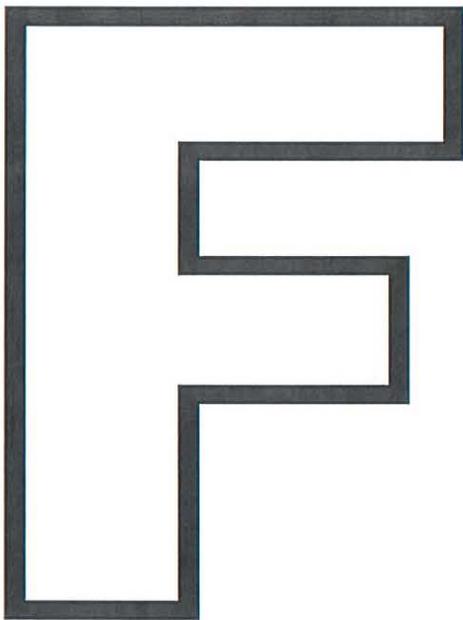
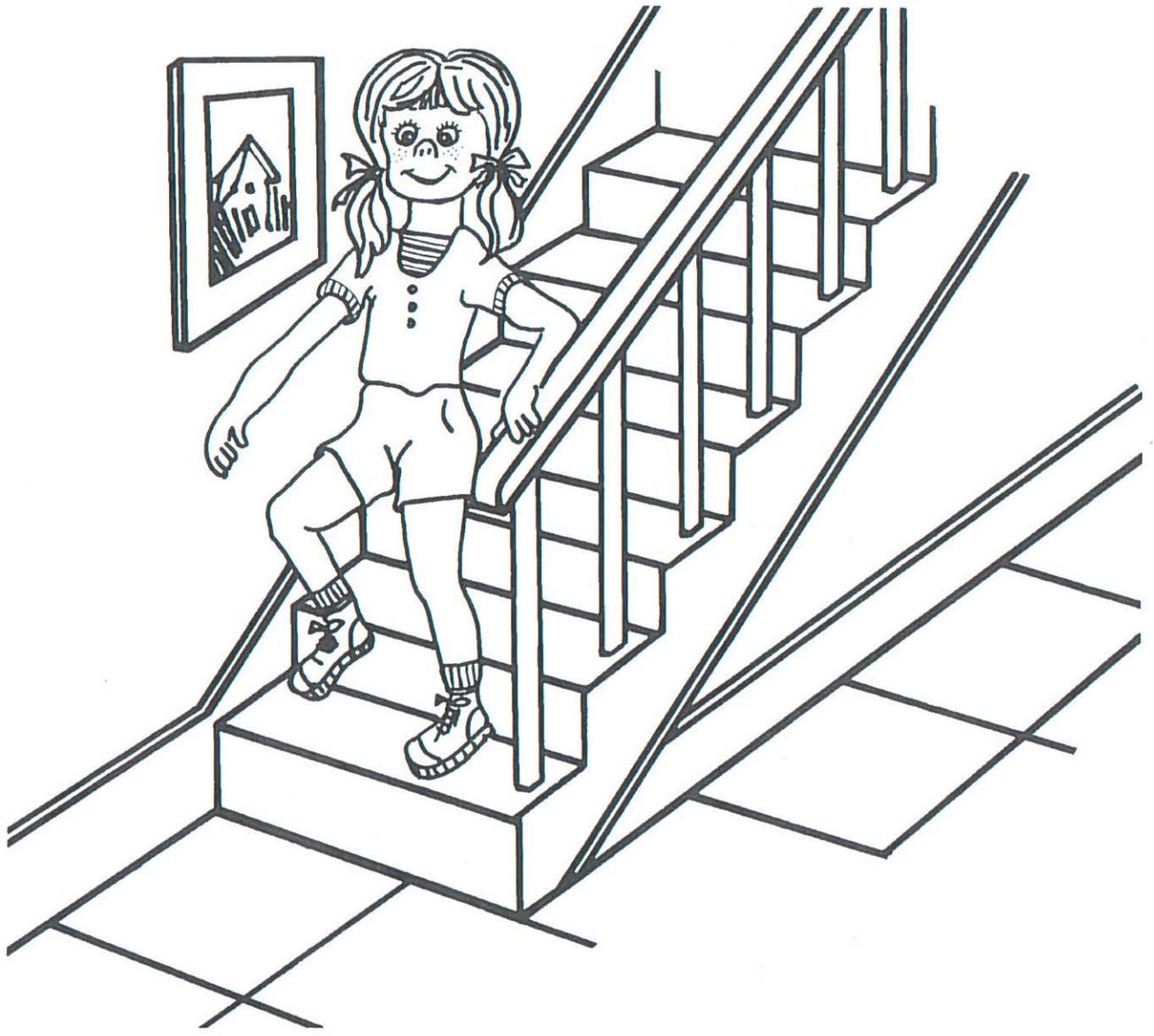
E

**is for
Emergency**

**Dial 911 to call
police and
firefighters.**

911



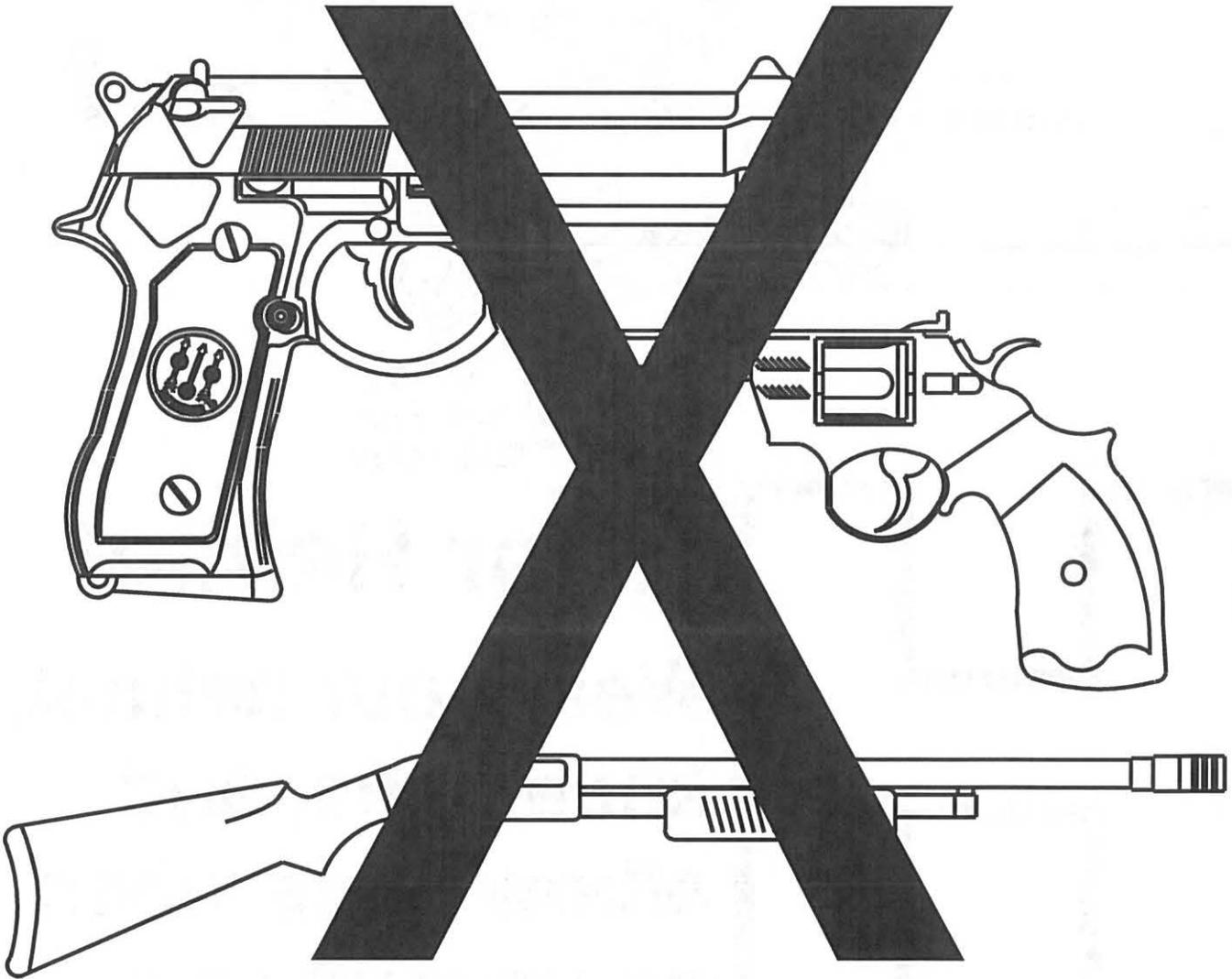


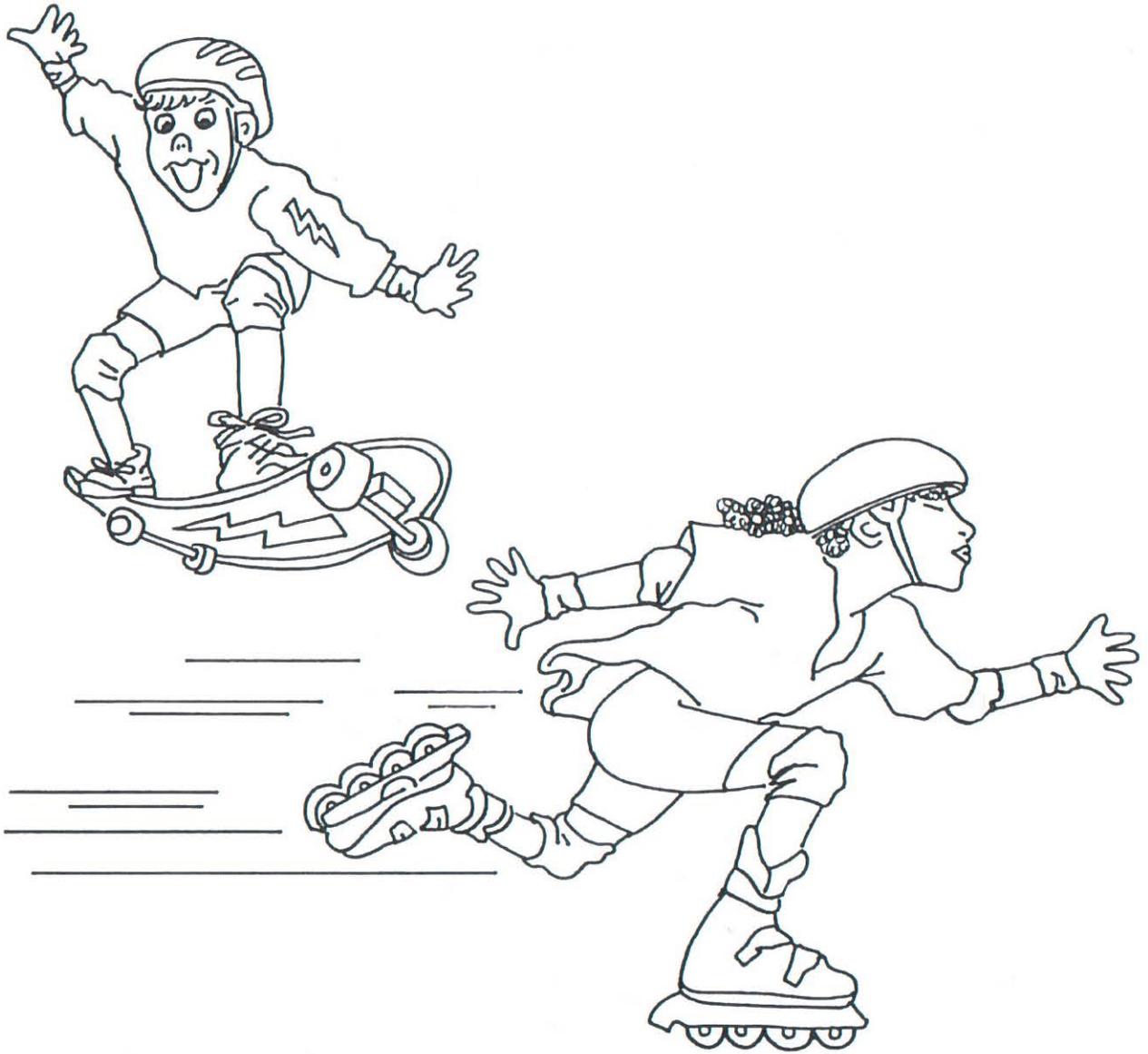
F is for Falls

**Hold on to the rail
when walking
on steps.**

G

**is for
Gun Safety
Don't touch guns.**





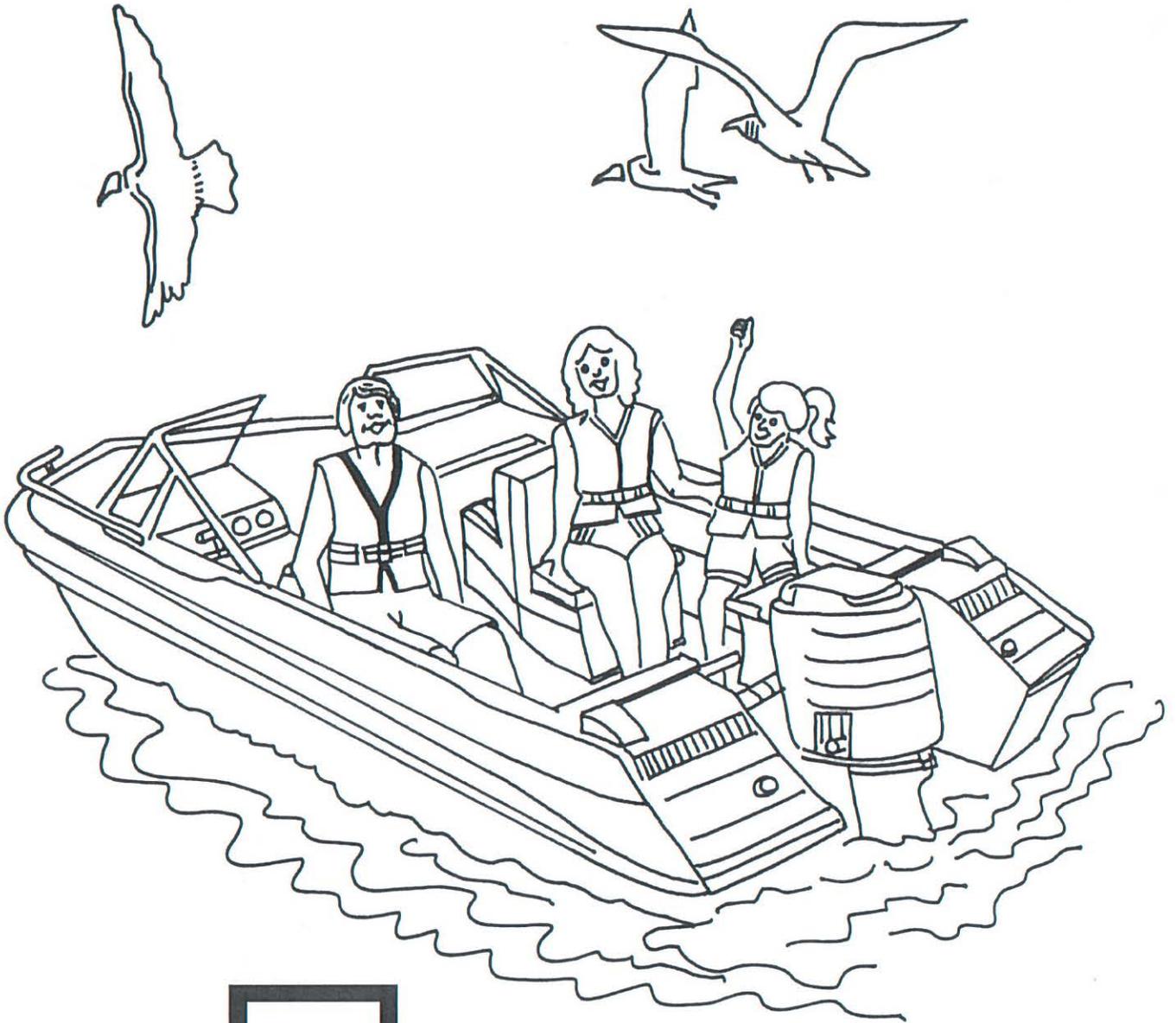
H

is for Helmet
Wear your helmet,
knee pads, and
elbow pads when
on your wheels.

is for Ice

**Ice
must be
frozen
before
you
skate
on it.**





J

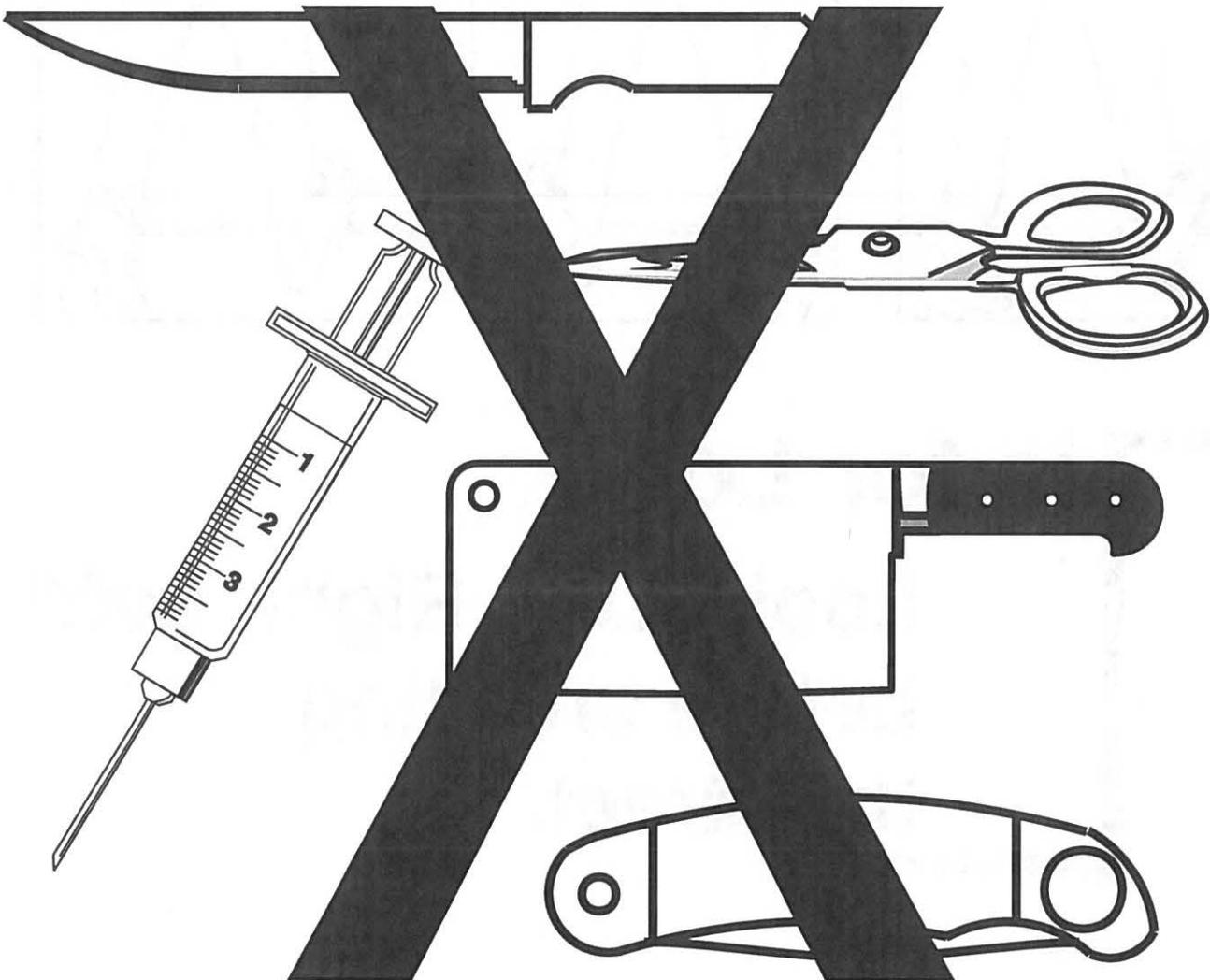
is for Jacket

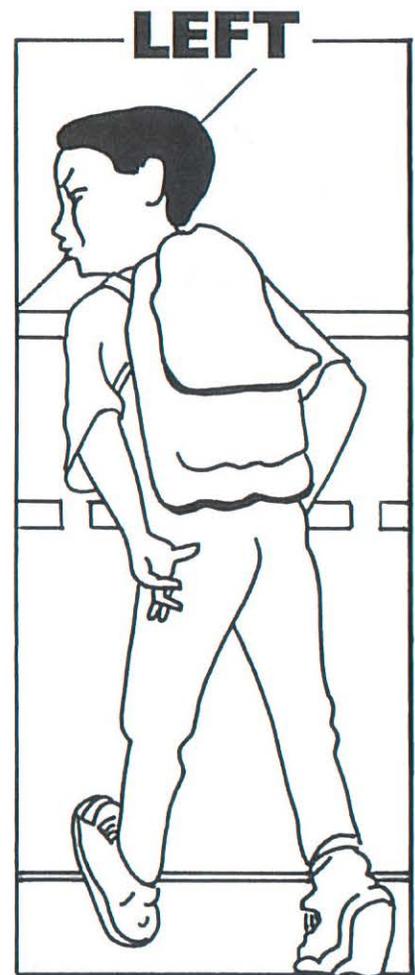
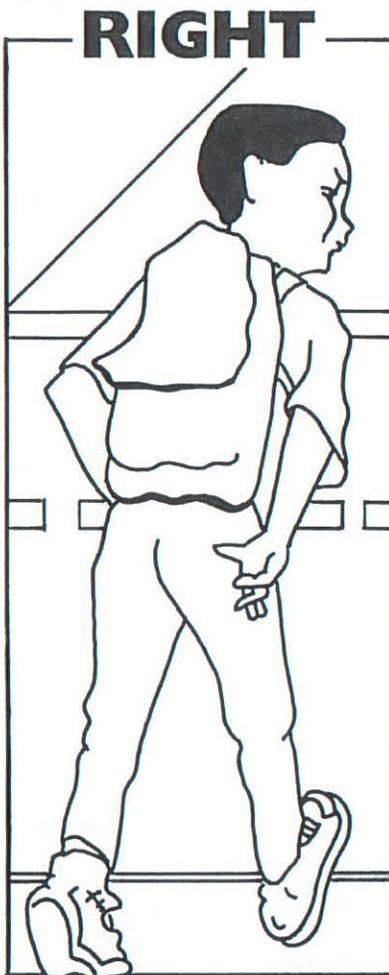
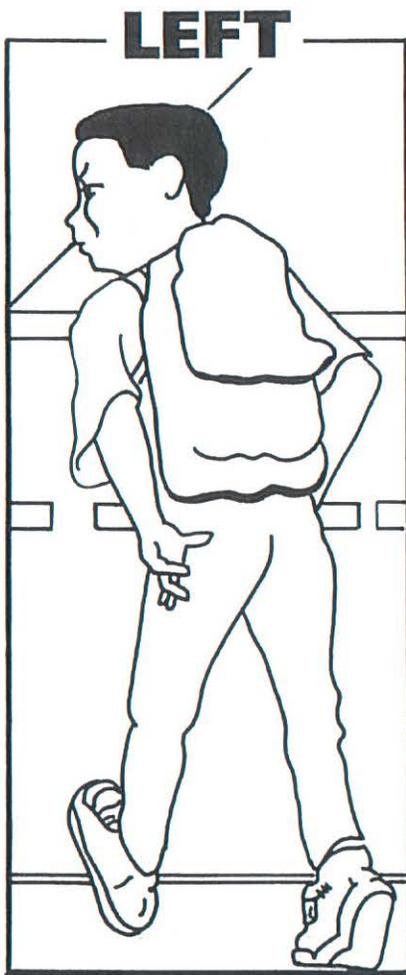
**Always wear your
life jacket when
around water.**

K

is for Knife

**Keep away from
knives and all
sharp utensils.**





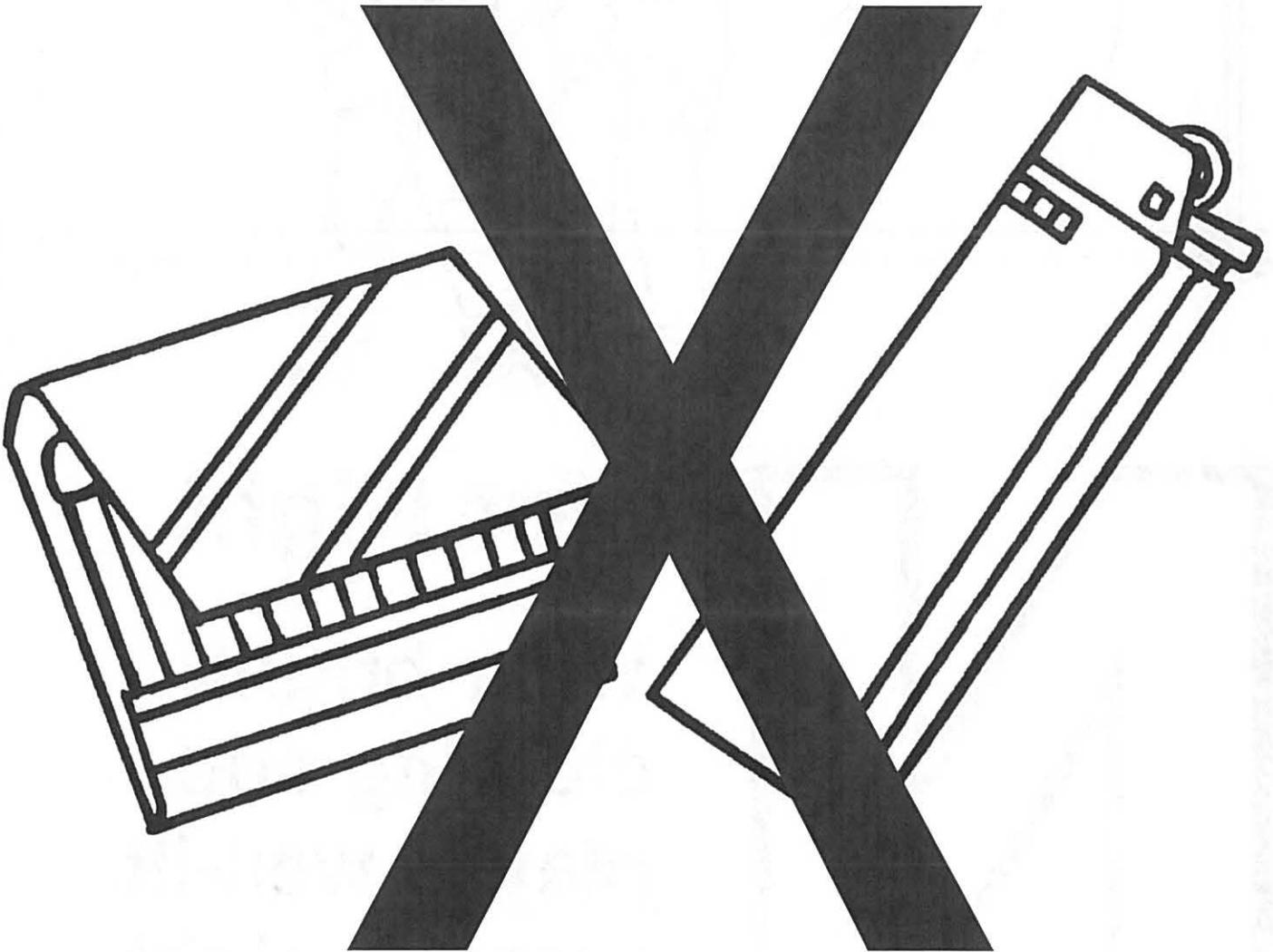
L is for Look

**Look “Left, Right, Left”
before crossing
the street.**

M

**is for
Matches**

**Keep away
from matches
and lighters.**

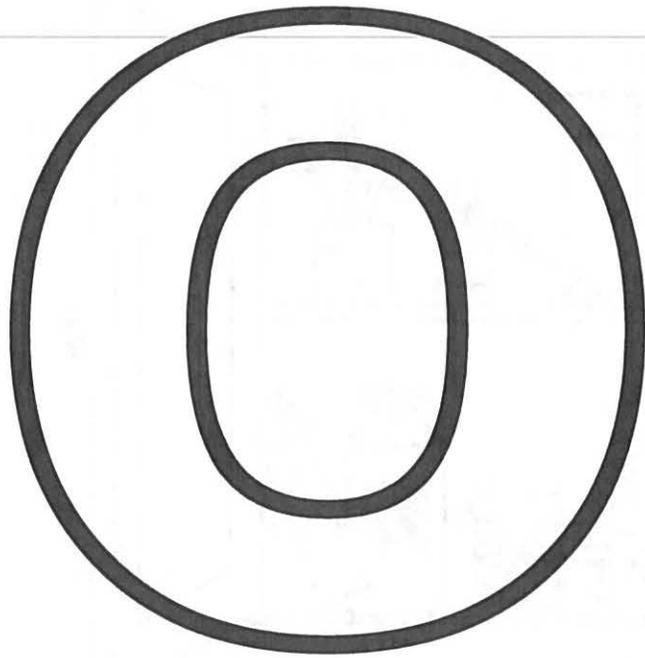




N

is for Night

**Wear bright
clothing and
play in well-lit
areas at night.**



is for Objects

**Very small
objects can
hurt babies.
Keep them away.**





P

**is for Poison
and Pills**

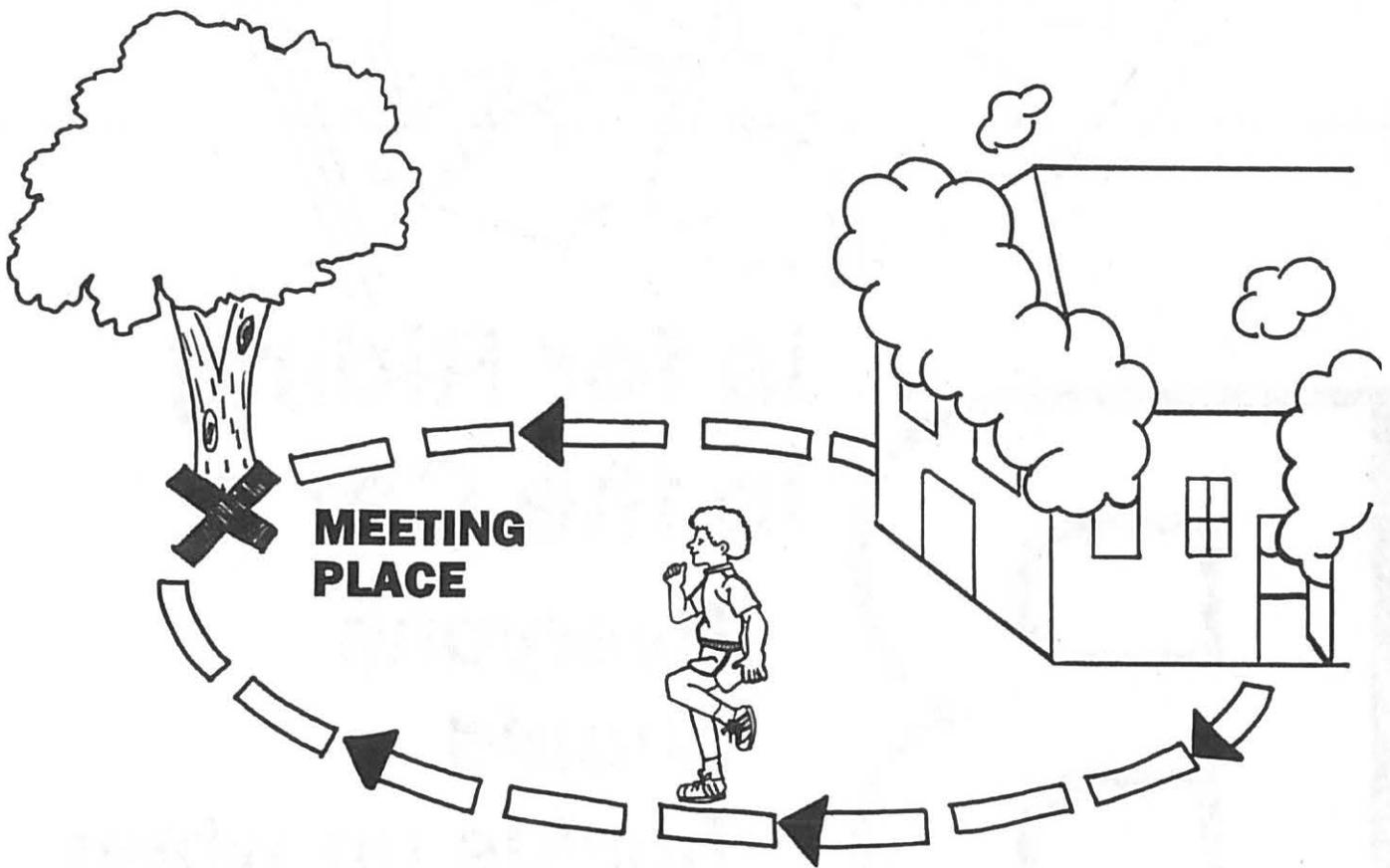
**Keep away from
poison and pills.**

Call 1-800-222-1222 for help.



**is for
Quick Exit**

**For a quick exit,
have a plan.**





**is for Riding
in the Car**

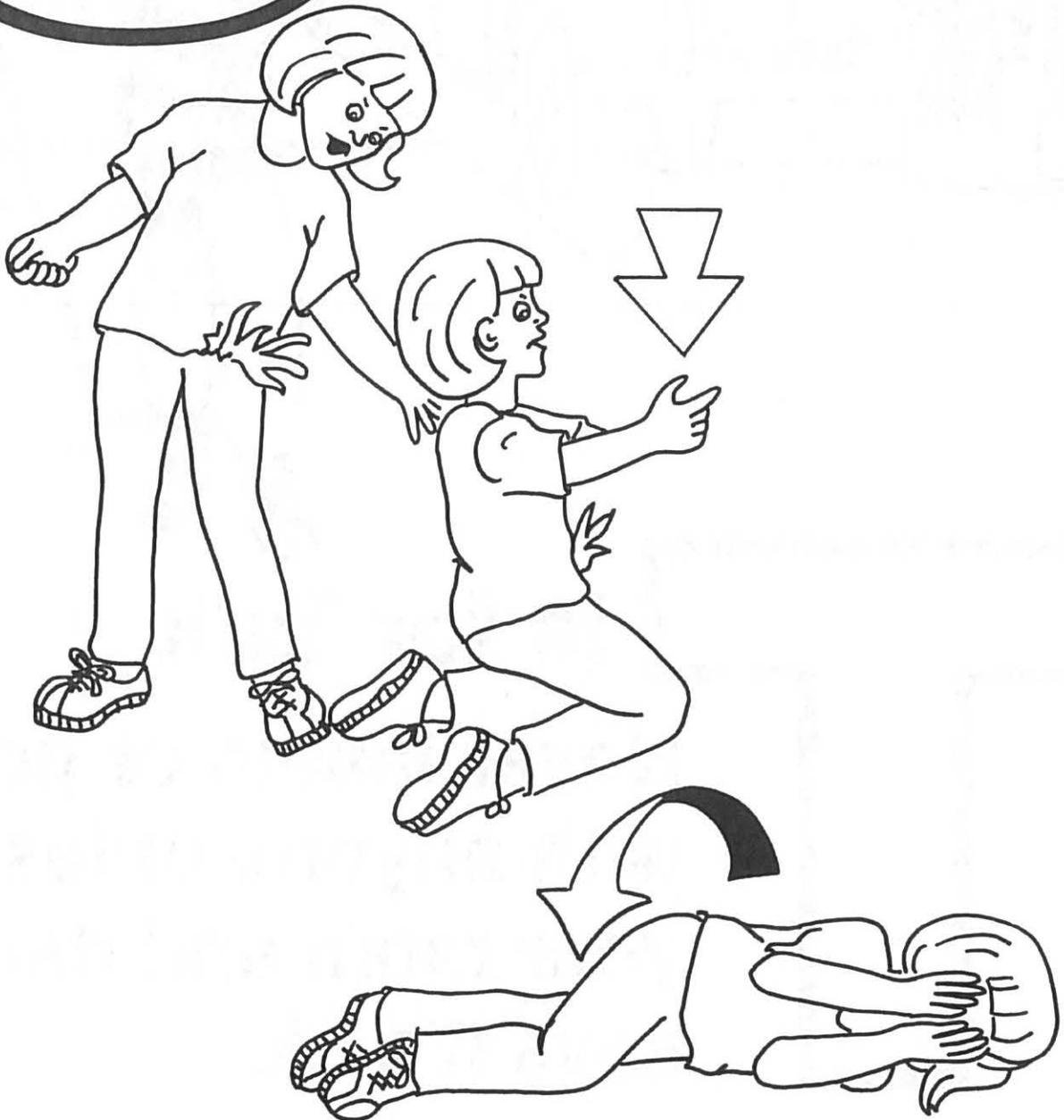
R

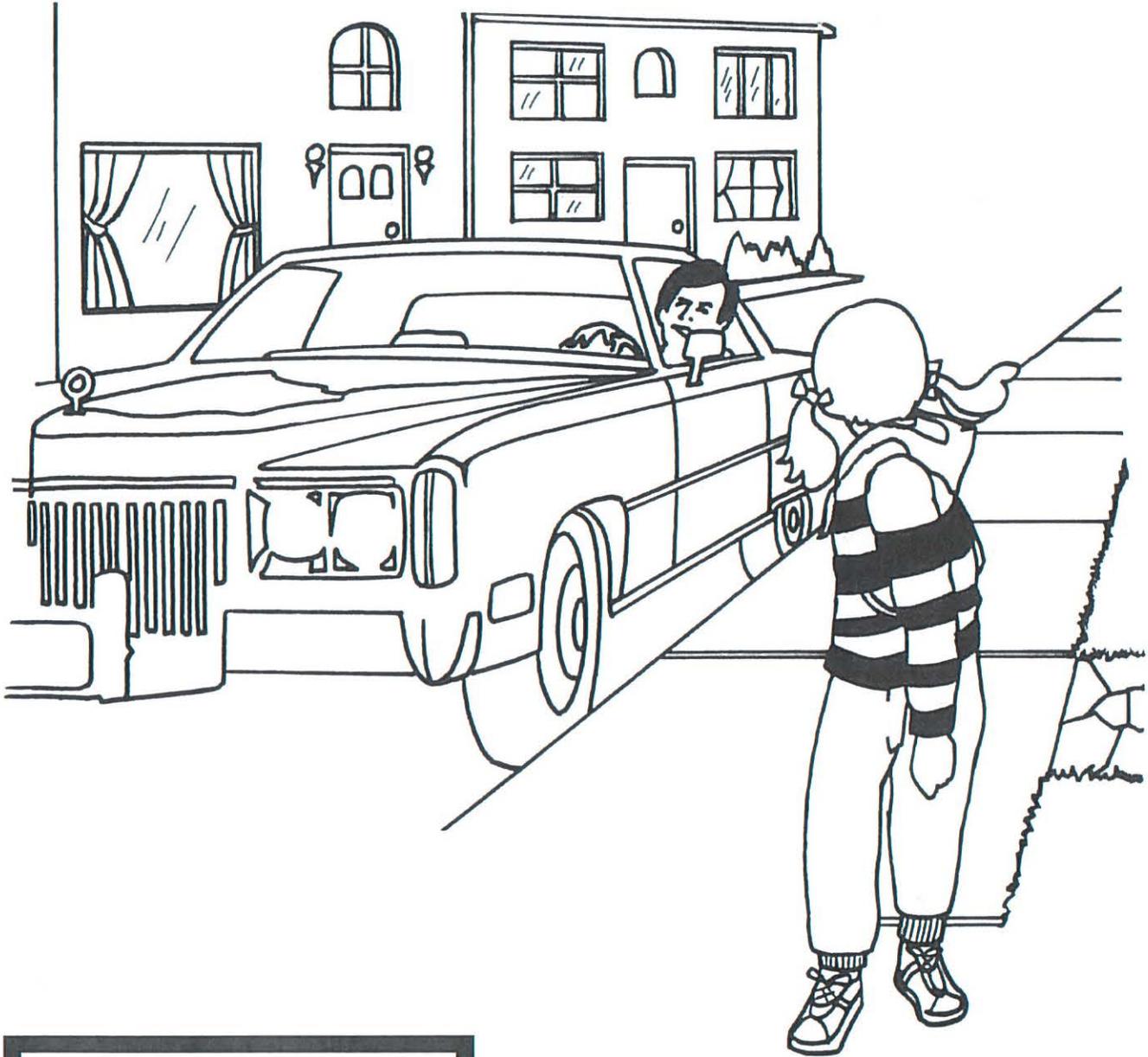
**Everyone
should
buckle up when
riding in the car.**

S

is for Stop

“Stop, Drop, and Roll”
to put the fire out.





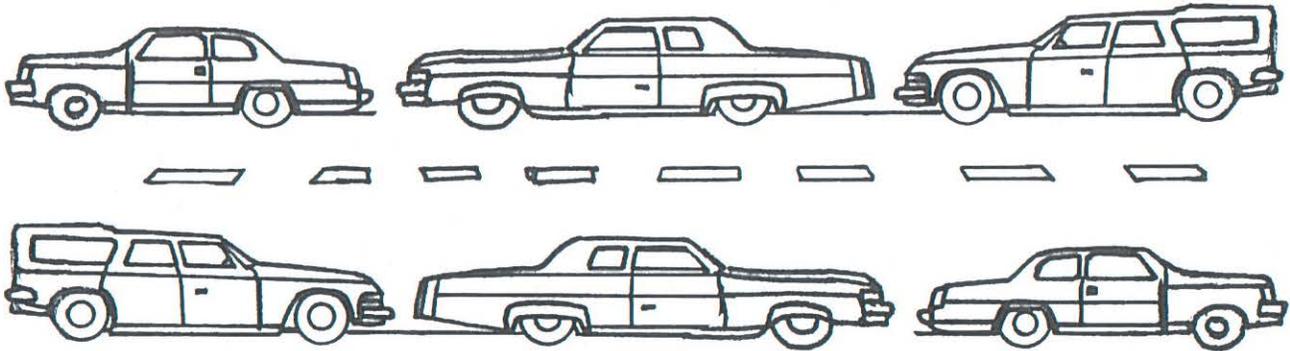
T is for Talk

Never talk to or go with anyone unless your mom and dad says it's ok.

U

**is for Use
Caution in the
Kitchen
Keep away from
pots on the stove.**





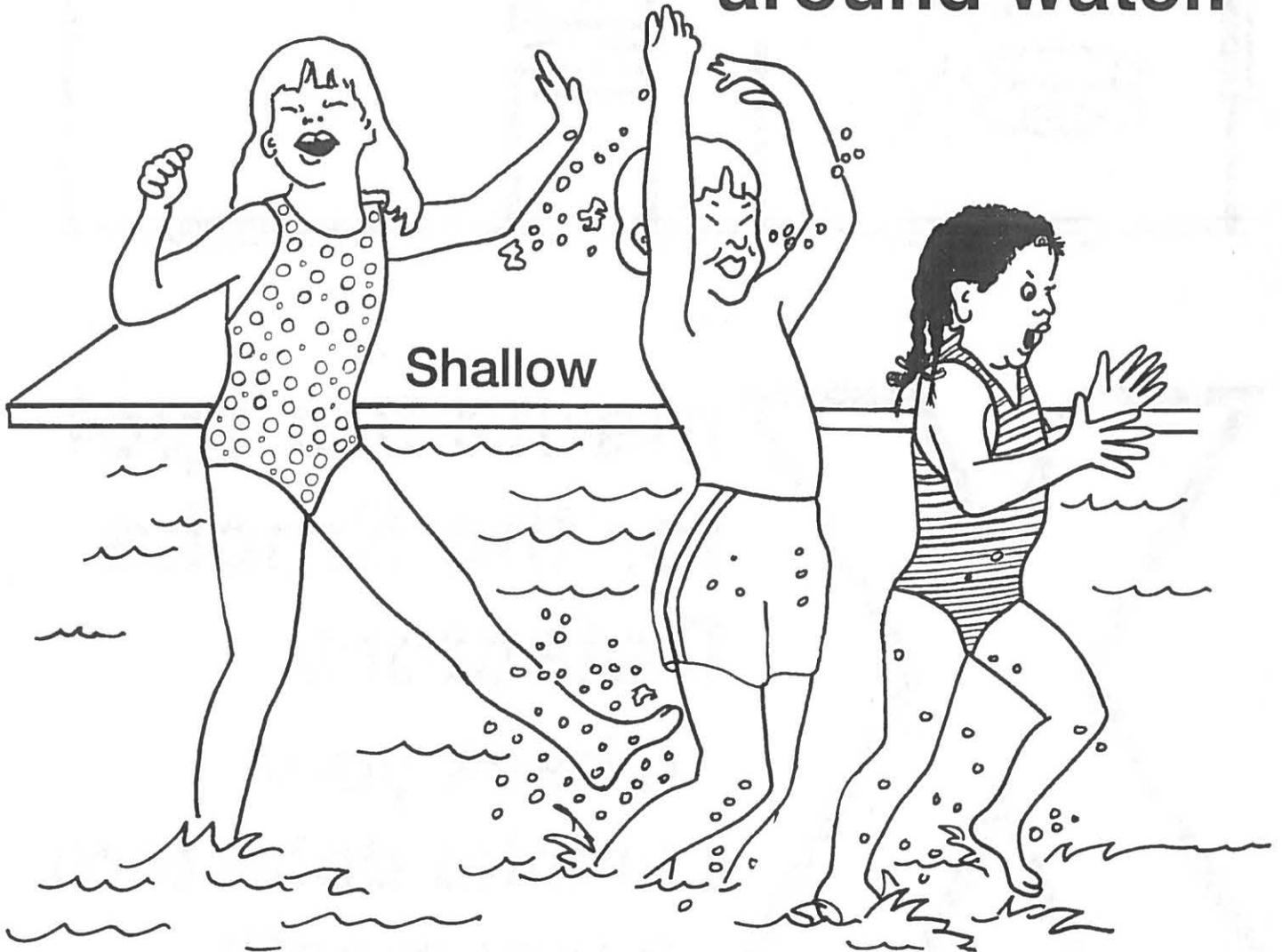
V

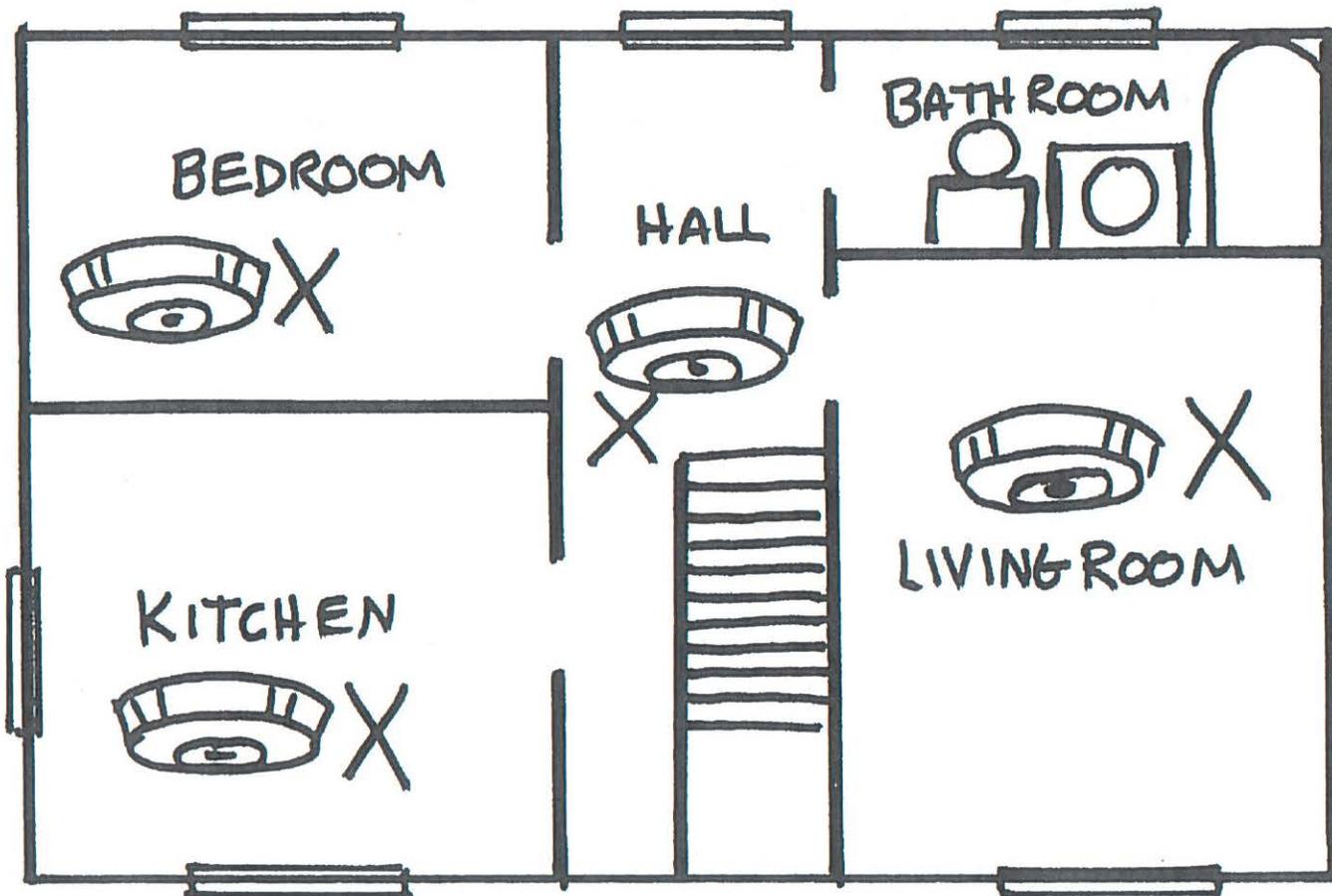
**is for Vehicle
Don't play
in or around
vehicles.**

W

is for
Water

Don't run,
push, or jump
on others
around water.





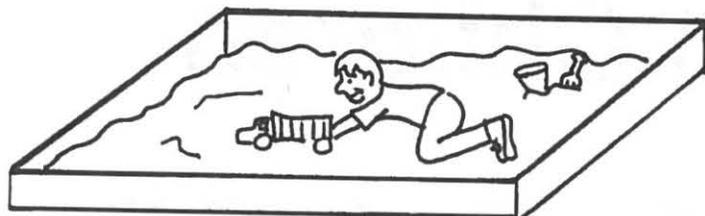
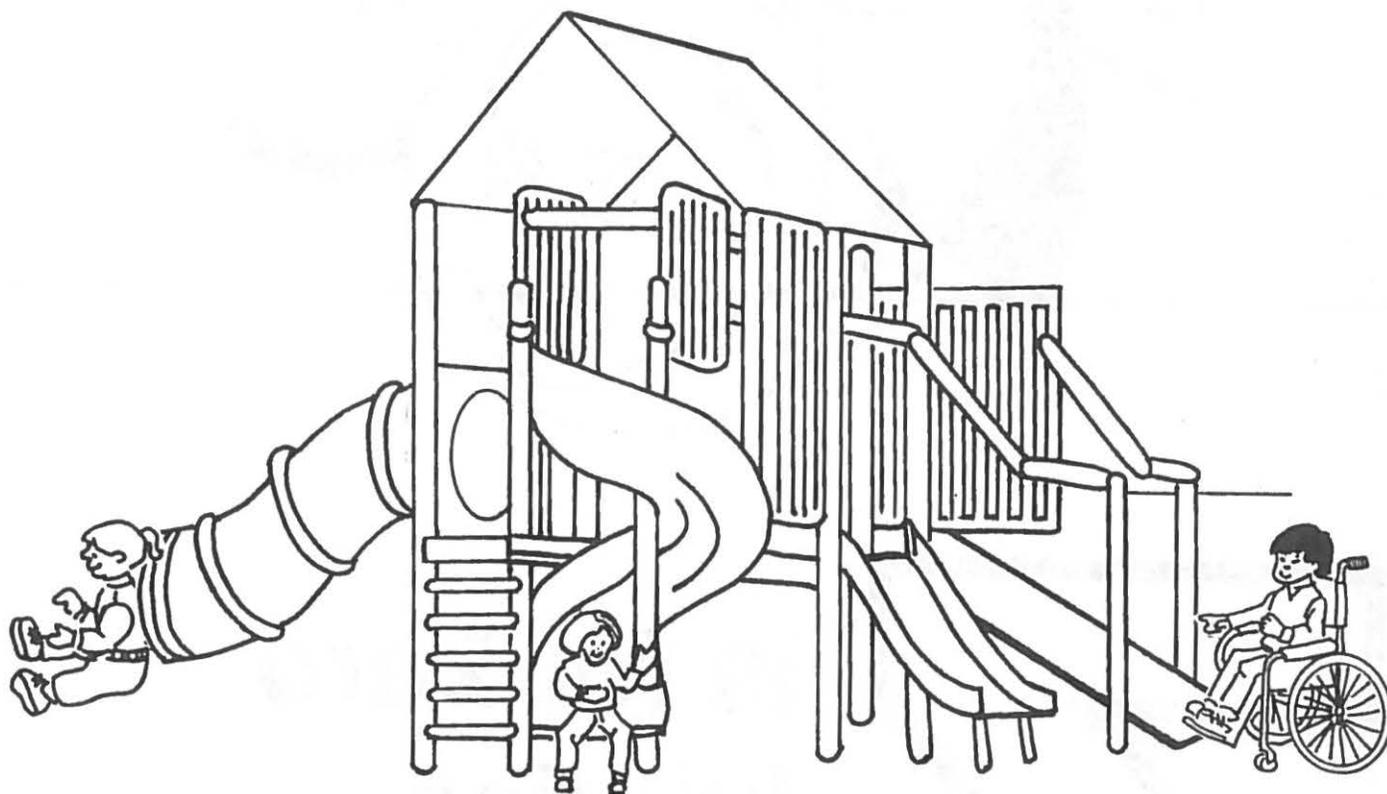
X marks the spot
for the Smoke
Detectors

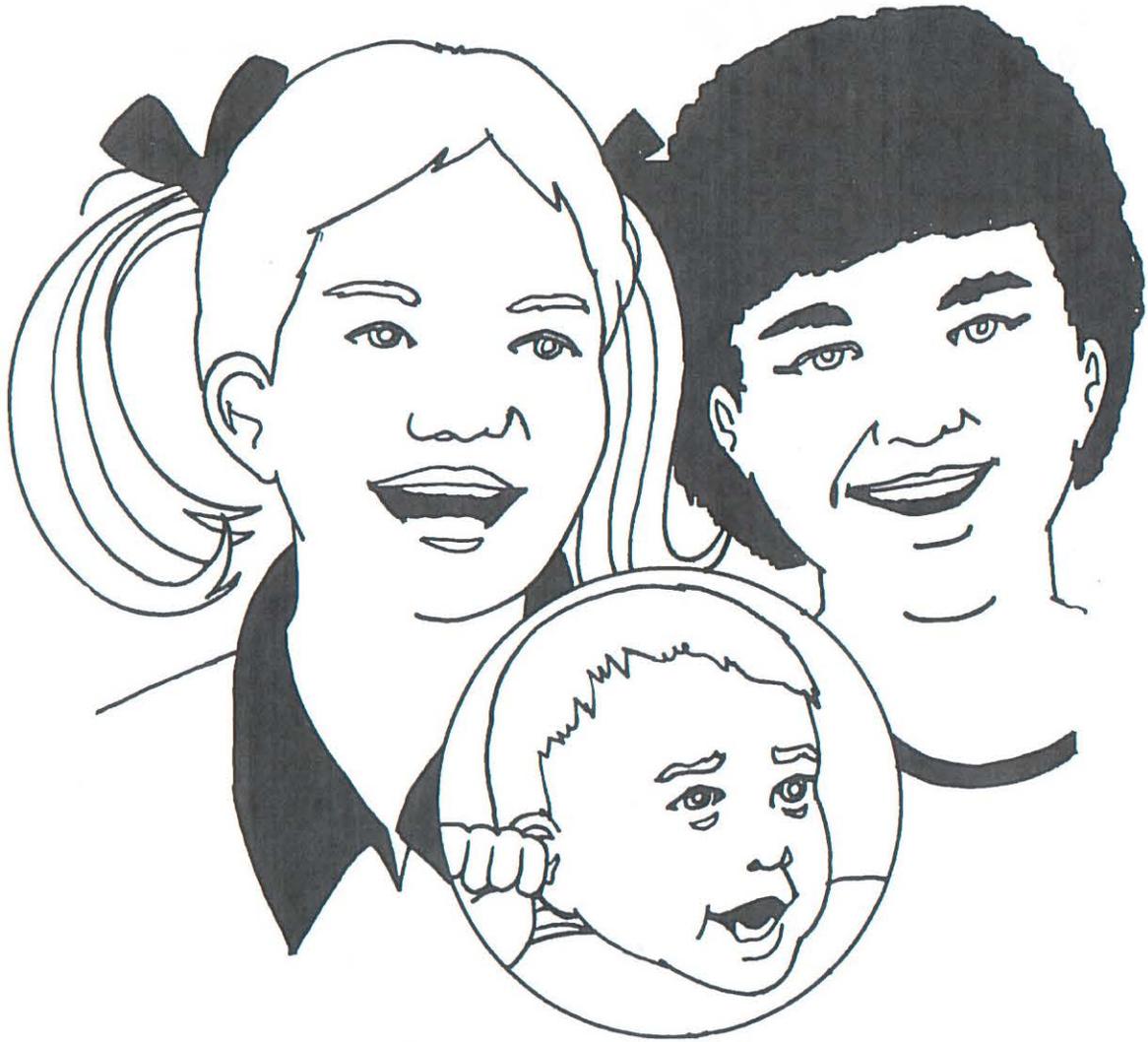
**Check your
smoke detectors
every month.**

Y

is for You

**Play smart. Be
safe on playgrounds.
Take your turn.**





Z

**is for Zero
Injuries
to Children**

Be a safe kid!