

Pedestrian Safety for Parents



For children ages 5-14, pedestrian injuries are the third-leading cause of injury-related death¹. Injuries can occur anywhere, in fact most happen in residential areas and in close proximity to the child's home². Children are at much greater risk for pedestrian injuries than adults, as they see, hear, and process information differently than adults and lack developmental skills to adequately deal with traffic. The number of traffic-related injuries increases with age among adolescents, so it is important young children understand the traffic environment and driver behavior in order to build safe habits as pedestrians. To prevent injuries, kids must be aware of basic traffic signs and safe street crossing techniques.

Tips for Safe Walking

Remember these safety tips when walking with your child:

- Cross the street at the corner or at a crosswalk if there is one, and obey all traffic signals.
 - Hold your child's hand while crossing the street. Look left, right and left again before you cross and keep looking both ways until you reach the other side.
 - Make eye contact with drivers before crossing.
- Walk on a sidewalk. If there is no sidewalk, walk on the left side of the street, facing oncoming traffic.
- Watch out for cars that are turning or backing up, especially around driveways.
- Do not run into the street or cross between parked cars.
- Make yourself visible when it is dark out by wearing light-colored clothing or clothing with reflective material, or by using a flashlight.

Be a Role Model

Children learn through experience. Walking with a parent or caregiver who practices safe walking habits can help children to develop the skills and experience necessary to navigate traffic safely. Set a good example by staying alert and putting your phone and other devices away when walking around cars.

¹ Preventing Child Pedestrian Injury: A Guide for Practitioners

² Pedestrian Injuries to Children Younger Than 5 Years of Age

Additional Resources



Traffic Signs Every Parent Should Teach



Teaching Pedestrian Safety to Children



Pedestrian Safety Tips