



Committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

The following health and safety tips are from the American Academy of Pediatrics

Bike

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility.
- Know the "rules of the road."

Walking to School

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- If your child is young or is walking to new school, walk with them the first week to make sure they know the route and can do it safely.
- Bright colored clothing will make your child more visible to drivers.
- In neighborhoods with higher levels of traffic, consider starting a "walking school bus," in which an adult accompanies a group of neighborhood children walking to school.