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.or/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?

- It keeps me safe
- I can see out of the window
- So my seat belt will fit on my shoulder and hips
WHY SHOULD I WEAR A SEATBELT?

I could get hurt if I'm not wearing 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.
If you are under 4'9" and not using a booster seat, move back one space.

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

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

SUPERSTAR!
YOU ARE A SUPERSTAR!

SHHH...
Playing quietly helps Mom and Dad while driving.

MOVE AHEAD ONE SPACE

You teach your little brother the safety belt song.

MOVE AHEAD TWO SPACES

You remind dad to put his seatbelt back on.

USE THE BRIDGE FOR A SHORTCUT TO GRANDMA'S HOUSE!

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

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

GETTING CLOSER!

Do children ride in the front seat or back seat?

BACK SEAT!
MOVE AHEAD ONE SPACE

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

START START START

Before Mom or Dad starts the car:

Did you put on your seatbelt?

YES:
Advance two spaces

NO:
Skip a turn

GETTING CLOSER!

Now that everyone in the family has their seatbelt on, it's time to go to Grandma's!
If you are under 4'9" and not using a booster seat, move back one space.

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

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

STOP HERE FOR GAS

SHHH...
Playing quietly helps Mom and Dad while driving.

MOVE AHEAD ONE SPACE

You teach your little brother the safety belt song.

MOVE AHEAD TWO SPACES

You remind Dad to put his seatbelt back on.

USE THE BRIDGE FOR A SHORTCUT TO GRANDMA'S HOUSE!

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

Do children ride in the front seat or back seat?

GETTING CLOSER!

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

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

START

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

YES: Advance two spaces

NO: Skip a turn

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

**STOP**

BUCKLE UP BEFORE MOM OR DAD STARTS THE CAR.

**YIELD**

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.

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