



Be bright, be seen

Dear Parent or Carer,

Your child is learning about road safety as part of a national campaign to reduce the number of road casualties. This Home-link Sheet is one of a series showing how you can help your child to be safer. It contains ideas for simple activities that you can do with your child. Learning together this way is fun and it supports the key safety messages that your child is learning in his or her Early Years Setting.

Setting a good example for young children through your own behaviour on the road helps them learn good road safety skills and apply these throughout their lives.

Bright is right

This is all about the message 'Be bright, be seen'. The activities below will help your child to learn:

- That it's important for other road users to be able to see them.
- That wearing bright or fluorescent clothing in daytime and reflective clothing at night will help to keep them safer when near traffic.

Activities

1 Help your child to learn about colours and how some are easier to see than others:

- Look at some coloured objects from a distance such as fruit or toys and decide which one is easiest to see.
- Talk about which colours are good for clothes.
- Ask your child which colours would be the best ones to wear when walking along a pavement on a dull day.
- Talk about why it's safer to wear bright colours near traffic.

2 Show your child how reflective material works:

- If you have a reflective armband or piece of reflective clothing, put it on a dull coloured teddy or a dark object.
- After dark, put the teddy or object on a chair in front of your car and let your child sit in the passenger seat.
- Talk about how hard it is to see teddy in the dark.
- Put the car headlamps on so your child can see how well the reflective material works.

3 When you're travelling in the car with your child:

- Talk about pedestrians how easy they are to see.
- Can your child spot any fluorescent clothing?
- Are there any reflectors anywhere?

Don't forget that you can buy special fluorescent and reflective armbands or tabards for your child. These are especially important in winter when visibility on roads is often poor.