

Tips about Bike Safety

Spring is a great time to get outside and get exercise as a family. Bike riding can be a fun family activity. Below are some tips to keep your family safe while enjoying bike riding together.

1. Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.

2. Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.

3. Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.

4. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.

5. Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

**SAFE
K:DS
WORLDWIDE®**

[Click for more information on Bike Safety](#)

Bike Safety Tips

Everything you need to know to keep your kids safe when biking.

Fun ways for Children to Learn about Bike Safety



[Click for a video about bike safety](#)

BIKE SAFETY ACTIVITY SHEET (AGES 4 TO 7) WORDS WORTH ACTIVITY SET

ACTIVITY #5: COMPLETE THE SAFETY LESSON
Cut out the missing picture and complete the safety lesson.

Cut out and paste above:

WORDS WORTH ACTIVITY SET NAME: _____ AGE: _____

[Click for activities about bike safety](#)



[Click for interactive quiz about bike safety](#)

BIKE SAFETY ACTIVITY SHEET (AGES 4 TO 7) WORDS WORTH ACTIVITY SET

ACTIVITY #7: WORD FIND
Find the words listed on the left in the group of letters on the right. Circle the word when you find it.

HELMET	G B R H K Q R R
RED	Y R W G B I K E
STOP	E O E R U A L D
GREEN	L Y H E L M E T
BIKE	L W V O N G R S
YELLOW	O U B I S T O P
	W X K R E N J K

WORDS WORTH ACTIVITY SET NAME: _____ AGE: _____

BIKE SAFETY ACTIVITY SHEET (AGES 8 TO 11) WORDS WORTH ACTIVITY SET

ACTIVITY #6: CROSSWORD PUZZLE
Answer the questions and write the word in the correct space for each number.

ACROSS

1. You must watch out for this when you enter a street.
2. This back is about safety.
3. Road signs with a black border & message mean that you must _____ when you see it.
4. When you're riding together, hold your _____.
5. What are you wearing when you ride your bike?
6. Your main concern when riding _____.
7. When the traffic light is _____, you can go.
8. Your main concern when riding _____.
9. You must stop _____.
10. You must always wear _____.
11. You must always wear _____.
12. On the road, and especially on cross streets, be _____.

DOWN

1. This is what you must wear to protect your head.
2. It's your most important piece of gear on your bike.
3. When the traffic light is _____, you can go.
4. When you're riding together, hold your _____.
5. What are you wearing when you ride your bike?
6. Your main concern when riding _____.
7. When the traffic light is _____, you must stop.
8. You must always wear _____.
9. You must always wear _____.
10. On the road, and especially on cross streets, be _____.

WORDS WORTH ACTIVITY SET NAME: _____ AGE: _____

Information from National Highway Traffic Safety Administration

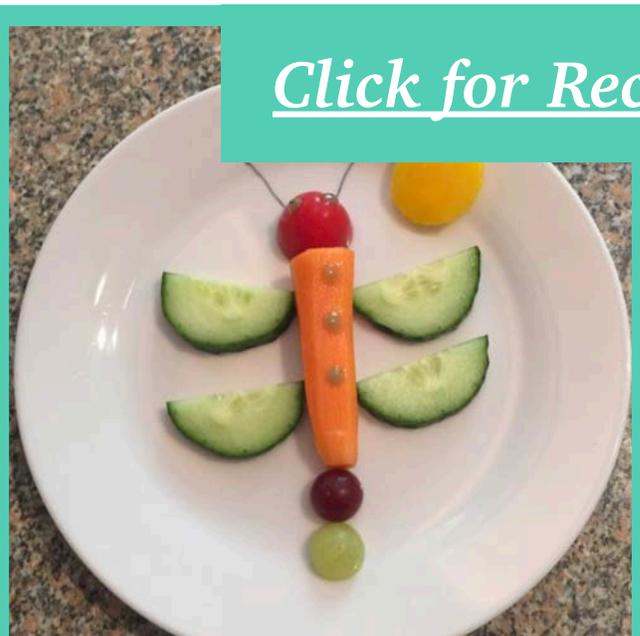
How to make Bikes and Bugs out of Vegetables

Learn how to make bikes and fun insects out of vegetables. These super easy recipes will allow your family to have an opportunity to be creative while eating healthy!

[Click for Recipe](#)



[Click for Recipe](#)



Teen Corner: Essentials to have in your car

Parents as you prepare your new teen driver to embark on the road, I'm sure there are a ton of topics you are going to cover with them such as the rules of the road, family responsibilities, and more.



DID YOU KNOW?

An important topic that sometimes gets overlooked in the midst of daily and weekly driving practices is the items that should be kept in the car in case of an emergency. Parents it is important to know that every vehicle should have an emergency kit not just the vehicle of the new driver.

EMERGENCY CAR KIT ESSENTIALS

- Emergency kits should be routinely checked every six months. As you begin to use things in your emergency kit, always remember to replace any depleted items. The following items are a recommendation and can be adjusted based on your families' needs:
 - A car charger for your cell phone
 - Jumper cables
 - A flashlight with extra fresh batteries
 - A blanket
 - Drinking water and nonperishable snacks like a granola bar
 - Raincoat/ poncho
 - First aid kit
 - A towel
 - A spare tire, including a wheel wrench, and a tire jack
- Keep in mind that, to a new driver that is eager to get on the road and explore their new independence, he or she might not see the value and importance of an emergency kit.
- It's a good idea to express to your teenager the vital role that each item plays in their vehicle's emergency kit.



more information on
[Teen Driver Safety Program](#) available on
our [website](#)



Please download our Parent-Teen Driving Contract that can guide your conversation on what your family's expectations are concerning the road. The Parent Teen Driving contract can be found [here](#).

Tips about Spring Cleaning and Car Seats

Spring is the time to enjoy warmer weather with your family. But winter illnesses may be lingering on. A proper cleaning routine is one way to reduce the spread of germs and keep your family healthier. A great place to start is your car, and specifically your child safety seat.

1. Before you remove anything from your car seat, refer to the owner's manual. The manual is your best resource to know what cleaning supplies you can use and to obtain directions for how to clean your car seat.

2. To ensure you can correctly reinstall the safety seat after you are finished cleaning, take pictures of the seat while it is installed. Note locations where straps and belts pass through the seat and where your LATCH connection points are found.

3. After you remove the safety seat, vacuum the area around the seat to clean up any food crumbs. As you clean the seat, be sure not to remove any labels or instructions, as these are necessary to ensure correct seat usage.

4. Allow time for the car seat to dry thoroughly before reinstalling it. Dry the seat cushions and padding separately in direct sunlight or your clothing dryer, if the manual states this is acceptable.

5. Double-check your manual to ensure you have reinstalled the seat correctly. Your freshly cleaned child safety seat will look better while keeping your child safer.



more information
on car seat safety
available on our
[website](#)



If you need more information about the proper use of your car seat, visit [Safe Kids](#). For more tips on car seat installation, refer to the [National Highway Traffic Safety Administration](#)

Meet the Injury Prevention Team



is the Pediatric Trauma Injury Prevention Program Manager for Monroe Carell Jr. Children's Hospital at Vanderbilt. She has a Masters in Public Health and is a Certified

Health Education specialist with over 20 years of experience in injury prevention. She is a wife and mother of two girls and her rescue puppy. She loves to cook, travel and watch murder mysteries.



is an Atlanta native who decided to take on Nashville as her newest adventure. She is also the Associate Program Manager for the Be in the Zone-Turn Off Your Phone

Campaign which educates teens and parents on the dangers of distracted driving. She has a passion for healthcare and serving others. She feels privileged to be able to serve Monroe Carell Jr. Children's Hospital at Vanderbilt. In her free time, she enjoys exploring Nashville, dancing, running, and spending time with her husband and son.



is a Nashville native and received her Masters from Vanderbilt University. She is the Associate Program Manager for the Kohls Seat Smart Program, which focuses on educating caregivers, children, and

community partners on the importance of car seat safety. She is so excited to join the team at Monroe Carell Jr. Children's Hospital at Vanderbilt. In her free time, she enjoys volunteering with her local church's special needs ministry, hanging out with family and friends, and doing yoga.



is from Atlanta and currently a junior at Vanderbilt University, double majoring in Human & Organizational Development; Medicine, Health, & Society. She is an

intern focusing her research on Pediatric Drowning Prevention Best Practices and continuing work on current programs. In Savannah's spare time, you can find her cooking, doing puzzles, playing Candy Crush, swimming, playing tennis, attending Vanderbilt sporting events, and watching football. Anchor Down & Titan Up!

Thank You to all of our Funders and Organizations



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Click for more tips on cleaning your car



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