



Making trips safer



Children can easily become bored or unhappy when they go for a short or long ride in the car. When this happens you may find it hard to concentrate on your driving.

Here are some tips that can make your trips more enjoyable and safer.

- 1 Make sure your child has things to keep them busy – especially on long trips.**

 - Help your child to make a 'travel bag'. This could be an old pillow slip, shopping bag or backpack. Let your child choose some play things to put in their bag that can be used safely in the car and won't distract you from your driving eg card games, puzzles, colouring in books, audio stories and songs, and books. Keep the travel bag for long trips.
 - Play car games such as 'I spy' or 'Spot'.
- 2 Make sure your child is not hungry, thirsty or in need of the toilet before getting in the car.**

 - Pack snacks and drinks to have along the way.
 - Plan ahead and decide where the rest breaks for your trip will be. Tell your child where you will be stopping so they can check distance signs along the way.

- 3 If there is a problem with your child while you are driving – stop the car and solve it.**
- 4 Let your child know when they are behaving safely in the car and congratulate them for not distracting you while driving.**
- 5 Check that your child is wearing their restraint at all times – even when they need to have a sleep.**

