

FOR GENERAL ENQUIRIES

T 9805 3200
kidsandtraffic@mq.edu.au

PROGRAM DIRECTOR
Maureen Fegan OAM

EARLY CHILDHOOD ROAD SAFETY EDUCATION CONSULTANTS

Louise Cosgrove (Team Leader)
Adrienne Beattie
Linda Harrison
Amanda Menzies

WORKSHOP PRESENTERS

Caroline Brigden
Laura Stone



Like us on facebook
[/kidsandtraffic](https://www.facebook.com/kidsandtraffic)



[/kidsandtraffic](https://www.instagram.com/kidsandtraffic)

WWW.

kidsandtraffic.mq.edu.au

IN PARTNERSHIP WITH
Transport for NSW and
Macquarie University

ISSN: 1036 9899

Proudly funded by



OUT and about with Kids and Traffic

In 2019, our *Kids and Traffic* team travelled over 38000 km delivering 246 free workshops to more than 3850 participants in 207 locations throughout NSW. We helped more than 340 teachers maintain proficient level teacher accreditation through our NESA registered professional development ... and over 3500 early childhood services in NSW received our free *Kids and Traffic* road safety education resources and information.

In 2020, we are proud to continue to deliver the NSW Government funded *Kids and Traffic* Program in collaboration with Macquarie University into a fourth decade! With COVID restricting our ability to be out and about delivering face-to-face workshops since March this year we've been supporting services all around NSW online and over the phone. We are here to help so please get in touch for targeted road safety support and to discuss workshop options!

We warmly acknowledge and respect the crucial role early childhood services play in supporting families and communities who are doing it tough even while facing increasingly difficult professional and personal circumstances themselves. We know many are still recovering from the impacts of drought, fires and extreme weather. Our thoughts are with our colleagues and the wider community as we all continue to meet the challenges of 2020.

Transport for NSW are delighted to provide all NSW early education and care services with a new *Kids and Traffic* Lotto Game. Playing this game is a great opportunity to 'Talk Traffic with Kids' and to consider all the things children and adults do together to keep safe as passengers, pedestrians and while playing. We hope you enjoy this great new resource!

For any service whose *Kids and Traffic* resources may have been damaged or lost as a result of fires or extreme weather events, please give us a call on 02 9805 3200 so we can provide you with a new collection.

In this Gazette we highlight some of the great work educators, services and communities have been doing to work 'Towards Zero' road fatalities in NSW. Take a look at the stories of some inspirational road safety champions.

OUR ACTIVITIES IN 2019

38000 km travelled
246 Free workshops
3850 Participants
340 Teachers maintaining accreditation
3500 Free resources delivered



Don't forget to visit our *Kids and Traffic* shop for more road safety teaching and learning resources like our new book 'Oliver's visit to the farm'.



Now also available: a bigger, group-friendly version of our 'Five Little Piggies' book. Go to www.kidsandtraffic.mq.edu.au to order a copy.



"When you are you are in the car you have to sit down. You have to put your seatbelt on then you won't fall out!"
Mikayla

"I hold hands with Mummy and Daddy when I cross the road so you're safe."
Harvey



"When you sit in the car you put your seatbelt on. The seatbelt stops you from going forward and hitting your head..."
James



"When you're on your bicycle put your helmet on because it keeps you safe if you fall down!"
James



STARTING OFF ON THE RIGHT FOOT Road Safety at LEARN BRIGHT EARLY LEARNING, KINGSGROVE



Enrolment is a good intervention point for providing road safety information to families. For centre Owner and Director Vicki, it was a high priority during enrolment of all families when she opened her centre last year.

Vicki and her team have attended multiple *Kids and Traffic* workshops so are very familiar with the Key Road Safety Messages. Their Safe Arrival and Departure Policy, Excursion Policy and Transition to School Policy all reflect best practice strategies and expectations. In the first weeks after the centre opened, educators observed families arriving and departing. They then focused on addressing road safety challenges through policies, newsletters, posters, and displays as well as during teaching and learning experiences with children.

Vicki and teacher Ashley make community excursions a regular part of their ongoing road safety education program. Children and families help identify potential locations and the excursion visits build and strengthen this new centre's connections with the local community. For Ashley, the centre's first excursion was also the first she had planned independently. It was a great professional opportunity to extend her experience with risk assessment and management and determining supervision and adult-to-child ratios. Ashley looked to Vicki for support as well as contacting *Kids and Traffic* for help during this planning process.

The first excursion was a pizza making masterclass held at a restaurant run by one of their families! Educators looked closely at their newly developed Excursion Policy and reflected on whether changes were required. Parents came along to help ensure a ratio of one adult to two children. This provided parents with an authentic opportunity to be actively involved

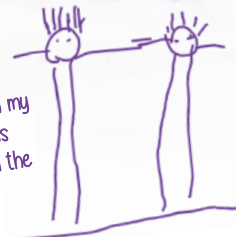
in their children's road safety learning. Ashley mentored other educators around expected roles and responsibilities during the excursion and informed parent volunteers of their supervision responsibilities. The benefits of 'Talking Traffic with Kids' while out and about was also discussed with parent helpers.



Social media and daily documentation were used to share the excursion experience more widely with families who couldn't attend. *Kids and Traffic* helped educators develop an excursion book documenting children's experiences and engagement. The book allowed children to revisit the experience and gave families an opportunity to connect with the Key Road Safety Messages in a meaningful and relevant way. For educators it was a great way to share road safety messages with families and encourage best practice road safety behaviours during other journeys with their children.



"I hold hands with my Dad when I cross the road and in the carpark."
Leo




"I have a booster seat ... The belt holds me tight."
Ashan



"When I go on my bike I always wear knee safety and a helmet so I don't get hurt. The helmet protects my brain."
Harry



"When you are walking across the road you have to look out for cars ... hold a grown-ups hand while you cross the road and then you will be safe."
Joshua



EXCURSIONS

There's no doubt excursions can provide children with a wonderful opportunity to explore and connect to community, to embrace the unknown and to observe and learn in a hands-on (and feet-on) way!

Educators often contact us with questions about ratios, supervision and risk assessments. While there are no quick and easy 'one-size-fits-all' answers, here are some things to consider when planning and conducting excursions.

Effective supervision not only enhances safety but allows for better quality interactions with children. Higher adult-to-child ratios are beneficial from a risk management perspective and for promoting children's learning and engagement as adults can respond to the needs and extend the interests of individual children. More frequent meaningful interactions between adults and children enrich the excursion experience for everyone.

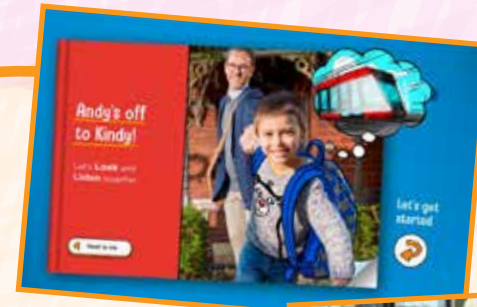
Asking families to come along on excursions not only helps increase supervision but also provides a great way of engaging parents, grandparents and other carers in your road safety education program. Remember to clarify expectations about appropriate supervision with family helpers prior to the excursion so everyone knows what's required.

Transporting children in vehicles can add another level of complexity to excursion planning. If using buses, trains, trams or ferries, talk with children and supervising adults about how to board and alight safely holding hands. Again, higher adult-to-child ratios and increased physical supervision can help to minimise additional risks associated with using transport. Before the excursion, check out the type of transport you'll



be using with children. Talk together about hazards, how to manage them and the safety behaviours required like remaining seated, using seatbelts and holding hands.

For more information and support on transporting children as part of your service provision check out our new online **Safe Transport Toolkit**.



SYDNEY LIGHT RAIL

The Sydney Light Rail is up and running. It's a big change around the city for pedestrians and for Light Rail passengers.

For many families, travelling on or near the Light Rail in Sydney or Newcastle is part of their everyday journey; for others it may be part of a weekend or holiday journey. Encourage families at your service to talk with children about how they can keep safe when travelling on or near the Light Rail. *Kids and Traffic* worked with Transport for NSW to develop e-books to highlight Light Rail safety. These are great resources to share with children and families. You can find the e-books on the resources page of our *Kids and Traffic* website.

"I wear a helmet to protect my head because if you can't stop and you don't wear a helmet you might crash your head"
Claire



"Hold hands with Mum"
Sienna



"My seatbelt goes across me and protects my heart and tummy."
Max



"When I get in the car I put on a seatbelt because it keeps me safe. It holds me just in case you have a crash"
Isabella



MATHS, SCIENCE AND ROAD SAFETY EDUCATION

The Kids and Traffic team collaborated with educators at KU Grevillea Preschool, Hornsby Heights and CatholicCare Waitara Early Learning and Care Centre to design, implement and evaluate a maths and science-based road safety project. We specifically considered how maths and science can be used to increase children and families' knowledge and understanding of correct, age-appropriate child car seat use.



For best protection in a crash, children should be in the car seat that's right for their age and size and the seat should be properly fitted to the vehicle and used correctly. This is called 'optimal' restraint use.

We know, however, that in many cases children aren't optimally protected and, as a result, are at much greater risk of death or serious injury in a crash.

One of the key concepts of the project was exploring how seatbelts need to cross the bones, the strongest part of the child's body, to protect the vital organs and best withstand crash forces. An integrated program, including maths and science experiences, supported road safety learning and understanding through concepts such as data, measurement, speed, force, physiology and anatomy.



Human body books, puzzles, posters and online resources were used as provocations to investigate key concepts as part of this inquiry-based learning project. Children and educators talked together about the types of car seats children used – forward facing child car seats or booster seats – and where the seatbelts crossed their bodies. They looked at X-rays, skeleton models and graphics to explore this in more detail.

Measuring each child's height and comparing this with the type of seat used helped demonstrate that the type of car seat must match each child's body. The suggested minimum height to wear a lap-sash seatbelt is 145cm, so children should stay in a booster seat until then.

Educators documented and shared children's engagement and learning through photos, videos and stories to help families understand how and why correctly using the right car seat keeps children as safe as possible in the car.

The project was also shared with KU Grevillea families and KU management with a special event to promote road safety and launch their amazing new playground. Take a look at the project video on the Kids and Traffic YouTube channel for inspiration and ideas for using maths and science in your road safety program! <https://youtu.be/08TYi7fn0E0>



Thanks to the inspirational educators who took this project and ran with it with such creativity and enthusiasm... Jane, Cathy, Kate, Jessie, Simone, Vicki, Anu, Mitra and everyone at KU Grevillea Preschool and CatholicCare Waitara Early Learning and Care Centre



"When I get in the car, I put my seatbelt on. It keeps me safe."
Jennabeth

"I put my seatbelt on to keep my body safe."
Ethan



"When you ride your bike you need a helmet on so if you fall over you don't get hurt. It protects your brain."
Hugo



"Hold a grown-up's hand when we cross the road."
Elise



"You need to hold your Mum and Dad's hand when you are going on the road so you don't get hurt."
Myra

