



ACKNOWLEDGEMENTS

Smart Steps is a road safety program for parents and carers of children aged from birth to four years. The program is developed by School Drug Education and Road Aware (SDERA) and funded by the Road Trauma Trust Account.

Appreciation is expressed to the following people and agencies for their contribution and commitment to the development of the *Smart Steps: Moving there together Presenter's Kit*.

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The developers of the *Smart Steps: Moving there together Presenter's Kit* acknowledge the contribution of the authors of the *Smart Steps Facilitator's Guide* in the development of this kit.





ABOUT SDERA

School Drug Education and Road Aware (SDERA) is the Western Australian State Government's primary drug and road safety education strategy.

SDERA works with schools, the community and government agencies to provide best practice road safety, resilience and drug education aimed at keeping young people safer.

Through the provision of professional learning opportunities and support resources, SDERA aims to empower school-based staff and community agencies to develop effective drug and road safety education programs within their schools and the wider community.

The road safety initiatives of SDERA are funded by the Road Trauma Trust Account. They form part of the Western Australian road safety strategy *Towards Zero: Getting There Together 2008–2020*. This state-wide strategy is designed to progress the vision of eliminating road crashes as a major cause of death and disability in Western Australia.

SDERA is committed to providing a state-wide, coordinated and sustainable program to assist all schools, and health and community stakeholders, to implement road safety initiatives for parents and care givers of children and young people aged from birth to 18 years.

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PART 1: INTRODUCTION



WELCOME

Welcome to the *Smart Steps: Moving there together Presenter's Kit*.

This kit is based on the *Smart Steps* program created and first published by SDERA in 2008. *Smart Steps* is a parent and carer road safety education program that enhances understanding of the factors that contribute to keeping children safe in the road environment. The program focuses on the use of:

- 1 child car restraints and general passenger safety
- 2 safe pedestrian practices
- 3 safe places to play.

This version of the *Smart Steps* program has been developed for community groups and organisations to:

- 1 increase the road safety knowledge and skills of those working with children aged from birth to four years
- 2 provide a resource that can be used to facilitate parent and carer workshops on passenger, pedestrian and play safety
- 3 provide specific road safety ideas and activities for children aged from birth to four years.

AIM OF THE SMART STEPS: MOVING THERE TOGETHER PRESENTER'S KIT

The *Smart Steps: Moving there together Presenter's Kit* aims to develop the ability of parents and carers to be positive road safety role models through:

- 1 enhancing their understanding of the developmental capabilities of young children in the road environment
- 2 focusing on the risk factors that can impact on young children in the road environment
- 3 highlighting correct road safety behaviours and providing them with the skills to teach these behaviours in a variety of real world situations.



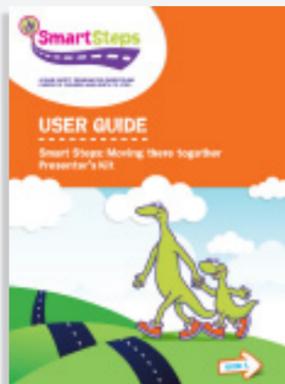
ATTENTION!

From this point forward in the *Smart Steps: Moving there together Presenter's Kit* the:

- term **PARENT/S** will be written to include carers, foster carers, relative carers, stepfamilies, grandfamilies, and others who have a direct full time, part time or occasional parenting role
- term **RESTRAINTS** will refer to child car restraints, harnesses and seatbelts
- **KIT** will be referred to as the *Presenter's Kit*
- **SDERA HALF-DAY SMART STEPS: MOVING THERE TOGETHER PROFESSIONAL LEARNING WORKSHOP** will be referred to as the SDERA *Smart Steps* professional learning workshop.

COMPONENTS OF THE PRESENTER'S KIT

The *Presenter's Kit* consists of a series of four books.



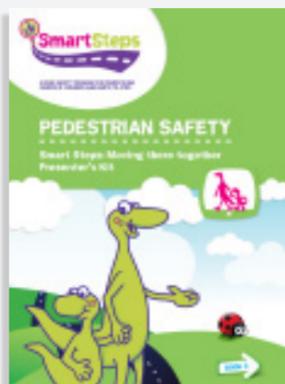
BOOK 1 – USER GUIDE

This book contains information about the *Smart Steps* program and provides an overview of the resources and information included in the *Presenter's Kit*.



BOOK 2 – PASSENGER SAFETY

The second book in this kit introduces key passenger safety messages and includes a step-by-step process for presenters facilitating a passenger safety workshop for parents.



BOOK 3 – PEDESTRIAN SAFETY

Key messages for pedestrian safety are found in this book. All of the resources required to run a parent workshop on pedestrian safety are also included.



BOOK 4 – PLAY SAFETY

The last book in this kit focuses on play safety. It introduces key messages and all of the resources to run a parent workshop on play safety.

HOW THE SMART STEPS PROGRAM CAN BE DELIVERED USING THE PRESENTER'S KIT

According to the needs of individual community groups and organisations the *Smart Steps* program can be delivered using the *Presenter's Kit* in a variety of ways. These are shown

below in Diagram 1 – Using the *Presenter's Kit*. Organisations may decide to use a mixture of options to target their needs.

DIAGRAM 1 – USING THE PRESENTER'S KIT

1 ATTEND A HALF-DAY SDERA *SMART STEPS: MOVING THERE TOGETHER* PROFESSIONAL LEARNING WORKSHOP

2 CHOOSE YOUR OPTIONS FOR PRESENTING YOUR *SMART STEPS* WORKSHOP

Option 1

Participants who attend the workshop prepare and then deliver *Smart Steps* parent workshops on behalf of their community group or organisation.

Option 2

Participants who attend the workshop train their colleagues on how to run *Smart Steps* parent workshops.

Options 3

Participants who attend the workshop use the *Presenter's Kit* to up-skill their colleagues during professional learning days, team meetings etc.

You can choose one or choose several of these options to target specific organisational needs.

3 RECEIVE YOUR FREE *SMART STEPS: MOVING THERE TOGETHER PRESENTER'S KIT*

All participants attending a SDERA *Smart Steps: Moving there together* professional learning workshop will receive a *Smart Steps: Moving there together Presenter's Kit* for use by their community group or organisation.

After attending the half-day SDERA *Smart Steps: Moving there together* professional learning workshop, additional *Smart Steps* program resources will be sent to the

community group or organisation of the participant who attended the workshop. Access will also be provided to ordering *Smart Steps* resources online.

Note: Only one, free of charge *Smart Steps* full kit (*Presenter's Kit* and additional resources) will be provided to each community group or organisation.

SDERA SMART STEPS PROFESSIONAL LEARNING WORKSHOPS

Ideally SDERA would like all presenters of *Smart Steps* parent workshops to attend a half-day SDERA *Smart Steps* professional learning workshop. However, as this is not always possible, options (as shown in Diagram 1 on page 9) have been provided.

Details of when the SDERA *Smart Steps* professional learning workshops are held in the metropolitan area can be found on SDERA's website www.sdera.wa.edu.au or by calling direct to SDERA on (08) 9264 4743.

In regional areas, community groups and organisations can contact SDERA Regional Consultants. Details of these consultants can be found in Appendix 1 of this book or on SDERA's website.



MAINTAINING THE INTEGRITY OF THE SMART STEPS PROGRAM

PROTOCOLS

To maintain the quality and integrity of the *Smart Steps* program a number of protocols need to be observed.

- 1 Only those individuals that participate in a half-day SDERA *Smart Steps* professional learning workshop are able to conduct a *Smart Steps* parent workshop and/or train their colleagues to deliver a workshop.
- 2 Only those individuals that participate in a half-day SDERA *Smart Steps* professional learning workshop are able to run in-house workshops to increase the road safety knowledge and skills of their colleagues.

Suggestions for *Smart Steps* in-house workshops.

- Include a *Smart Steps* training session in the induction process for new employees.
- Conduct in-house *Smart Steps* workshops for colleagues during professional development days.
- Regularly include a *Smart Steps* information session in team meetings.
- Focus on one risk factor (passenger, pedestrian or play safety) and complete in-house training for all colleagues.

- 3 At the SDERA *Smart Steps* professional learning workshop participants will receive a Presenter's Kit for use by their community group or organisation.
- 4 After attending the workshop additional *Smart Steps* resources will be sent to the community group or organisation of the participant who attended the workshop. Access will also be provided to ordering *Smart Steps* resources online. Details of ordering requirements can be found on page 27.



Only one, free of charge, *Smart Steps* full kit (Presenter's Kit and additional resources) will be provided to each community group or organisation.

WHY ROAD SAFETY EDUCATION FOR PARENTS?

More children are killed on the road than in any other type of accident. Many of these deaths could be avoided by improving education, making drivers take more responsibility for the safety of young passengers and pedestrians, and better design of vehicles and roads.

(OECD 2004)

Every day there is potential for very young children to find themselves in hazardous traffic situations. However, traditionally road safety education has focused on school-based programs.

Compelling evidence indicates that the most effective time to get involved in good road safety practices is early childhood, including the ante-natal period (Elliot 2000). It is therefore critical that parents of children aged from birth to four years understand that they are primarily responsible for what their children learn about road safety, both positive and negative, in this age group.

In WA, road-related trauma is the greatest cause of injury and fatality for children aged from birth to 12 years (Road Safety Council 2002). In Elliot's (2000) analysis of road crash statistics he states that parents, if they had been assisted to be better informed and motivated, could have protected their child from being injured or killed.

Elliot further acknowledges that parents are both direct and indirect educators. Indirectly children observe and model adult behaviours (both positive and negative). Directly parents do play the role of major educator in the road system. Therefore, the *Smart Steps* program aims to increase parents' awareness and knowledge of the main road safety risk factors for children aged from birth to four years and emphasises a parent's responsibility as a role model.

PARENTS AS ROLE MODELS

Educators need to explain to parents that they need to explicitly teach their children how to safely use the road system.

A child's brain development before the age of one is more rapid and extensive than previously realised (Begley 1996). They are listening, watching and copying the behaviours of people who take care of them from a very young age. Given this evidence parents need to understand the important role they have in modelling best practice road safety behaviours.

Early education impacts on the safer behaviours of children aged from birth to four years, through their school years and beyond.

A parent who continuously models correct road safety behaviours for their child assists in establishing a foundation for appropriate road safety behaviours into the future.

Parents are well placed to be role models and educators of road safety information.

On a daily basis parents engage in the road environment. Parents need to be provided with support and instruction on the appropriate modelling behaviours and teaching points for road safety education. Many parents, for instance, overestimate their child's ability to recognise dangerous situations yet underestimate their child's ability to learn in the road environment.



PARENTS AS ROLE MODELS: THE CHALLENGES

Working in partnership with parents will assist in achieving the aims of the *Smart Steps* program.

The following key findings of research conducted by the Child Health Promotion Unit at Edith Cowan University (2003) may be useful for presenters of *Smart Steps* parent workshops in understanding parents' rationales and concerns about being a role model in the road environment.

- 1 Parents have varying attitudes, confidence, and understanding of the risks in the road environment. This can impact on their ability to educate their child effectively on road safety.
- 2 Many parents overestimate their child's ability to recognise dangerous traffic situations.
- 3 A parent's role as a road safety model is often undervalued. Parents mostly think of rules and instructions and rarely of their own child's observations and imitation when considering road safety education.
- 4 Parents are often anxious about providing opportunities for their children to practise safe road behaviours. Increasing parents' knowledge, understanding and skills will increase their level of confidence to provide these real world experiences.

CASE STUDY

Saffy was born in Madagascar and immigrated to Australia three years ago. In Madagascar the roads and traffic conditions are very different. Saffy does not have a driver's licence and walks and uses public transport with her daughter Adaeze. She is not confident that she knows all of the road rules and wants Adaeze to understand when it is safe to cross the road and the dangers of traffic. In particular Saffy

wants to understand, and then model for Adaeze, when and how to cross safely at a roundabout as there are several on their walking routes.

The playgroup that Saffy takes her daughter to recently had a parent *Smart Steps* workshop where the topic was pedestrian safety. It was interesting and Saffy was able to ask questions about the road rules she was unsure of, especially about the rules

of crossing at a roundabout safely. Saffy is now much more confident when she is using the road system as a pedestrian. She models good behaviours and is able to explain to Adaeze the dangers and hazards on, and around, the road. She also has a list of people and organisations she can contact if she wants further information and a number of posters and worksheets that she can complete with Adaeze to reinforce correct road safety behaviours.

STAGES OF CHILD DEVELOPMENT AND THE RISKS FOR YOUNG CHILDREN IN AND AROUND TRAFFIC

In early childhood, children need to begin developing skills in initiating and undertaking independent decision-making. They also need to start to develop confidence in their own ability to solve simple and age-related problems. Therefore, parents should provide young children with the opportunities to do this in safe and controlled environments. For example, children need to be taught that when they are in a shopping centre car park with a parent, that they can help to make the safest decision about where to stand and where to walk under the guidance of an adult.

This skill development and real world practice is very important given that young children are at risk in the road environment due to a number of developmental factors. These factors include:

- 1 Children focus on one task at a time and ignore, or are unaware of, other things around them.
- 2 Children do not have the experience to appreciate what danger surrounds them near traffic.
- 3 Children's hearing is not as well developed as adults, so they may have problems working out the direction of traffic sounds.
- 4 Children's peripheral vision is underdeveloped and therefore they are unlikely to see an approaching car.
- 5 Children can't judge the distance and speed of cars properly. This makes it difficult for them to judge a safe gap in the traffic without adult help.
- 6 Children can't stop quickly and tend to freeze when faced with danger.

- 7 Children's small stature means they can't always be seen by drivers (eg over bushes or parked cars).
- 8 Children (up to 32 kg) are at greater risk when restrained in a standard seatbelt and in the front passenger seat.

(Office of Road Safety 2008, Elliot 1999, Elliot 2000, Kidsafe WA 2005)

The *Smart Steps* program recognises these developmental stages.

A variety of activities to support the development of correct road safety knowledge and skills and the promotion of positive road safety attitudes and values are included in the program.

CASE STUDY

Peter was at the shops with his Mum. He was carrying the balloon he had been given in a store give-away in one hand and was holding onto the shopping trolley with the other as he walked to the car. Peter accidentally let the balloon go and chased after it through two parked cars straight into the path of an oncoming car. The driver didn't see Peter over the top of the cars until it was too late.

In this situation tying the balloon to the trolley or to Peter's wrist would have significantly reduced the likelihood of the scenario playing out as detailed.

KEY MESSAGES FOR PARENTS OF CHILDREN AGED FROM BIRTH TO FOUR YEARS

To assist in educating children aged from birth to four years about the road environment parents need to be aware of the key road safety messages. When actioned these key messages will assist parents to reduce the risk for their children in the road environment.

The table below classifies the key messages into the following risk factors: passenger, pedestrian and play safety. These risk factors provide the focus for Books 2, 3 and 4 in the *Presenter's Kit*.

TABLE 1: KEY ROAD SAFETY MESSAGES

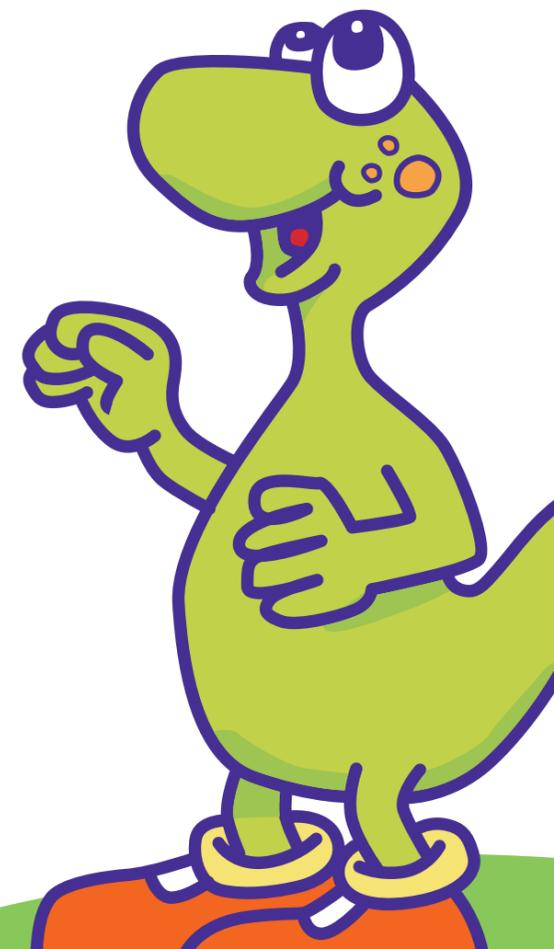
PASSENGERS	PEDESTRIANS	PLAY
 <p>Parents need to ensure that:</p> <ol style="list-style-type: none"> children wear an approved and correctly fitted restraint appropriate for their age, size and weight every trip whilst in their vehicle children are educated to enter and exit from the rear door closest to the kerb (the safety door) children are educated on what safer behaviours are and how to use them to avoid driver distraction children are not left alone in the car even for short periods to preserve their safety and general wellbeing. 	 <p>Parents need to ensure that:</p> <ol style="list-style-type: none"> children are always holding an adult's hand while walking near traffic they explain and demonstrate to their children, 'stop, look, listen and think' in a variety of locations (in the car park, at the roadside) including designated pedestrian facilities (such as crosswalks). 	 <p>Parents need to ensure that:</p> <ol style="list-style-type: none"> children in this age group play in supervised safe areas such as back yards rather than roads, car parks, footpaths and driveways children stand with an adult at the 'safety spot' away from the driveway when saying goodbye to family and visitors who are leaving in a vehicle children wear a correctly fitted Australian Standards approved bicycle helmet and protective gear when riding a bicycle or scooter children ride a bicycle or scooter suited to their height children ride their bicycle or scooter in safer places away from roads and driveways.

LINKING THE SMART STEPS PROGRAM TO THE NATIONAL EARLY YEARS LEARNING FRAMEWORK

Children aged from birth to four years are capable of, and do learn a lot before they get to preschool, and the only learning which is effective for them is practical, hands-on learning in real world environments. Practical road safety education that is interactive and allows children to practise correct skills and behaviours in local settings such as on the footpath, in the car and by the roadside, are highly valued.

Additionally, the *Presenter's Kit* highlights the vital role that parents play as role models in developing their child's understanding of the road environment. The value of this core relationship between the parent and the child is endorsed throughout the EYLF.

The *Presenter's Kit* acknowledges the importance of early onset road education and has been developed with an understanding of the national *Early Years Learning Framework* (EYLF). In keeping with the principles of the EYLF the activities included in the *Presenter's Kit* have a strong emphasis on play-based and experiential learning. These strategies are the best vehicle for young children's learning as they provide the most appropriate stimulus for brain development.



NOTES

PART 2:

THE PRESENTER'S KIT



PART 2 – THE PRESENTER’S KIT

The following section looks at the resources in the *Smart Steps* program and how you can use them. It also explores parent workshops and in particular:

- 1 The administrative protocols for running a parent workshop
- 2 How to customise a parent workshop
- 3 How to order *Smart Steps* resources

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WHAT IS IN THE PRESENTER’S KIT?



SMART STEPS: MOVING THERE TOGETHER PRESENTER’S KIT – BOOKS

BOOK 1 – USER GUIDE

This book contains information about the *Smart Steps* program and provides an overview of the resources and information included in the *Presenter’s Kit*.



BOOK 2 – PASSENGER SAFETY

BOOK 3 – PEDESTRIAN SAFETY

BOOK 4 – PLAY SAFETY

These books include background information and all of the resources a presenter will need to run a parent workshop on passenger, pedestrian or play safety.



SMART STEPS – ON THE ROAD TO SAFETY DVD

The DVD includes pedestrian, passenger and play safety footage. Simple tips for parents about road safety are also included on the DVD.



SMART STEPS – ROAD SAFETY SONGS CD

The songs on the CD have clear road safety messages for young children. Reference to the use of the songs is included in books 2, 3 and 4 of the *Presenter’s Kit*.



SMART STEPS: MOVING THERE TOGETHER PRESENTER’S KIT – RESOURCES CD-ROM

This CD-Rom contains a number of resources that presenters can use including worksheets, PowerPoint presentations and evaluation information.



YOUR GUIDE TO CHILD CAR RESTRAINTS BUCKLE UP EVERY CHILD, EVERY TRIP – BROCHURE

These brochures include information about restraints including types of restraints, how to install them, when to use them and contact details for restraint installers. An additional restraints brochure is available in multiple languages. (See page 27 to order.)



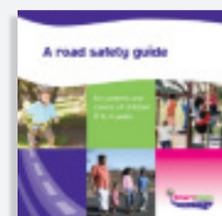
SAFETY DOOR STICKERS

These two stickers promote the use of the safety door. They can be placed on the correct window, which is the left hand rear window, of the vehicle.



STICKER SHEET

The sheet of 12 stickers highlight positive road safety messages.



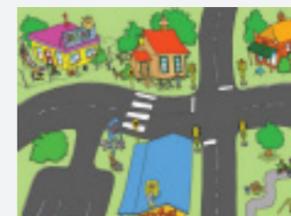
A ROAD SAFETY BOOKLET FOR PARENTS AND CARERS OF CHILDREN 0 TO 4 YEARS – PARENT BOOKLET

This booklet for parents includes information about pedestrian, passenger and play safety. It also includes activities for parents to do with their child.



SMART STEPS DISCUSSION PHOTOS FLIP BOOK – DISCUSSION PHOTOS

A 'flip book' with photos that focus on passenger, pedestrian and play safety. Key messages and focus questions are included on each photo.



TRAFFIC MAT

This table sized traffic mat shows a street scene that includes road signs, crosswalks and car parks.



ROAD SIGNS PACK

18 road signs are included in the pack. The signs can be used to familiarise children with the most common signs and traffic signals found in the road environment.

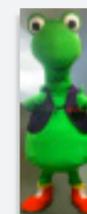


DRIVEWAY SAFETY KIT

The kit includes a driveway safety manual, four wooden statues, a tape measure and a *Smart Steps road safety booklet for parents of children aged 0 to four years*. This kit can be used in conjunction with the pedestrian (Book 3) and play safety (Book 4) books included in the *Presenter's Kit*. The kit can also be used as a stand-alone presentation/activity for parents.

This resource can be loaned:

- in the metropolitan area via the online ordering system at Northside Logistics
- outside the metropolitan area through SDERA Regional Consultants. Contact details for the consultants can be found in Appendix 1 of this book.



SMART STEPS MASCOT – IZZY

Izzy is the *Smart Steps* road safety mascot. Izzy can be used by organisations that work predominately with pre-school aged children and who have attended a SDERA *Smart Steps* professional learning workshop. Details of how to book Izzy are found in Appendix 5 of this book.

ADMINISTRATION PROTOCOLS FOR RUNNING A PARENT WORKSHOP

A number of protocols need to be observed in the delivery of *Smart Steps* parent workshops. The protocols have been established to maintain the integrity and quality of the *Smart Steps* program.

ATTENDANCE REGISTER

An **Attendance Register** will need to be completed for each parent workshop.

You are required to ask participants to sign in at the start of the workshop. Placing the register at the entrance to the room on a 'sign-in' table with a few pens is always a good idea. At the end of your workshop it is recommended that you check that all participants have 'signed-in' and encourage those that haven't, to do so.

You will then need to fill in the total attendance number information and return the **Attendance Register** to SDERA within seven days of workshop completion.

A copy of the **Attendance Register** is included in Appendix 2 of this book.

PARTICIPANT FEEDBACK

All of SDERA's programs are evaluated to determine their effectiveness and the evaluation data is used to:

- 1 review, re-adjust and re-develop professional learning materials
- 2 improve the future planning and implementing of our professional learning offerings
- 3 determine the extent to which professional learning objectives have been achieved.

On conclusion of each *Smart Steps* parent workshop you are requested to ask participants to evaluate the workshop using the **Participant Feedback Form** (Appendix 4).

These tips for conducting the evaluation process at the end of your workshop may be helpful.

TIPS FOR THE WORKSHOP EVALUATION PROCESS

- 1 Photocopy a **Participant Feedback Form** for each of your participants. It is also a good idea to have a few extras.
- 2 Make sure that you have some spare pens in case participants don't bring one with them.
- 3 At the start of your workshop let the participants know that you will be asking them to evaluate the workshop when it concludes. Explain to participants that SDERA is keen to find out their thoughts on the program with a view to:
 - review, re-adjust and re-develop the *Smart Steps* Program, and
 - determine the extent to which workshop objectives have been achieved.
- 4 When the workshop finishes hand out the **Participant Feedback Forms** and ask participants to complete them.
- 5 Carefully observe to see if any participants need further assistance with completing the form. Offer assistance, if required, in an unobtrusive and supportive manner.
- 6 Make sure you provide participants with enough time to complete the form.
- 7 Collect all forms.
- 8 Complete all of the details on the **Coversheet for Participant Feedback Forms**. A copy of this form is found in Appendix 3 of this book and also in the accompanying *Smart Steps: Moving there together Presenter's Kit – Resources CD-Rom*.
- 9 On conclusion of the workshop you have seven days to return to SDERA via fax or mail the following documents:
 - the completed **Attendance Register**
 - the completed **Coversheet for Participant Feedback Forms**
 - all of the collected **Participant Feedback Forms**.

Postal address:

Smart Steps
School Drug Education and Road Aware
151 Royal Street
East Perth
WESTERN AUSTRALIA 6004

Facsimile:

(08) 9264 4903

HOW TO ORDER RESOURCES

Once you have attended a half-day SDERA *Smart Steps* professional learning workshop you can order *Smart Steps* resources online. The following procedure explains how you create a password and user name and then order resources.

Step 1

Log on to www.northsidelogistics.com.au

Step 2

To register find 'Not a member'.
Choose 'Click here to Register'.

Step 3

Click the tab 'Register for Other'.

Step 4

Complete the following:

- type in your contact details
- choose '*Smart Steps*' as the client.
- click 'Submit'.

Step 5

Northside Logistics will email you your user name and password usually within 48 hours.

Step 6

Using the 'What resources to order' information on page 27 of this book decide what you need to order.

Once you have your user name and password from Northside Logistics:

Step 7

Login to Northside Logistics at www.northsidelogistics.com.au using your user name and password.

Step 8

Click on the 'Place order/items' tab.

Step 9

Click on 'Online order form'.

Step 10

Choose the items and quantity of resources you require.

Step 11

Before clicking 'Place order' check the following:

- that you have ordered all of the resources you require and in the right quantity
- if you want the resources sent to an alternative address make sure you click the 'Alternative address' box and complete the details
- add any notes about required delivery dates in the 'Notes' section.

Your order will usually be delivered within the week.

If you require more resources than the order form permits, contact SDERA (08) 9264 4743.

WHAT RESOURCES TO ORDER

All resources are free and it is recommended that they are ordered at least three weeks before the planned *Smart Steps* parent workshop.

RESOURCES FOR PARENTS

Order one of each of the following resources for every parent who is attending the *Smart Steps* parent workshop.

- 1 *Smart Steps* Parent booklet – A road safety booklet for parents of children 0 to 4 years.
- 2 *Smart Steps* Brochure – Your guide to child car restraints.
- 3 *Smart Steps* DVD – On the road to safety.
- 4 *Smart Steps* CD – Road safety songs.

RESOURCES FOR DISPLAY AND OTHER PURPOSES

The following resources can be ordered and displayed at a *Smart Steps* parent workshop. Maximum amounts that can be ordered are indicated on the online ordering form.

- 1 *Smart Steps* Posters
 - Buckle up every child every trip
 - Driveway safety
 - Hold my hand
 - Safety door
 - Stop, look, listen, think
 - Helmets hug my head.
- 2 *Smart Steps* Stickers – 12 per sheet (1 or 2 stickers per child).
- 3 *Smart Steps* Safety door stickers for metropolitan and country parents.

A *Smart Steps* Driveway safety kit is also available (refer to page 23). In the metropolitan area you can loan a kit via the online ordering system at Northside Logistics. In regional areas you can access the kit through the SDERA Regional Consultants. Details of these consultants are included in Appendix 1 of this book.



HAVING PROBLEMS ORDERING?

Try either of the following contacts for ordering assistance.

Northside Logistics

Phone: (08) 9370 3522

Fax: (08) 9370 5538

SDERA

Phone: (08) 9264 4743

Email: sdera.co@det.wa.edu.au

CUSTOMISING A PARENT WORKSHOP

The workshops in this kit have been designed to achieve specific learning outcomes. However, presenters may find that some groups have slightly different learning needs. In these circumstances the content and timing of the workshop may need to be adjusted.

The case study below shows how an early childhood teacher targeted the specific needs of her parent group in the development of a *Smart Steps* passenger safety workshop.

CASE STUDY

Through observation Cassandra noted that many of the parents of the children that attend her pre-kindergarten program for 3 year olds were unsure about the recent changes to restraint legislation. In fact, there was a great deal of discussion occurring about this and Cassandra had been asked about the requirements a number of times.

After attending the half-day SDERA *Smart Steps* professional learning workshop Cassandra was

aware of the resources and support available in the community. She planned a parent workshop using the *Smart Steps* materials to focus on the use of child car restraints. Using the *Smart Steps* online ordering system she made available to parents the following pamphlets:

- ① *Smart Steps – Your guide to child car restraints*
- ② *Smart Steps – Buckle up every child, every trip* (available in multiple languages).

The last pamphlet was extremely useful for the grandparents of two of the children in her group as they regularly drop-off and collect their grandchild from pre-kindergarten. English is their second language and being able to access a pamphlet written in their native language helped them greatly to understand their responsibilities when transporting their grandchild.



Further assistance in customising workshops can be provided by contacting SDERA on (08) 9264 4743.

The following case study explores how a child care worker adapted the passenger safety workshop to meet the specific requirements of her parents.

You can see from the case study that Becky has addressed the needs of her parent group through:

- ① Recognising that parents are time poor, so the workshop was scheduled to run in the evening for just 30 minutes.
- ② Only including those aspects of the *Smart Steps* passenger safety workshop that were specifically relevant to the topic of 'distracting the driver' (eg *Smart Steps* program overview, key messages about distracting the driver, and a practical activity that clearly demonstrates the key concepts).
- ③ Providing free child care to encourage parents to attend.

CASE STUDY

Becky had been working with the children in her 2 to 3 year old group on drawing pictures and making models of cars using boxes, pipe cleaners, jar lids and paint. During the creation process Becky was asking the children where they sat in the car and why, and what they did when they were being driven by mum or dad, or someone else. What Becky heard concerned her. The children mentioned that they fight with their siblings, ask the driver to pass things, cry and yell and generally display behaviours that would distract the driver.

On discussion with her colleagues and a selection of parents, Becky decided to run a short parent

workshop on 'distracting the driver'. Becky knew that many of the parents of the children were time-poor so she chose to run an evening session of 30 minutes. Child minding was offered free of charge along with refreshments.

Becky used the second book in the *Presenter's Kit*, *Smart Steps: Moving there together – Passenger safety*, to develop her workshop. She made sure she ordered resources for the parents and then set about using these to create a more targeted workshop. Below is a brief outline of her workshop.

15 MINUTES:
Introduction and welcome. About the *Smart Steps*

Program. Role of the parent in road safety education. The evaluation process. This section was taken from Session 1 of the passenger safety workshop outline.

10 MINUTES:
Key messages for not distracting the driver. Activity – Distracting the driver. Discussing ways to reduce the likelihood of children distracting the driver. This section was taken from Session 4 of the passenger safety workshop outline.

5 MINUTES:
Workshop conclusion and evaluation. This section was taken from Session 5 of the passenger safety workshop outline.

IZZY – THE SMART STEPS MASCOT

Izzy, the *Smart Steps* road safety mascot, is used to promote and model correct road safety behaviours. Izzy can be accessed by community groups and organisations who:

- 1 work with predominately pre-school aged children
- 2 are conducting a road safety education program
- 3 have attended a SDERA *Smart Steps* half-day professional learning workshop.

Izzy can also attend assemblies, special events and open days in schools and the local community. When loaning Izzy there are a number of protocols to follow. The protocols are detailed in Appendix 5 of this book.

Want to know if your organisation is eligible to loan Izzy or if Izzy is available to loan for your event?

Contact SDERA Administration on (08) 9264 4743 or at sdera.co@det.wa.edu.au.

TO BOOK IZZY

Booking details that you will need to know before you contact SDERA include:

- actual date and time Izzy is required.
- venue address
- event details
- point of contact details – name, number(s), position in organisation.

FURTHER INFORMATION AND SUPPORT

There are a number of government and non-government organisations that support road safety education for parents

of children aged from birth to four years. Details of these organisations are included in the table below.

AGENCY	CONTACT
<p>Department for Communities, Government of Western Australia Supports parents and families to access current and relevant information regarding road safety through community parenting services, early years sites and children services. Practical support, referral to relevant agencies and advocacy are offered to parents to support them to have the most up-to-date information regarding road safety and awareness.</p>	<p>Ph: (08) 6217 8700 Web: www.communities.wa.gov.au</p>
<p>Department of Health Community Health Nurses and Health Promotion/Injury Prevention Officers may be available to talk to parents (individuals and groups) and provide information on road safety issues and on the selection and checking of child car restraints. <i>Note for parent educators: Maternity hospitals deliver child car restraint education.</i></p>	<p>Ph: (08) 9222 4222 Email: PRContact@health.wa.gov.au Web: www.health.wa.gov.au</p>
<p>Kidsafe WA Provides a range of child injury prevention information sessions for parents and caregivers on request. A minimum number of attendees are required. A child car restraint checking service is available to assist those who are unsure about how to fit their child's car seat or just want to check that they have fitted the seat correctly. Bookings are essential. A child car restraint hiring service is available offering a range of baby capsules, convertibles and booster seats for hire. Bookings are essential. A free child restraint information line is available offering child car restraint information and operating between 9am and 4pm Monday to Friday on 1800 802 244. Kidsafe WA's website provides a range of fact sheets and resources highlighting road safety issues such as bicycle safety, pedestrian safety and safety in the driveway.</p>	<p>Ph: (08) 9340 8509 Child Restraint Information Line: 1800 802 244 Email: kidsafe@kidsafewa.com.au Web: www.kidsafewa.com.au</p>

AGENCY

Meerilinga

Offers a free parent-to-parent service for families including: home visits; up-to-date, researched information; parent workshops and links to networks. Bookings are essential for workshops.

Ngala

Offers a range of education programs where road safety is included. Further resources include a Helpline for parents.

Office of Road Safety

The Office of Road Safety (ORS) is responsible for research and policy which helps develop road safety strategies. It also manages road safety education campaigns, partnership programs and community consultation. The office supports the Road Safety Council (RSC) and helps coordinate the road safety effort for the State.

Playgroup WA Inc.

Offers a range of workshops throughout WA. These focus on various topics including keeping your child safe in traffic. A minimum number of attendees are required to hold a workshop.

CONTACT

Ph: (08) 9489 4022
Email: mycf@meerilinga.org.au
Web: www.meerilinga.org.au

Ph: 1800 171 882
Email: ngala@ngala.com.au
Web: www.ngala.com.au

Ph: (08) 9323 4688
Email: ors@mainroads.wa.gov.au
Web: www.ors.wa.gov.au

Ph: 1800 171 882
Email: admin@playgroupwa.com.au
Web: www.playgroupwa.com.au

AGENCY

SDERA – Smart Steps

A road safety education program for parents of children aged from birth to four years.

Health and road safety agencies and early childhood teachers can attend workshops to increase their understanding of safer road user practices for families and carers of very young children.

Workshops focus on passenger safety and child car restraints, pedestrian safety, safer play areas, and the important role parents play in teaching their children safer road user behaviours.

A free *Smart Steps* kit is available to presenter's who have completed the half-day training workshop. The kit includes: four information books, a child car restraint brochure, discussion photos, posters, CDs and DVD, activities for children, traffic mat, road signs and stickers highlighting road safety issues and safer road user practices. Some of the resources are available free for families and health and road safety professionals.

SDERA – Challenges and Choices

This early childhood resilience, drug and road safety education resource was distributed by SDERA to all WA schools. It includes: a teacher resource; storybooks, posters and discussion photos; CD of music and stories; and a road sign pack. A one-day professional development workshop is available for school staff. All associated costs are covered.

WALGA RoadWise Program

Coordinate the Child Car Restraint Information Line (1300 780 713) that provides advice on issues regarding child car restraints plus information about scheduled fitting and checking stations occurring across the state.

The Child Car Restraint website www.childcarrestraints.com.au includes Type 1 Child Car Restraint Fitters contact details (people who are trained to fit and check child car restraints); legislation and consumer information on child car restraints; and a schedule of child car restraint fitting stations occurring across the state.

CONTACT

Ph: (08) 9264 4743
Email: sdera.co@det.wa.edu.au
Web: www.sdera.wa.edu.au

Ph: (08) 9213 2066
Child Car Restraint Information Line:
1300 780 713
Email: roadwise@walga.asn.au
Web: www.roadwise.asn.au

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PART 3: APPENDICES



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SDERA REGIONAL CONSULTANTS

REGION	ADDRESS	TEL/FAX
Albany	Albany Local Education Regional Office 85 Serpentine Road ALBANY WA 6330	Ph: (08) 9841 0341 Mob: 0428 855 579
Bunbury	Dalyellup College Wake Drive DALYELLUP WA 6231	Ph: (08) 9795 2000 Mob: 0427 424 986
Esperance	Esperance Primary School PO Box 150 ESPERANCE WA 6450	Mob: 0428 855 593
Goldfields	Kalgoorlie Primary School Dugan Street KALGOORLIE WA 6430	Mob: 0429 887 378
Kimberley	Kimberley Education Regional Office 10 Coghlan Street BROOME WA 6725	Ph: (08) 9192 0806 Mob: 0429 117 643
Midlands	Wheatbelt Education Regional Office 297 Fitzgerald Street NORTHAM WA 6401	Ph: (08) 9622 0200 Mob: 0427 279 781
Midwest	Catholic Education Office 1 Maitland Street GERALDTON WA 6530	Ph: (08) 9920 0206 Mob: 0429 104 920
Narrogin	Narrogin Local Education Office Homer Street NARROGIN WA 6312	Ph: (08) 9881 0000 Mob: 0428 855 595
Peel	Peel Local Education Office 24 Sutton Street MANDURAH WA 6210	Ph: (08) 9550 2528 Mob: 0427 426 790
Pilbara	Pilbara Education Regional Office Welcome Road KARRATHA WA 6714	Ph: (08) 9185 0111 Mob: 0428 855 594
Warren–Blackwood	Cape Naturaliste College 30 Vasse–Yallingup Siding Road VASSE WA 6280	Ph: (08) 9750 2609 Mob: 0428 942 587

PARTICIPANT FEEDBACK FORM

WORKSHOP PARTICULARS	
ORGANISATION	
VENUE	
DATE	

PLEASE TICK THE BOX THAT BEST FITS YOUR THOUGHTS ABOUT THE WORKSHOP

	Agree	Unsure	Disagree
I understand the road safety issues for young children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand my role as an educator and role model of correct road safety behaviour for young children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel more confident to talk about and model correct road safety behaviours.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident to use the resources provided in the workshop with young children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been satisfied with the overall workshop experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend this workshop to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DO YOU HAVE ANY OTHER COMMENTS?

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THANK YOU FOR YOUR ATTENDANCE AND FOR COMPLETING THIS EVALUATION.

IZZY INFORMATION SHEET

BOOKING IZZY

To check eligibility, availability or to book a visit from Izzy contact SDERA Administration on (08) 9264 4743 or via email sdera.co@det.wa.edu.au.

BOOKING DETAILS REQUIRED

Booking details that you will need to know before you contact SDERA include:

- 1 actual date and time Izzy is required
- 2 venue address
- 3 event details
- 4 point of contact details – name, number(s), position in organisation.

At least two days notice is required for any cancellations or changes to the initial booking.

COURIERING IZZY

- Izzy will be couriered to you via Northside Logistics.
- A return consignment note (connote) will be filled out and placed with the costume for you to attach when Izzy is ready to be returned.
- Please ensure that Izzy is packed back exactly as you found him when he was sent to you.

- Any missing parts of Izzy's costume need to be immediately reported to SDERA Administration on (08) 9264 4743.
- If Izzy is not collected as arranged please contact SDERA Administration as soon as possible.

PERFORMING IN IZZY

- 1 Find a helper or friend to:
 - help put the costume on and remove it when finished
 - accompany you at all times during your Izzy performance.
- 2 Remember to unpack the costume, and change into and out of the costume out of sight of children.
- 3 Recommended wearing time is 20-30 minutes.
- 4 Always wear the cool vest. Ensure you read the Arctic Heat /Cooling Vest Instructions.
- 5 Izzy does not talk and he doesn't like his tail pulled, but he hugs, waves, holds hands and loves high fives.



PLEASE BE CAREFUL WITH IZZY!

SDERA recognises the value of Izzy's involvement in sharing the road safety message. However, we do ask that the greatest of care be taken when loaning Izzy. Any substantial damage or loss may be billed to the organisation responsible for loaning Izzy.



NOTES

