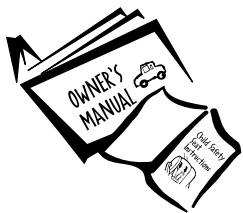




### Travel hints for longer trips

Children can get bored or tired after spending a long time in the vehicle. If you are planning a longer road trip with young children:

- Plan to stop the vehicle for breaks along the way. Bathroom stops and diaper changes will be a necessity. If the weather allows, get the kids out and enjoy some fresh air, snacks and activities. Pack some toys, ball or games to play at your rest stop.
- Consider some entertainment options for inside the vehicle. Music, books on tape, travel-sized games, movies, electronics and other ideas can be great for keeping kids of all ages happy while on the road.
- Think up travel games like "I Spy" or identification and counting games (types of vehicles, license plates, road signs, flags) that can be fun on long trips.
- Keep snacks like crackers, cereal, cheese and fruit (fresh or dried) in the vehicle in easy-to-use containers. For drinks, bring some water and unsweetened fruit or vegetable juices.
- Remember to secure everything when packing so things won't fly around and hit people if a crash occurs.




**Read your child safety seat and vehicle owner's manuals to make sure you are using the seat properly. Make every ride a safe ride for everyone.**

If you have other questions about child safety seats, call **Alberta Infrastructure and Transportation** at (780) 427-8901 (toll-free in Alberta 310-0000) or **Alberta Health Link** toll-free at 1-866-408-5465 (LINK).

For more information, visit [www.saferoads.com](http://www.saferoads.com) or [www.health-in-action.org/aorp](http://www.health-in-action.org/aorp).

**THINK  
THINK AGAIN.**

What's holding  
  
you back? 08/05

**THINK  
THINK AGAIN.**



focus on:

**THINK** the kids are buckled up right?  
**THINK AGAIN.**

keeping your child  
**content in a child  
safety seat**

When used correctly, child safety seats and booster seats save lives and reduce injuries. Children can get hurt if their child safety seats are not used properly. Here are some tips on how to keep your child safe and happy.



# KEEPING YOUR CHILD CONTENT IN A SAFETY SEAT

## Place your child in a safety seat from the start.

Children who ride in safety seats for every ride from the time they are born are more likely to stay in their seats when they are toddlers and pre-schoolers. Start the “buckle-up” habit early and help your child see their safety seat as an important part of any ride in a vehicle.

## Be consistent.

Buckle your child into the safety seat correctly for every ride, no matter how short the trip.

## Set an example.

Buckle your seat belt every time you get into the vehicle. Point out to your child that you buckle up, too. Parents are powerful role models and children learn from what we do as much as from what we say.

## Bring fun things for your child to do in the car.

Have soft toys, activities, books or music in the vehicle to keep your child busy. Change the toys often to keep your child’s interest. Store them safely so they won’t fly around and hit someone in case of a crash. You may have a few toys that your child plays with only in the car. This can make a car ride something your child looks forward to.

## Make sure your child is comfortable.

Dress your child so she will be snug and warm in the child safety seat with as few layers as possible between your child’s body and the shoulder straps. Try riding in the back seat yourself. Is it too hot or too cold? You may want to use a sun shade for sun shining in the back or side windows. Some children are happier when their shoes and socks are off.



## Encourage your child to look out the window.

Child safety seats lift children up and allow them to see out the window. Children like it when they can see what’s going on. For infants, tape bright images in the vehicle to catch their eye. For older children, make it a game by playing “I Spy”.

## “When will we get there?”

Answers that are specific, such as “After lunch,” “When it gets dark,” “When this tape (song, story) is over, we will almost be there” mean more to a child than “soon”.

## Be firm with your child.

All children will try to get out of their safety seat at one time or another. If this happens when you are driving, pull off the road to a safe spot and stop the vehicle. Tell your child that he needs to stay in the safety seat, then buckle him back in. The key is to stay calm and be kind, but to remain firm. The vehicle will not move unless everyone is buckled up. When older toddlers are struggling for independence, they may try to get out of their child safety seats, just because they can. They are not trying to be bad, they are just trying out their new power to make things happen. Use the same strategy as above. You may have to repeat it several times.



## Hint for parents

Keep a small book in the glove box for you to read while you are waiting in your safe spot off the road for your child to lose interest in struggling. It will help you stay calm as you out-wait your child, and it will help to keep you from getting into a power struggle with her.

