

# SEEMORE'S TIPS FOR BEING A SUPER SUPPORTIVE BIG PERSON

## THE FIRST THREE THINGS YOU HAVE TO DO IS TO:

1. Throw away the bubble wrap and cotton wool attitude and just let your child be a kid.
2. Be present and let your child know their opinion matters, that you are listening and value all the things they bring to their own learning.
3. Get out and explore the real world with them to help them find their safe world.

**There are so many things we just do automatically, forgetting that children need to be taught to do these things, like crossing the road. Here is an example of being a super supportive big person when teaching road safety:**

1. Find the safest place to cross.
2. Each time you come to cross take their hand, remember stop every single time and say "Let's cross here safely."
3. Tell them to open their ears and listen for traffic.
4. Teach them the 'STOP SEE SAFE' saying: STOP to SEE if it is SAFE to GO. See by looking to the left, looking to the right and left again, see if it is safe to go "any cars? Okay, now it's safe to go!"
5. Then walk straight across without running.
6. If it is at a crossing get them to look at the signal, point out the person walking and explain that red means it is not safe to go, we must stop and wait. The green person tells us when we can cross. But it is still important to get them to look left, then right, then left again. "Any cars? Okay, now it's safe to go!"



## EXPLORE THE SEEMORE SAFETY LIBRARY

The KIDS Foundation has a virtual classroom of 11 books. Visit [kidsfoundation.org.au/classroom](http://kidsfoundation.org.au/classroom) to listen to, read along and play safety related games.

## COMMUNICATION AND CHILD SELF-SAFETY

Good communication between yourself and your child plays a very important role in personal safety.

### Communication tips:

- Make eye contact so they know they have your full attention and you are listening.
- Give a supportive reaction when your child tells you something so they have the confidence that they can tell you the truth, and you will listen.
- Talk about any experience they find uncomfortable.
- No secrets policy unless it is for a good reason like a surprise gift.
- Provide good supervision that guides them in a supportive manner to gain independence, like the crossing the road example.



**EMPOWERING CHILDREN TO PREVENT AND RECOVER FROM INJURIES**

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To access the KIDS Foundation virtual classroom go to [kidsfoundation.org.au/classroom](http://kidsfoundation.org.au/classroom)

