

Cool Tool of The Week

Automobile skills 2- attaching seat belt/staying in seat

Expectation: Be Safe, Be Responsible

Purpose of the lesson? Why it is important:

1. To teach children the behaviors that will help to keep them safe in the car.

Teaching Examples: The following presents situations your child might find themselves in. Use these examples to discuss with your child how to stay safe in the car.

- Your child is in the car with the family on the way to a relative's house. The ride has taken a long time and your child wants to move around. He/she starts to take off the seat belt. You remind your child that being safe in the car means keeping on a seatbelt. Talk with your child about what they can do to feel less bored and more comfortable (ex., use their words to ask about getting out of car for a little bit or to play a travel game, keep the seat belt on but shift how you're sitting).
- Your child was in the second seat of the mini-van. He/she wanted to get the catchers mitt out of the back of the mini-van. Your child starts to take off the seat belt to jump over the seats and get the mitt. You look at your child and remind them to be safe by asking "is that a safe thing to do in the car?". When your child responds "No, but I really need it.", begin a discussion about how your child can get what they need in a safe manner (e.g., ask the driver to pull over, remember next time to keep the mitt with you in your hand).

Kid Activities/Role Plays:

1. Take your child to the police station to talk to an officer about seat belt laws and why it is important that they are obeyed.
2. Role-play taking a drive. Have your child be the adult and you play the child who does not want to wear his/her seat belt.

Follow-up/Reinforcement Activities:

1. **Before** starting the car, remind your child to be safe by putting his/her seat belt on and by staying in the seat.
2. Praise your child for wearing the seat belt and for staying in his/her seat.