



Media Release

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The A-B-C's of back to school safety

Next week signals the beginning of another school year and Hastings CAS Executive Director, Len Kennedy, asks all parents and caregivers to take a moment to review the A-B-C's of back to school safety before they send the children in their care back to class.

Back to school safety tips

- ✓ When hiring a caregiver to look after your child before or after school carefully check references and training.
- ✓ Provide older children, who are mature and responsible enough to be unsupervised at home before or after classes, with a safety plan in case of emergencies so they know what to do and discuss who they can call and how to answer the door or telephone when you are not at home.
- ✓ Teach younger children proper road safety rules such as crossing at designated crosswalks or traffic lights and review safety rules with all school aged children.
- ✓ Check your child's clothing for loose scarves or strings that can get stuck and check playground equipment before your child plays.
- ✓ Make sure your child always wears a proper fitting helmet and other protective gear when biking, rollerblading or skateboarding.
- ✓ Remind children not to play or walk along railroad tracks.
- ✓ Remind your child of the importance of not talking to strangers. Ensure your child understands who a stranger is and discuss and/or role play with them as to what they should do if approached by someone.

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- ✓ Learn what your child is doing on the computer. Ensure children do not give out personal information online and caution children never to agree to meet anyone from a chat room in person. Give your daycare provider a list of safe people who can pick up your child and provide contact information should an emergency arise.

If you are in doubt about leaving your child at home alone, or if you have any other questions, call the Society at 613-962-9291.

For additional information, contact:
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