



Holiday Travel Safety Tips

The holidays can be both a joyful and stressful time of year. Families are on the go, running errands, going shopping and taking road trips to visit relatives and friends. Here are tips for keeping your kids safe during holiday travel.

In Cars

- **Buckle up, every ride, every time.** Make it a rule: everyone buckled in the correct restraint system for them, every ride, every time, whether it's the long trip to visit family or around the block to the mall. Remember, kids will do what you do — so buckle up every time.
- **If you are flying, take your child's car seat with you and use it on the plane.** It will be a benefit to have it with you at your destination and when you travel to and from the airport. Rent or borrow a car seat or booster seat if you can't take your child's with you.
- **Watch out for small kids and distracted drivers in parking lots** that are busier than usual during the holidays. Remind your inexperienced teen driver to be extra alert during the holidays when people are more distracted and the weather can be tricky.
- **Avoid distractions while driving.** No text or playlist is worth the risk of taking your eyes off the road. Set your GPS to voice activated so you can concentrate on driving without having to look at your phone.
- **Secure loose objects.** Put hot foods, large gifts and anything that could fly around in a crash in the trunk.

While Walking

- **Children under 10 need to cross the street with an adult.** Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.
- **Look left, right and left again before crossing the street.** Make eye contact with drivers of stopped cars before you cross.
- **It's best not to cross in the middle of the block.** Cross at street corners, using traffic signals and crosswalks.
- **Walk on sidewalks or paths.** If there are no sidewalks, walk facing traffic as far to the left as possible.
- **Heads Up, Phones Down** – Take headphones out and put devices down when crossing the street.

